

**PSI Arizona Chapter Resource List  
(formerly AZ Postpartum Wellness Coalition)  
Warmline 1-888-434-MOMS**

***DISCLAIMER:** The providers in Part 1 on this list have attended the PSI professional certificate training on perinatal mood and anxiety disorders and offer services to pregnant and postpartum women.*

*The \* indicates attendance at the 2-day training.*

*Other providers listed in Part 2 are interested in providing care to perinatal women, but have not necessarily had additional training in perinatal mood and anxiety disorders*

*PSI AZ Chapter does not assume responsibility for verification of credentials, or consumer reports.*

**PSI AZ Co-Coordinators:**

**\*Carole Sheehan, MA, RN**

Arizona Warmline Coordinator

Founder Tucson Postpartum Depression Coalition

520-631-6308

[Carole\\_sheehan@hotmail.com](mailto:Carole_sheehan@hotmail.com)

**\*DeAnn Davies, MS, CLC, IPMH**

Director, Early Childhood Outreach Division

Summit Healthcare Regional Medical Center

928-367-6550

[ddavies@summithealthcare.net](mailto:ddavies@summithealthcare.net)

**\*Lucia Ciciolla Ph.D**

Phoenix metro area

480-389-5824

[lucia.psivc@gmail.com](mailto:lucia.psivc@gmail.com)

**\*Michelle Lacy, MA, LPC**

President, PSI AZ Chapter

Phoenix/East Valley area

480-220-0582

[momssupport@cox.net](mailto:momssupport@cox.net)

**MEDIA CONTACTS:**

**Pam Barnes-Palty. 303-594-2882**

**DeAnn Davies. 928-367-6550**

Online support meetings are available every week through Postpartum Support International both in English and Spanish. Go to: [www.postpartum.net/psi-online-support-meetings/](http://www.postpartum.net/psi-online-support-meetings/) to sign up. A great way to get support without leaving your house. Grab a cup of coffee, your phone or laptop and share your story, or just listen. Meetings are currently on Tuesday and Fridays (2016)

**PART 1**

**Apache County**

**Cochise County**

**Canyon Vista Regional Health Center**

**Postpartum Wellness Services**

\*Ellen Ackerman, RN

520-417-3033 messages

520-732-9262

Ellen.ackerman@svrhc.org

**Coconino County**

**Pregnancy and Postpartum Anxiety and Depression Support Group:**

**North Country Health Care**

\*Starr Kelley, \*Rachel Josefchuk

2920 N. Fourth St. Flagstaff, AZ 86004

Community Room

Wednesdays, 1:30-3:00

Free.

Infant and partners welcome. No childcare for older children.

Rachel: 928-707-0748 (cell phone) leave text or message

**The Guidance Center**

2695 E. Industrial Dr.

Flagstaff, AZ 86004

928-527-1899

[www.tgcaz.org](http://www.tgcaz.org)

\*Alicia Griffing, MS

Pregnancy and postpartum wellness group Thursdays 9:30-11:30. Infants welcome. Education about perinatal mood disorders and social support. Must enroll at the Guidance Center to participate in group.

**Therapists:**

**\*Dr. Christina G. Hibbert, Psy.D** (Dr. Hibbert is the Founder of the Coalition)

Clinical Psychologist, Author, “This Is How We Grow”; Host, “Motherhood” on

[www.webtalkradio.net](http://www.webtalkradio.net); [www.drchristinahibbert.com](http://www.drchristinahibbert.com)

315 W. Cherry Ave.

Flagstaff, AZ 86001

928-774-4393

[Christina@drchristinahibbert.com](mailto:Christina@drchristinahibbert.com)

**\*Dr. Carol Collins**

519 N. Leroux St.

Flagstaff, AZ 86001

928-774-2581

**\*Alicia Griffing, MS**

**The Guidance Center**

2695 E. Industrial Dr.

Flagstaff, AZ 86004

928-527-1899

[www.tgcaz.org](http://www.tgcaz.org)

Individual, couples and trauma therapy.

Language: English, German

Insurance: AHCCCS, BCBS, Humana, Medicare, CIGNA and others  
Must enroll as a Guidance Center Client to attend groups or therapy.

**\*Emmanuelle Giumelli**

Flagstaff Birth and Women's Center  
Flagstaff, AZ  
928-380-4095  
No insurance.

**Arizona Behavioral Health Associates**

\*Kara Miller, MA  
Alethea Braun-Dunagan  
Della Lusk, PhD  
710 N. Beaver St.  
Flagstaff, AZ 86001  
928-774-7997  
Specializing in Women's reproductive mental health. Individual and couples therapy.  
Accepts Blue Cross/Blue Shield

**\*Darlene Merritt MD**

Hope Psychiatry  
212 W. Elm Ave.  
Flagstaff, AZ 86001  
958-774-9232  
Will take new patients for PPMD issues only.  
Services are free.  
No insurance.

**\*Melissa Dohse LCSW**

125 E. Elm Ave Suite 200  
Flagstaff, AZ 86001  
928-864-5024  
[melissa@cultivatecounselingflagstaff.com](mailto:melissa@cultivatecounselingflagstaff.com)  
[www.cultivatecounselingflagstaff.com](http://www.cultivatecounselingflagstaff.com)  
Individual therapy: Specialize in sexual trauma, postpartum and parenting with PTSD.  
Blue Cross Blue Shield.

Will take sliding scal

**Nurse Practitioners:**

**\*Joyce Davidson, Women's Health Nurse Practitioner**

**Flagstaff OB-GYN**

1100 N. San Francisco St. #B

Flagstaff, AZ 86001

Accepts insurance.

