

MENTAL HEALTH

Ridgecrest Services - Medi-Cal/Free; Private Pay/Insurance

All emergencies: 911; Police Ridgecrest: 1-760-499-5100; Sheriff Substation: 1-800-861-3110

Mental Health Crisis: go to Ridgecrest Crisis Stabilization Unit; 1141 Chelsea St., 1-760-463-2880

College Community Services (CCS) - MEDI-CAL or MEDI-MEDI); 1400 N. Norma, Ste. 127-133 Ridgecrest 93555
1-760-499-7406

A Kern county Mental Health contract agency providing mental health services to East Kern and is not affiliated with Cerro Coso Community College.

• **24-Hour Crisis Line: 1-877-300-4738**

• **CCS HOPE Center: 1400 N. Norma Ste. 137 Ridgecrest, CA 93555**

A recovery center that provides a stress-free, relaxed, safe and friendly atmosphere for anyone who has been touched by a mental illness. Focus of activities are on recovery, relapse prevention, peer-to-peer support, and socialization. **1-760-446-1597**

Omni Family Health, (Medi-Cal; most insurances) 1133 N. Chelsea Tele-Med 1-760-446-7978

Ridgecrest Rural Health Clinic (Ridgecrest Regional hospital); 1111 N. China Lake Blvd. Ste 190: 1-760-499-3855
Tele-Psychiatry

National Alliance on Mental Illness (NAMI) -- Janet 1-760-384-8672; Family Support Group: Every MON 5:00-6:30 pm Ridgecrest Regional Hospital David Mechtenberg Conference Room, 1081 N. China Lake Blvd. (in the west side of the administration building facing the east entrance of the ER)

Depression and Bi-Polar Support Alliance (DBSA) 733 N. Sunland St. 1-760-382-1998

Peer-to-Peer support; family and friends support

Grief Support - 1-760-499-3617, 417 Drummond Ave (Senior Services); 1st Tuesday of every month 6:00 p.m.

Loss and Life Transition Bereavement Support

.....**1-760-371-0612**

Suicide Survivors Support Group (SOS)-Bakersfield.

Every 1st & 3rd Tue of the month (6-8)..**661-868-1719**

EMERGENCY NUMBERS

All emergencies: 911

Police Ridgecrest: 1-760-499-5100

Sheriff Substation: 1-800-861-3110

Addiction 24-Hour Helpline: 1-888-709-1076

Adult Protective Services: 1-661-868-1006; 1-800-277-7866

Alcoholics Anonymous: 24/7 Meeting Info.: 1-760-375-5445

Behavioral Health & Recovery Services (Bksd): 1-800-991-5272

Child Abuse Hotline: Report 24 hrs/day, 7 days/wk.: Countywide:

1-661-631-6011; Ridgecrest: 1-760-375-6049

College Community Services (CCS)

• **24-Hour Crisis Line: 1-877-300-4738**

Kern Stop Meth Now: 1-855-No2Meth (1-855-662-6384)

Narcotics Anonymous Help and Info Line Kern Co: 1-877-629-6759

Ridgecrest: 1-760-446-4445

Sexual Assault Response Team 1-760-375-0745 (9-5p.m. M-F)

SUICIDE HOTLINE: (1-800-Suicide) 1-800-784-2433

TALK Lines:

• **National Suicide Prevention Lifeline: 1-800-273-8255 (talk)**

• **NAMI Information Help Line: 1-800-950-6264**

• **San Joaquin Warm Line: 1-888-468-9370; 1-209-468-3585**

• **Warm Line(Mental Health Crisis): 1-888-448-9777**

• **NAMI Orange County Warm Line (M-F 9am.-3am., Sat/Sun 10-3) 1-877-910-9276**

Text Line (24/7) 741-741

Trona: San Bernardino Access #: 1-888-743-1478;

San Bernardino Crisis Response: 1-760-734-8093

Women's Shelter Network Hotline 1-760-375-7525

Ridgecrest Mental Health Urgent Care

Ridgecrest Crisis Stabilization Unit (CSU):

1141 Chelsea St. **1-760-463-2880**

Ridgecrest, CA 93555

Bakersfield Access Center: (Kern County

Mental Health) & Hot Line 1-661-868-8080

Mary K Shell Building, 2151 College Ave.,

Bakersfield 93305

Central point of access to Kern County Mental Health – Service Eligibility, evaluation & service needs determined.

