

SISKIYOU COUNTY SUPPORT GROUP RESOURCES

MATERNAL MENTAL HEALTH

Postpartum Support International Online Support Meetings

“Black Mamas Matter Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 01/16/2025



Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 01/16/2025

Paternal Postpartum Depression Guide

SUBSTANCE USE DISORDER SUPPORT GROUPS

Alcoholics Anonymous (AA)

“AA is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.”

24-Hour Hotline: (530) 225-8955

Website:

<https://siskiyoucountyalcoholicsanonymous.worpress.com/>

Last Verified On: 01/16/2025

Al-Anon/Alateen Support Groups

Website: <https://ncwsa.org/>

Last Verified On: 01/16/2025

Area of Narcotics Anonymous

Contact: (800) 764-1081

Website:

<https://www.na.org/meetingsearch/text-results.php?country=USA&state=California&city=Yreka&zip=&street=&within=20&day=0&lang=&orderby=datetime>

Last Verified On: 01/16/2025

Co-Dependents (CoDa) Anonymous

“Dedicated to everyone who struggles with issues of codependence.”

Website: <http://locator.coda.org/index.cfm>

Last Verified On: 01/16/2025



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SUPPORT HOTLINES

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls

Contact: (888) 670-1360

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 01/16/2025

Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800-MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 01/16/2025

SUPPORT SERVICES

Alzheimer’s Aid Society

Location: Oak Ridge Senior Park
Clubhouse

400 Hiram Page Road

Yreka, Ca. 96097

Contact: (530) 459-3501

(800) 540-9940

Website: <https://www.alzaid.org/>

Last Verified on: 01/16/2025

Miracle Messages Program

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer “digital detectives” attempt to locate the loved one and deliver the message. To date, we’ve reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

Hotline: 1-800-MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 01/16/2025

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 01/16/2025



SISKIYOU COUNTY SUPPORT GROUP RESOURCES

YOUTH SUPPORT GROUPS

Talk About Grief

“Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

Contact: (209) 578-6300

Website: <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 01/16/2025