(928) 779-7872

**\*Karen Holder, FNP, CNM**

**North Country HealthCare**

2920 N. 4th St.

Flagstaff, AZ 86004

Accepts insurance.

(928) 522-9414

**Home Visitors:**

**North County Health Care**

\*Cathy Vaquera

2920 N. Fourth St.

Flagstaff, AZ 86004

928-607-7609

Doula care, infant massage, breastfeeding, Health Start

**Coconino County Health Dept.**

**Health Start**

\*Lola Riggs

467 Vista Ave.

Page, AZ 86040

928-679-7295

Free.

No insurance.

People are referred to local resources.

### **Gila County**

#### **Gila County Health Department**

\*Paula Horn

Globe, AZ

928-425-3189

Will refer to local resources.

No insurance.

### **Graham, Greenlee and LaPaz Counties**

### **Maricopa County**

#### **Perinatal Mood and Anxiety Disorders Support Groups:**

##### **\*Dignity Health Pregnancy and Postpartum Adjustment Support Group**

Free

Wednesdays, 1:00-2:30

Rome Towers Building (Center for Diabetes Management & Community Education)

1760 E. Pecos Road, Suite 235

Gilbert, AZ 85295

Moms may drive up to the second floor of the parking garage, park and walk across the pedestrian bridge.

Babies (non-mobile) and a support person are welcome to attend with mom.

Group does not meet the weeks of Fourth of July/Thanksgiving/Christmas or New Year's.

Information: \*Missy Beauchamp. 480-728-5620.

##### **\*Banner Desert Medical Center Pregnancy and Postpartum Adjustment Support Group**

Facilitator: \*Suzanne Clinton RN, \*Michelle Igualt RN Postpartum Childbirth Educator

1400 S. Dobson Rd.

Mesa, AZ 85202

Tuesdays, 10:00-11:30

Building 2145, 4<sup>th</sup> floor (SW corner of campus where parking is available.)

480-412-5292 (Suzanne) for more information.

FREE support group. Babies welcome.

**\*Banner Thunderbird Medical Center**

**New Moms Gathering**

\*Karleen Lee MS, RN

602-865-5908

5555 W. Thunderbird Rd.

Glendale, AZ 86306

2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 11:00-12:30

Sign in lobby indicates which meeting room or facilitator will greet you in the lobby.

**\*Mother to Mother Pregnancy and Postpartum Support Group  
Phoenix**

St. Joseph's Hospital and Medical Center

McCauley Office Building

Suite 700 – Butterfield Library

Phoenix, AZ 85013

Time: Group meets every other Friday 10-11:30. Babies are welcome

For more information, contact group facilitator Zoe Coleman, RN

Telephone: 602-980-3208

Email [zoe.coleman@dignityhealth.org](mailto:zoe.coleman@dignityhealth.org)

PARKING: Park in 6th Ave Garage. Get voucher for FREE Parking. No registration needed.

**\*Mother to Mother: the Toddler Years**

A place for moms with toddlers to meet friends, get emotional support, learn about the developmental needs and stages of these busy babies, and to build social skills amongst their children. This group is only for families with walkers up to age 3 (36 months). We will be singing songs, playing games, doing crafts, playing with each other and sometimes taking fieldtrips to local free spots for children.

Led by a postpartum/pediatric nurse and a former kindergarten school teacher.

Where: Wellness Center

St Joseph's Hospital and Medical Center

3033-B N 7<sup>th</sup> Avenue

When:

Every other Thursday 9-10:30, no registration required

More information

[Zoe.coleman@dignityhealth.org](mailto:Zoe.coleman@dignityhealth.org)

602-406-4041

**\*Banner Gateway Medical Center**

**Pregnancy and Postpartum Adjustment Support Group**

1900 N. Higley Rd.

Gilbert, AZ 85234

Grand Canyon Rooms

Thursday mornings: 10:00-11:30am

For more information, please email \*Michele Stanley

([Michele.stanley@bannerhealth.com](mailto:Michele.stanley@bannerhealth.com))

Free. No registration needed. Babies are welcome.

**\*Smooth Way Home**

**A support group just for parents with babies who were in the NICU**

In partnership with Dignity Health

Facilitated by \*Michelle Lacy, MA, LPC

Questions: Michelle Lacy: [momssupport@cox.net](mailto:momssupport@cox.net)

**Perinatal Mood Disorder Therapy Groups:**

**\*Therapeutic Pregnancy and Post-Partum Program**

Mercy Gilbert Medical Center, Conference Room 2

3555 S. Val Vista Dr.

Gilbert, AZ 85297

480-728-3396 or [giamarchisano@dignityhealth.org](mailto:giamarchisano@dignityhealth.org)

Mondays, 12:30-2:30, for 6 weeks.

This will be a closed 6-week session limited to 10 clients and registration is required.

There is no fee to attend.

A support person and babies (non-mobile) welcome to attend.

Program is facilitated by a Therapist specializing in perinatal mood disorders



### **\*Let's Talk Parenthood for Pregnant and Postpartum women**

Therapy group designed to assist mothers and mothers to be needing mental health and emotional support during pregnancy and postpartum. You are welcome to bring a support person and your baby. All sessions are facilitated by a licensed therapist specialized in perinatal mood disorders and postpartum challenges experienced during the perinatal period.

When Tuesdays (2<sup>nd</sup> and 4<sup>th</sup>)

10-11:30 am

Registration is NOT REQUIRED

Location: St. Joseph's Hospital and Medical Center

Nursery ICU Waiting Room – 4<sup>th</sup> floor Main Building

350 W Thomas Rd.

Phoenix AZ 85013

For more information – 602-406-4041

[zoe.coleman@dignityhealth.org](mailto:zoe.coleman@dignityhealth.org)

### **\*"The Birth of a Mother" Support and Therapy Group**

Weekly open group for mothers during the entire first year postpartum.

