

# SISKIYOU COUNTY SUPPORT GROUP RESOURCES

Support groups related to youth, adults, seniors, and their caregivers that are available in the county. Please contact the hosting agency for more information and meeting times.

**Note: Some services may have changed due to COVID-19, Please call to confirm hours and services available**



## MATERNAL MENTAL HEALTH

### Paternal Postpartum Depression Guide

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

Last Verified On: 07/01/2020

### 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: 07/01/2020

## 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.wordpress.com/>

Last Verified On: 07/01/2020

### 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: 07/01/2020

### Co-Dependents (CoDa) Anonymous

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

**Website:** <http://locator.codaa.org/index.cfm>

Last Verified On: 07/01/2020

### Al-Anon/Alateen Support Groups

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

Last Verified On: 07/01/2020



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## SUPPORT HOTLINES

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### **Institute on Aging - Senior Intervention hotline**

"The Friendship Line" non-emergency support calls

**Contact:** 1-800-971-0016

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

Last Verified On: 07/01/2020

### **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: 12/23/2020

## SUPPORT SERVICES

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### **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/support-groups>

Last verified on: 07/01/2020

### **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: 12/23/2020

### **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/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 07/01/2020



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## YOUTH SUPPORT GROUPS

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### **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: 01/08/2021