Kern Medical Center

1700 Mt. Vernon,..... **1-661-326-2000**

County Trauma Center and ER **1-661-326-2667**

Bakersfield, CA 93306

Bakersfield Behavioral Health Care Hospital

5201 White Lane. **1-661-398-1800**

(Adults, Child. & Adolescents),

Bakersfield, CA 93309

Crestwood Behavioral Health Center

6700 Eucalyptus Dr. **1-661-363-8127**

Bakersfield, CA 93306

NAMI

(National Alliance on Mental Illness)

Kern County, area of IWV-Ridgecrest

760-384-8672 (Janet)

Updated May 2019

Ridgecrest Mental Health Services Continued

PSYCHIATRISTS

College Community Services (CCS) - Telemedicine:
Psychiatrist Medi-Cal
1400 N. Norma, Ridgecrest 93555
1-760-499-7406

Omni Family Health - Telemedicine: Psychiatrist and therapist Medi-Cal, Medicare, Private Insurance
1133 N. Chelsea Street
Ridgecrest, CA 93555
Medical Phone 1-760-446-7978 – ask for Tele-Medicine
Medi-Cal and most Insurances.

**Medicare/Private-Pay/Insurance
Therapists in Ridgecrest**

Ridgecrest Rural Health Clinic Medi-Cal, Medicare
Private Insurance1-760-499-3863, 1-760-499-3855
1111 North China Lake Blvd., Ridgecrest, CA 93555
A service of Ridgecrest Regional Hospital

Telemedicine Psychiatrists: Ernest De Guzman M.D.,
Alejandra Suzuki M.D. (Child Psychiatrist), Razwana
Shaheen, Swati Thacker M.D.

OTHER NUMBERS

Family Advocate and Patient's Rights Advocate:
1-844-360-8250

Ombudsman:
- Long-Term Care (GBLA): 1-661-323-7884

Advocate, Amicus, Ombudsman (self-proclaimed)

- Linda Fuller 760-382-8608
fullerseniorservices@gmail.com

www.fullerseniorservices,Ridgecrest,CA93555

Certified Civilian & Employee Assistance
Professional & Drug & Alcohol Counselor;
NAWS
Building 456 Room 1
760-939-2480

Crossroads Community Church
Personal, Family, Addiction Counseling
235 N. China Lake Blvd.
Ridgecrest, CA 93555
760-384-3333

Dorais, Darrelyn LMFT
1111 W. Inyokern Road
Ridgecrest, CA 93555
760-977-1286

Holm, Maria, LCSW (Medi-Cal)
Rural Health Clinic
Ridgecrest Regional Hospital
1111 N. China Lake Blvd.
Ridgecrest, CA 93555
1-760-499-3855

Huey, Bob MA, LMFT
Center for Personal & Family Counseling
501 W. Atkins
Ridgecrest, CA 93555
760-382-1783

Logan, Susan LMFT
Immanuel Baptist
1201 N. China Lake Blvd.
Ridgecrest, CA 93555
760-375-6348

Martin, Tom Ph.D.
Center for Personal & Family Counseling
501 W. Atkins
Ridgecrest, CA 93555
760-371-5928

Moss-Hunter, Cori, LMFT
Center for Personal & Family Counseling
501 W. Atkins,
Ridgecrest, CA 93555
760-446-5515

Rohrlick, Richard LCSW
Sierra View Psychotherapy
801 N. Downs Ste. I
Ridgecrest, CA 93555
760-375-0348

Seymour, Kevin C PHD
Center for Personal & Family Counseling
501 Atkins St.,
Ridgecrest, CA 93555
760-446-5515

Shannon, Janet APCC
Center for Personal & Family Counseling
501 Atkins St.,
Ridgecrest, CA 93555
760-499-4923

Shumway-Walraven, Anita MA, MFC
Marriage and Family Therapist
Certified Equine Assisted
Psychotherapy
760-375-7674

Weider-Alvarez, Lori
1615 North Downs #B
Ridgecrest, CA 93555
760-499-7448

Fleet and Family Services (Military)
610 Blandy Ave. Bldg.02308
Mail Stop 1323
Ridgecrest, CA 93555
760-939-4545

Pregnancy Care Center
341E. Ridgecrest Blvd. Ste. A
Ridgecrest, CA 93555
760-384-2273

Women's Center High Desert
134 S. China Lake Blvd.,
Ridgecrest, CA 93555
760-371-1969

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(National Alliance on Mental Illness)
Kern County, area of IWW-Ridgecrest
760-384-8672 (Janet)

Updated May 2019