\$20 per group session. Glendale, Phoenix, and Tempe.

Facilitator: Jennifer Kizer, MA LPC

602-380-1053

[Heartwisdomhealing@gmail.com](mailto:Heartwisdomhealing@gmail.com)

Facebook business page at [jenniferkizermalpc](https://www.facebook.com/jenniferkizermalpc)

### **Nurse Practitioners (can prescribe medication):**

#### **Redemption Psychiatry**

**\*Ann Marie Casey, PMHNP-BC**

2730 S. Val Vista Dr., Suites 146 & 137

Gilbert, AZ 85295

480-471-8560

<http://redemptionpsychiatry.com/biographies.cfm>

Specializes in perinatal psychiatry with a focus on pregnancy and postpartum anxiety and mood disorders. Accepts many insurance plans.

### **Physicians:**

**\*Dr. Susan Baumann, psychiatrist**

4545 E. Shea Blvd., Suite 112

Phoenix, AZ 85028

602-494-7110

No insurance.

**Psychiatric and Psychological Affiliates of Scottsdale**

**\*Saba Mansoor, MD**

**\*Jamie Picus Psy.D**

6909 E. Greenway Parkway, Suite 240

Scottsdale, AZ 85254

480-609-0001

[www.psychiatricandpsychologicalaffiliates.com](http://www.psychiatricandpsychologicalaffiliates.com)

Provides diagnosis and treatment, medication management and individual/couples/family therapy. Private pay, but will assist in filing for insurance reimbursement.

**\*Leigh Lavis ND, LAC**

7520 E. Camelback Rd

Scottsdale, AZ 85251

503-490-3723 cell

602-957-2602 clinic

[info@drleighlewis.com](mailto:info@drleighlewis.com)

[www.drleighlewis.com](http://www.drleighlewis.com)

Integrative medicine (naturopath and acupuncturist) specializing in women's health: menopause, fertility, PMS, depression, anxiety, insomnia. Provide nutritional, conventional hormone testing and acupuncture. Diet and life style assessment. RX meds as needed. Background in mental health case management.

No insurance but offer coding for patients to submit to their insurance.

Sliding scale and free 15 minute consultation

**Counselors/Therapists:**

**\*Ruth Cohen RN, LMFT, IBCLC**

**Surprise Behavioral Health**

99<sup>th</sup> Ave. and Bell Road

Sun City, AZ

623-337-3388

Accepts insurance. Specialties include: infertility, prenatal, postpartum, lactation, couples counseling, depression, anxiety, trauma, EMDR training, hypnosis (She prioritizes homes with PPD and will “squeeze” them in so they don’t have to wait long for a first appointment.).

**\*Michelle Lacy, MA, LPC**

1166 E. Warner Rd., Suite 101  
Gilbert, AZ 85296  
480-220-0582

**\*Sharla Best MS, MFT**

Women’s Health Innovations of AZ  
Perinatal Support Coach  
1166 E. Warner Rd., Suite 101  
Gilbert, AZ 85296  
480-339-7119

\* I take a holistic approach to guiding individuals and families to wholeness and wellness. Specialize in marital, couple and family life challenges, with an emphasis on perinatal and postpartum mood disturbances

**\*Danielle Fragnito, LPC, LISAC, LLC**

Licensed professional counselor  
20860 N. Tatum Blvd. Suite 300  
Phoenix, AZ 85050  
602-509-6974

[dfragnito@live.com](mailto:dfragnito@live.com)

[www.dfragnito.com](http://www.dfragnito.com)

Individual and couples therapy. Certified EMDR.

Specializes in Trauma and anxiety reduction, perinatal mental health issues, couples, relationships, LGBTQ and womens issues.

English only

Insurance: BCBS, Aetna, Healthnet/MHN, Private Pay

Personally experienced PPD. Please identify as a mom when you leave a message so I can call back as soon as possible.

Moving to North Phoenix September 2016

**\*Cynthia Moran, LMSW**

**HRT/Parenting Skills Program**

2131 E. Broadway Rd.,#14

Tempe, AZ 85282

480-570-7533 [cynthiam@hrtaz.com](mailto:cynthiam@hrtaz.com)

Family and individual therapy.

No insurance.

English only.

**\*Tara Welker, PhD**

11020 N. Tatum Blvd.

Phoenix, AZ 85028

602-568-4618

[drtarawelker@gmail.com](mailto:drtarawelker@gmail.com)

Individual therapy.

No insurance.

Sliding scale

English only.

Also specializes in infant-toddler mental health and have a passion for helping caregivers with parenting, adjustment and early childhood struggles such as bonding and attachment.

**\*Cara English, DBH, MA, LAC**

**Northlight Counseling Associates/Terra's Place**

**AZ Breastfeeding Center (ABC)**

As a Doctor of Behavioral Health, I utilize an eclectic approach of therapies, including CBT, Mindfulness-Based Stress Relief, Acceptance and Commitment Therapy, and Brief/Solution-Focused approaches. I am able to collaborate with other providers (IBCLCs, Midwives, OB-GYNs, NPs, PCPs, etc.) to work as a whole-person health team with moms and families.

Perinatal moms should call Northlight and identify as a Terra's Place referral. Most insurance accepted including Tri-Care. AHCCCS is not accepted.

Tempe, AZ

(480) 442-8491 AZ Breastfeeding Center

(602) 285-9696 Terra's Place/Northlight

**\*Meggan Sullivan, LCSW**

Ms. Sullivan is an Associate at Northlight Counseling/Tara's Place. Meggan utilizes an eclectic approach of theories and therapies in her practice including Hypnotherapy, and is EMDR certified.

