

Let's boost your Mental Health



Kern Behavioral Health Adult Services

Mary K. Shell Health Center or call 661-868-8080

2151 College Ave, Bakersfield CA 93305

Services Available at this location:

Crisis Assessment

Crisis Intervention

Counseling

And many more resources



Children Services Available, call 661-868-8300

3300 Truxtun Ave, Bakersfield, CA 93301

Families can also contact their doctor if you need any services.



Your Mental Health Matters!

Important Phone Numbers

Crisis Hotline Services: Available 24//7

1-800-991-5272

Substance Use Disorder Services:

1-866-266-4898

Crisis Text Line: Text "Home" to 741741

Text "4663" to 741741 for 24/7 support

Suicide Prevention Hotline: 1-800-273-8255

Call 911 if the situation is life threatening



For non-crisis information contact Kern County Mental Health System: 661-868-8123

Relaxing and Calming Exercises

Take a break, alone if possible

Focus on your breathing – breathe in through your nose and out through your mouth

Listen to music or spend time out in nature

Build your Support System

Find someone who gives good advice and listens

Someone who has your best interest in mind

A person who lets you freely express your feelings and emotions without judging, teasing or criticizing

Keep Track of your Medications

Keep a list of your medications

Keep track of how they make you feel

Share this information with your doctors

Sunrise Wellness Program

www.sunrisewellnesscare.com

Adapted from Kern County Behavioral Health & Recovery Services

www.kernbhhrs.org