All major insurance accepted.

3 locations: Phoenix, Mesa, Chandler.

(602) 285-9696

**\*Bobbi Vogelsang, DBH, LCSW**

**\*Cathy Herson, LPC**

**\*Meggan Sullivan, LCSW**

**Northlight Counseling/Tara's Place.**

Phoenix: 2633 E. Indian School Rd. #360. 85016

Mesa: 4121 E. Valley Auto Dr. Suite 122. 85206

Chandler: 1405 N. Dobson Rd. Suite 1. 85224

(602) 285-9696

Therapy for perinatal women. Please identify as a Tara's Place referral so that a therapist specially trained in Perinatal Mood and Anxiety Disorders will see the new mom. Most insurance accepted including Tri-Care. AHCCCS not accepted.

**\*Aynsley Babinski, PsyD**

East Valley Counseling Associates

4114 E. Valley Auto Drive, Suite 208

Mesa, AZ 85206

480-507-7880

Information about fees and copays upon request.

[aynsley.babinski@gmail.com](mailto:aynsley.babinski@gmail.com)

**\*Pam Barnes-Palty, PsyD**

Post Doctoral Resident

Wooten and Associates

810 N. 6<sup>th</sup> Avenue

Phoenix, AZ 85003

602-462-1116

Information about insurance and fees available upon request.

**\*Jennifer Kizer, MA LPC**

**Heart Wisdom Healing**

In-home individual therapy

EMDR for PTSD and trauma including birth trauma

Postpartum doula services

AHCCCS. Sliding scale fee

602-380-1053

[Heartwisdomhealing@gmail.com](mailto:Heartwisdomhealing@gmail.com)

[www.facebook.com/jenniferkizermalpc/](http://www.facebook.com/jenniferkizermalpc/)

In-home services in Phoenix, Glendale and Tempe.

**Psychiatric and Psychological Affiliates of Scottsdale**

**\*Saba Mansoor, MD**

**\*Jamie Picus Psy.D**

6909 E. Greenway Parkway, Suite 240

Scottsdale, AZ 85254

480-609-0001

[www.psychiatricandpsychologicalaffiliates.com](http://www.psychiatricandpsychologicalaffiliates.com)

Provides diagnosis and treatment, medication management and individual/couples/family therapy. Private pay, but will assist in filing for insurance reimbursement.

**\*Jade Bruno MAS, LMFT**

The Couch and Beyond

5111 N. Scottsdale Rd. Suite 157

Scottsdale, AZ 85250

480-622-3867

[jade@thecouchandbeyond.com](mailto:jade@thecouchandbeyond.com)

Therapy services for children 3yrs and older, adolescents and families. CBT, Structural Family therapy. Love and Logic Parenting, Play based.

Cash only: \$150/session

No sliding scale

**\*Allison Ellsworth, LMFT**

480-298-4463

[allisone.mft@gmail.com](mailto:allisone.mft@gmail.com)

Individual and couples therapy

Cash only: \$100/hr

**\*Violet Huerta MA, LPC**

6909 W. Ray Rd, Suite 15-148

Chandler, AZ 85226

480-712-1230

[violet@authenticjourneyaz.com](mailto:violet@authenticjourneyaz.com)

[www.authenticjourneyaz.com](http://www.authenticjourneyaz.com)

Individual and family therapy. Women and couples, lesbian parents, EMDR, CBT, DBT, Women's groups, Infertility, Nutrition and wellness

No insurance

Sliding scale

**\*Sandra Rodriguez-Siuts PhD**

10613 N. Hayden Rd. J-100

Scottsdale, AZ 85260

480-609-2855

[Dr.rodriquezsiuts@gmail.com](mailto:Dr.rodriquezsiuts@gmail.com)

[www.sandrarodriguezphd.com](http://www.sandrarodriguezphd.com)

Adult women's psychotherapy: No couples, families or children. Focus on mood and anxiety disorders including perinatal.

English and Spanish

Aetna, BCBS, Cigna, Tricare, United

**\*Erin Kisicki LMSW**

Assistant Director of Training

Child and Family Support Services

10439 S. 51<sup>st</sup> St.

Phoenix, AZ 85044

480-635-9944

[www.cfss.com](http://www.cfss.com)

Community based mental health services for children, families and young adults. Must be AHCCCS eligible but some private pay counseling. Strengths based, individualized, supportive agency that involves and partners with families, parents and kids in sharing their stories.

English and Spanish

AHCCCS, private pay

**\*Kristina Blackledge, MS, MFT**

**Arizona Parent Advocate and Breakthrough Academy**

Specialized training in PPMD.

Infant Mental Health Specialist

Attachment and bonding.

Couples training (becoming parents program)

“This is not what I expected” support groups

Personal experience with PPMD.

602-402-9510.

[www.azfamilytherapy.com](http://www.azfamilytherapy.com)

**The Center for Hope**

**\*Ann Sabatini**

**\*Lisa Zarin**

Mesa, AZ

480-461-1711

Treatment for substance abusing pregnant women and their children. Postpartum issues identified and addressed. Outpatient only with transitional housing.

AHCCCS only.

**\*Maritsa Moussa, MSW**

**Maricopa Integrated Health Services**

Family Learning Center

33 W. Tamarisk

Phoenix, AZ 85041

602-344-6460

[Maritsa.moussa@mihs.org](mailto:Maritsa.moussa@mihs.org)

Support group

SPANISH speaking



Warmline volunteer

**Doula/Art Therapist:**

**\*Rochelle Trotman-Norman, MPS**

Baby Bee Maternal Wellness  
8400 S. Kyrene Rd., Suite 128  
Tempe, AZ 85224  
602-824-8178

[Rochelle@babybeematernalwellness.com](mailto:Rochelle@babybeematernalwellness.com)  
<http://www.babybeematernalwellness.com/>

Integrated perinatal art therapy, full spectrum doula care, and childbirth education for wellness and healing. Individual and group sessions.

Fee is \$85 per individual session, \$35 per group session

No insurance accepted.

In-home sessions can be arranged.

**Home Visitor/Health Programs/Lactation:**

**\*Sara Rumann, Program Manager**

**Health Start**

Maricopa County Public Health  
602-364-1421

[rumanns@azdhs.gov](mailto:rumanns@azdhs.gov)

Provides education, support and advocacy services to pregnant and postpartum women in-home.

**Hospital-inpatient**

**Aurora Psychiatric Hospital – Glendale**

6015 W. Peoria Ave.  
Glendale, AZ  
623-344-4444

AHCCCS and other insurance accepted.

Voluntary/danger to self/others criteria

Contact: \*Lori Milus RN, MSN. Director of Nursing

**\*Anne Olson, MSW**

Dignity St Joseph's Hospital and Medical Center

350 W. Thomas Rd.

Phoenix, AZ 85013

Women and Infants unit social worker

602-406-9880

Anne.olson@dignityhealth.org

**Mohave County**

**Mohave County Health Dept.**

\*Angelica Pichardo

700 W. Beale St.

Kingman, AZ86401

928-753-0714

Angelica.pichardo@mohavecounty.us

**Navajo County**

**Summit Healthcare Regional Medical Center**

**\*DeAnn Davies, MS, CLC, IPMH**

Director, Early Childhood Outreach & Pediatric Psychology Division

928-367-6550

**Pima County**

**Regional Behavioral Health**

**Cenpatico Integrated Care**

**\*Kim Young.**

Maternal Child Health Care Coordinator for seriously mentally ill pregnant and postpartum women

Support and resources during the perinatal period for SMI and substance abuse

333 E. Wetmore Rd

Tucson, AZ 85705

520-809-6442

[Kimberly.a.young@cenpatico.com](mailto:Kimberly.a.young@cenpatico.com)

AHCCCS

**Pregnancy and Postpartum Anxiety/Depression Support Groups:**

**\*Mother to Mother: Pregnancy and Postpartum Adjustment Support Group**

**Northwest Medical Center Women's Center**

Tucson, AZ

Meets every Wednesday from 10:00-11:30 in the Event Center adjacent to the Women's Center.

Contact \*Rhonda Anderson

520-877-4149

Support group for pregnant and post-partum women experiencing depression or anxiety. Babies welcome.

Free.

**\*Carondelet St. Joseph Hospital Postpartum Depression Support Group**

Carondelet Women's Center, Childbirth Education Room, First Floor

**\*Terry Scallon RN**

520-873-6858

350 N. Wilmot Rd.

Tucson, AZ 85711

Meets Wednesday evenings, 6:00-7:30, in the Agave Room near the concierge desk.

Free.

Babies welcome.

**\*TMC Pregnancy and Postpartum Support Group**

**\*Pearl Aviles MA, \*Tara Stanislav RN**

Thursday, 5:30-7:00

Tucson Medical Center Fireplace Room

5301 E. Grant Road

Tucson, AZ 85712

Questions: 520-324-7576

Facilitator speaks both English and Spanish. Infants and toddlers welcome.

**Teen Education and Support:**

**TOPS Parenting Support Group for Teens**

**\*Laura Pederson, RN** (520-284-9536)

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd.

Tucson, AZ 85716

520-888-2881

Free.

21 & under only. Must be enrolled with them. Not open to the public. Teen OB education and support for teen parents. Variety of programs including parenting classes and support groups.

**Counselors/Therapists:**

**\*Norma Paulic, LCSW**

10 N. Norton Ave., Suite 140

Tucson, AZ 85719

520-820-1931

Private practice. Therapy for children, adolescents and adults. Parenting and living skills.

Insurance accepted.

**\*Debra Kaplan MA, LISAC**

6151 E. Grant Rd.

Tucson, AZ 85712

520-203-1943

No insurance accepted.

**\*Rebecca Hamlin LCSW**

10501 E. Seven Generations Way, Suite 121

Tucson, AZ 85747

520-329-2874

[rebeccahamlinlcsw@gmail.com](mailto:rebeccahamlinlcsw@gmail.com)

[www.rebeccahamlin.com](http://www.rebeccahamlin.com)

Specializing in pregnancy and postpartum depression and anxiety. Trained in Brene Brown model of shame and vulnerability. EMDR certified.

Sliding scale. Will take private insurance.

**\*Kristi McReynolds LCSW**

**\*Anissa White LCSW**

**Casa de los Ninos**

3131 N. Country Club Rd, Suite 101

Tucson, AZ 85716

520-325-9498

[www.casadelosninos.org](http://www.casadelosninos.org)

Individual therapy, Family therapy, Couples Therapy

AHCCCS

Sliding scale available

**\*Kathryn Seidler, LCSW, therapist**

3801 N. Campbell, Suite E

Tucson, AZ 85719

520-310-7602

BC/BS, United Healthcare, Aetna accepted.

**El Rio Community Health Center**

**\*Karyl Williams LCSW**

Integrated Behavioral health Consultant/Coordinator

Tucson, AZ

520-792-9890

**\*Judith Henderson MSW, LCSW**

4570 E. Camp Lowell

Tucson, AZ

520-529-8096

[judithhenderson@comcat.net](mailto:judithhenderson@comcat.net)

No insurance accepted. Sliding scale for post-partum mood disorders.

**\*Pearl Aviles-Taub, MA**

**Healthy Families, Tucson**

In home therapy for Healthy Families clients.

Specializing in perinatal adjustment.

Must register with Healthy Families by 3 months postpartum.

Bilingual

520-321-3774

**\*Jennifer Breslin, PhD.**

**La Frontera Center, Inc.**

Health psychologist. Adult outpatient services.

4981 E. Grant Rd

Tucson, AZ 85712

520-258-5051

[jbreslin@lafrontera.org](mailto:jbreslin@lafrontera.org)

**\*Autumn Wiley-Hill, PhD., PLLC**

1760 E. River Road, Suite 142

Tucson, AZ 85718

520-477-7049

[dr.wileyhill@gmail.com](mailto:dr.wileyhill@gmail.com)

[www.autumnwiley-hill.com](http://www.autumnwiley-hill.com)

Insurance: BCBS, Aetna. Need-based sliding scale.

Individuals, couples.

Maternal mental health/perinatal depression and anxiety, relationships, transition/change, self-criticism and self-esteem, adjustment, loss, desire to make value-congruent changes in one's life.

Mindfulness, self-compassion.

**\*Somayeh Shunk MS, LPC**

De Novo Wellness Center, LLC

7400 N. Oracle Rd. Ste. 172

Tucson, AZ 85704

520-395-2369

[Somayeh.shunk@denovowellnesscenter.com](mailto:Somayeh.shunk@denovowellnesscenter.com)

Licensed professional counseling working with adults with particular interest in maternal mental health. Trained in dialectical behavioral therapy, cognitive behavioral therapy, EMDR.

MHN Healthnet. Aetna. Cigna. BCBS. United Health Care (pending). Sliding scale

**Nurse Practitioners, Physicians, Prescribe Meds:**

**Assurance Health and Wellness, Community Mental Health Center**

**\*Dr Arundhuti Kundu**

3939 S. Park Ave (near Irvington)

Tucson 85714

520-333-4320

[wellnessinfo@assurance.com](mailto:wellnessinfo@assurance.com)

Private and AHCCCS insurance

**\*Valerie Kading, MSN, NP**

**CODAC Health, Recovery and Wellness, Inc**

**NW Clinic**

201 W. Orange Grove Rd, Suite 416

Tucson, AZ

520-202-1990

Private insurance

**\*Beth Newhouse NP**

**CODAC Health, Recovery and Wellness, Inc**

**Cobblestone Clinic**

1075 E. Ft Lowell Rd

Tucson, AZ

520-202-1960

AHCCCS and private insurance

**\*Lina Rosin, Psychiatric Nurse Practitioner**

5920 E. Pima Street, #140

Tucson, AZ 85712

520-392-8553

Specializes in perinatal mental health. Takes most insurance except AHCCCS. Will try to work with clients who are in transition with their insurance providers.

**\*Terry Lozier, RN, MSN, PMHNP-BC**

**Pathways of Arizona**

3295 W. Ina Rd.#150

Tucson, AZ 85741

1161 N. El Dorado Place # 103

Tucson, AZ 85715

NW location on [Tues, Thurs, Fri](#)

El Dorado location on [Wed](#).

[520-744-4376](tel:520-744-4376). Ext 135

[Terry.lozier@pathways.com](mailto:Terry.lozier@pathways.com)

Family mental health practitioner caring for women and children and trained in perinatal mood and anxiety disorders.

**Physical Therapy/Wellness Classes**

**Success Physical Therapy LLC**

**\*Diana Fassett, BS, PT**

Pelvic Floor Physical Therapy

Sports Rehabilitation

Wellness Classes

850 N. Kolb Rd

Tucson, Az 85710

520-885-5125

diana@successphysicaltherapy.com

**In Home Doula Care/Childbirth Education/Home Visitors**

**\*Heartsounds Mother and Infant Care (Doulas)**

520-419-6058

[www.HeartSoundsBaby.com](http://www.HeartSoundsBaby.com)

Provides in-home care services and support to families with a newborn.

**Love in Bloom Birth and Postpartum Service**

**\*Carolyn Matthiasson**

520-322-9186



[www.loveinbloomboula.com](http://www.loveinbloomboula.com)

Labor and postpartum doula support.

**\*Kim Young**

Certified Postpartum Doula

520-603-6666

Kyoung1509@gmail.com

**\*Pima County Health Department Health Start**

**Kathy Malkin**

520-724-7901

Education, support and advocacy to pregnant and post-partum women.

**Public Health Nursing**

Tucson: East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

**Healthy Families:**

**Healthy Families Tucson**

**\*Pauline Haas-Vaughn., Senior Program Director**

520-321-3774

**Breastfeeding Support and Education:**

**Mama's Latte, LLC**

**\*Sibylle Rundel, CDC, IBCLC**

**\*TJ Marsh, CDC, IBCLC**

Certified Lactation Consultants

Tucson, AZ

520-628-4202

Doula and lactation support in your home.

No insurance. Sliding scale.

**Other Community Resources:**

**Tucson Postpartum Depression Coalition (TPDC)**

info@mothersoasis.org

[www.tucsonpostpartum.com](http://www.tucsonpostpartum.com)

Email to schedule a presentation or to receive brochures. Promoting education, awareness and support for perinatal mood disorders.

**Pinal County**

**Pinal County Healthy Families**

**\*Laura Friedman**

1729 N. Trekell Rd., #120

Casa Grande, AZ 85122

520-518-5292

**Santa Cruz County**

**Yavapai County**

**\*Betsy Tismeer, RN, LMFT**

Psychotherapist, private practice

812 Valley St.

Prescott, AZ 86315

928-708-9211

Accepts some insurance.

**Healing Arts Center**

**\*Margaret A. Walden, LCSW, ATR**

753 N. Main St.

Cottonwood, AZ 86325

928-399-0608

Psychotherapy, art therapy, therapy dog, adults only, EMDR

Accepts insurance.

**\*Sue Carlson, LPC**

172 E. Merritt St.  
Prescott, AZ 86301  
928-713-8671  
Specializes in PPMD.  
Insurance accepted.

**Home Visitor:**

**Yavapai County Community Health Services**

**\*Barbara Jorgensen**

1090 Commerce Dr.  
Prescott, AZ 86305  
928-442-5489

[barbara.jorgensen@yavapai.us](mailto:barbara.jorgensen@yavapai.us)

**Yuma County**

**PART 2**

**Other Statewide Resources by County**

*The providers for the following agencies are not known to have attended the PSI professional training on perinatal mood and anxiety disorders. PSI AZ Chapter encourages consumers to ask providers what special training they may have had in maternal mental health.*

**Apache County:**

**Apache County Department of Health**

Chris Sexton, Director  
Springerville, AZ  
928-337-4364

**Cochise County:**

**Healthy Families (model)**

North Cochise County

118 S. Arizona Av.

Wilcox, AZ 85643

520-458-7348

Support and home visitation

**Mary Gomez, Director**

Cochise County Health Dept., First Things First Program

520-432-9400

**Cenpatico Behavioral Health of Arizona**

1-866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

**Coconino County:**

**Health Choice Integrated Care**

928-774-7128 Business office

800-640-2123 Customer Service

They refer to a clinic near the client.

**The Guidance Center**

2187 N. Vickey St.

Flagstaff, AZ 86004

928-527-1899

Accepts insurance.

**Gila County:**

**Cenpatico Behavioral Health of Arizona**

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

1-866-495-6735 (crisis line)

Behavioral health portion of AHCCCS in Gila County

## **Graham, Greenlee, LaPaz Counties:**

### **Cenpatico Behavioral Health of Arizona**

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

1-866-4958-6735 (crisis line)

Behavioral health provider for AHCCCS.

## **Maricopa County**

### **Support Groups:**

#### **Scottsdale Shea Medical Center, Honor Health**

#### **Pregnancy and Postpartum Support Group**

Virginia Piper Cancer Center, First floor Education Room

10460 N. 92<sup>nd</sup> Street

Scottsdale

480-323-3878 (call to check for schedule changes)

1<sup>st</sup> and 3<sup>rd</sup> Friday of the month

9:30-11:30 AM

Facilitator: Abby Garcia Ph.D

Free.

### **Therapists:**

#### **Jessica Hedgepeth, M.S., BHT**

#### **Family Strategies Counseling Center**

1745 S. Alma School Rd, Ste 230

Mesa, AZ 85210

Office/appointments: (480) 668-8301

Cell/free consultations: (480) 331-8751

Website: [www.therapymamas.com](http://www.therapymamas.com)

FB & Instagram: @therapymamas

We accept Blue Cross/Blue Shield. I have personally experienced PPD, PPA, PTSD, and Birth Trauma. I have two children ages 5 & 2. I am passionate about helping pregnant and postpartum women! I have completely dedicated my practice to Perinatal Mood & Anxiety Disorders.

**Molly Dean, LCSW**

4600 E. Shea Blvd. Suite 200 Phoenix, AZ 85028

480-200-0410

[anewpath.az@gmail.com](mailto:anewpath.az@gmail.com)

[www.AnewpathAZ.com](http://www.AnewpathAZ.com)

BCBS ppo and Humana or \$120 per session privately.

I see teens and adults- individual, family or couples therapy. My specialties include but are not limited to infertility, pregnancy loss, postpartum issues and birth trauma along with PTSD or trauma, general depression/ anxiety/mood disorders, phobias, and disordered eating. I am certified in EMDR therapy for trauma and also trained in DBT, CBT and Mindfulness based therapies.

**Marilyn Kieffer-Andrews, RNP, Ph.D**

**Psychiatric Nurse Practitioner**

6545 N. 16<sup>th</sup> St.

Phoenix, AZ 85016

602-230-7113

Provides counseling and medication for pregnant and postpartum women.

**Arizona Breastfeeding Center (ABC)**

In addition to the breastfeeding support consultations and groups, we provide individual, couples, family, and group therapy to pregnant and postpartum moms.

4703 S Lakeshore Dr

Unit 2

Tempe, AZ 85282

United States

(480) 442-8491

<http://azbreastfeedingcenter.com/counseling-1/>

**TERROS/Phoenix Interfaith Counseling**

16<sup>th</sup> St. and Indian School (602-248-9247

Dunlap (602-943-2999)

Tempe on Rural (480-317-9868)

Adult Crisis Line: 1-800-631-1314

**Obstetrics/Midifery:**

**Valley Women for Women**

22711 S. Ellsworth  
Queen Creek, AZ 85142  
480-782-0993

**Joanna Wilder RN, BSN, CPM, LM (midwife)**

Embracing Birth Midwifery  
GracYa  
2134 W Monroe St  
Phoenix, AZ 85009  
(602)799-1107

Facebook page Embracing Birth Midwifery LLC

[Embracingbirthmidwifery.com](http://Embracingbirthmidwifery.com)

Blog: [embracingbirthandlife.wordpress.com](http://embracingbirthandlife.wordpress.com)

One hour free consultations for couples who are pregnant or considering pregnancy, and who want to process a traumatic birth. Midwifery services include preconception counseling, well woman care, full prenatal care, home birth, and 5-6 newborn/postpartum visits. I foster strong collaborative relationships in case of transfer.

Facilitates small groups where women have a safe space to process their stories.

**Southwest Contemporary Women's Care**

6301 S. McClintock, Suite 215  
Tempe, AZ 85283  
480-820-6657

Provides individual and couples counseling within an OB/GYN office.  
Accepts insurance.

**Physical Therapy:**

**Robyn Wilhelm, PT, DPT**

Pelvic & Women's Health Physical Therapist  
2651 W. Guadalupe Rd. Ste #106  
Mesa, AZ 85202  
602.316.0571

[www.wilhelmpt.com](http://www.wilhelmpt.com)

Specializing in pelvic and women's health PT. Practice includes prenatal and postpartum clients.

Conditions treated include: urinary incontinence, pelvic floor weakness, pelvic organ prolapse, diastasis recti, painful intercourse, vulva pain, pudendal nerve neuralgia, pelvic pain (acute and chronic), perineal massage and pelvic floor stretching, progressive relaxation for pain and stress, optimizing labor and delivery with positioning strategies, postpartum biomechanics with baby care and more.

Each initial examination I have with a patient/client is 60-90 minutes and each treatment visit is 60 minutes or 90 minutes.

### **Mental Health/Psychiatric Hospitals and Crisis Services:**

**Maricopa Crisis Line:** 602-222-9444

**Information and Referral Hotline:** 602-263-8856

#### **Connections AZ: Urgent Psychiatric Care**

902 N. Second St.

Phoenix, AZ 85004

602-416-7600

Insurance accepted.

#### **Crisis Response Network**

1-800-631-1314

602-222-9444 (crisis line)

#### **Connections of Arizona**

##### **Urgent Psychiatric care**

24 Hour crisis facility

902 N. Second St. (Second St. and Roosevelt)

Phoenix, AZ

602-416-7600

No insurance needed.

#### **Maricopa Medical Center**



### **Outpatient Clinic at Desert Vista Behavioral Health Center**

Mesa, AZ

480-344-2100 for a screening appointment

Outpatient psychiatric services are available for adults, children and adolescents including psychiatric evaluation, individual psychotherapy, psychodynamic, cognitive behavioral, brief supportive therapies, family therapy and prescription of medication if necessary. Treatment is provided at affordable rates for those who do not have insurance or public benefits (\$40 intake, \$10 therapy, \$25 therapy and med management).

Treatment is provided by psychiatric residents under the supervision of Board Certified attending psychiatrists.

### **Healthy Connections for Moms-To-Be and Legacy House**

NCADD (national council on alcoholism and drug dependence)

Provides pregnant women experiencing substance abuse and co-occurring disorders access to a comprehensive continuum of services designed to promote recovery.

4201 N. 16<sup>th</sup> St. #220

Phoenix, AZ 85016

602-274-2234

24 hour Information and Referral: 866-836-8078

### **Aurora Tempe Behavioral Healthcare**

#### **Acute psychiatric hospital**

Tempe, AZ

480-345-5420

Accepts insurance.

### **Other:**

#### **MISS Foundation Support Groups**

77 E. Thomas, Suite 221

Phoenix, AZ 85012

602-279-6477

1-888-455-MISS

[www.missfoundation.org/support/groups/arizona](http://www.missfoundation.org/support/groups/arizona)

MISS Foundation specifically targets grief and bereavement due to the loss of a child.

### **La Leche League**

602-234-1956

Information helpline for breastfeeding support and information.

**Mohave County:**

**Healthy Families/Child and Family Resources, Inc.**

2202 Hualapai Mountain Rd.,#101

Kingman, AZ 86401

928-753-4410

**Mohave Mental Health Clinic**

Kingman, AZ

928-757-8111

**Northern Arizona Regional Behavioral Health Center**

928-774-7128 or 1-877-756-4090

**Navajo County:**

**Winslow Indian Health Care Center**

500 Indiana Ave.

Winslow, AZ

928-289-4646

IHS Clinic (Native patients only)

**Community Counseling Center**

Holbrook, Winslow, Show Low

928-524-6701

**Little Colorado Behavioral Health**

St. Johns, Springerville

928-337-4307

**Apache Behavioral Health**

928-338-4811

White Mountain Apache patients

## **Northern Arizona Regional Behavioral Health**

877-756-4090

### **North Country Health Care**

#### **Health Start**

#### **Deborah Lewis**

2109 Navajo Blvd.

Holbrook, AZ 86025

928-524-2851, ext. 3741

[dslewis@nchcaz.org](mailto:dslewis@nchcaz.org)

### **Pima County:**

#### **Crisis:**

#### **Pasadera**

2502 N. Dodge Blvd., #190

Tucson, AZ 85715

520-617-0043

24/7 walk-in services for assessment and referrals. Crisis services.

### **Psychiatric Assessment and Treatment**

#### **Perinatal Psychiatry Clinic**

#### **Saira Kalia MD**

Location: Banner University Medical Center - South 2800 E Ajo Way

520-874-7523

Our inclusion criteria are: - (Any one criteria is enough)

- Postpartum up to 9 months
- Currently pregnant
- Breastfeeding
- Trying to conceive/ Planning a pregnancy and currently on psychotropic medication

We are unable to offer services to patients with ongoing substance abuse as the program is still young and we need more services in place to ensure services at the standard of

care. Our next step will be to provide these services at the Whole Health Clinic at Banner to reach more AHCCCS patients however, this is not operational yet.

Appointment line 874-7523, We are Preferred Providers for most insurance companies (AHCCCS Plans are excluded). We call and verify patients insurance prior to scheduling an appointment to ensure we are providers for their plan. Following are a few of the plans that we are contracted with: UBH, Cigna, BCBS, Aetna

**Banner Whole Health**

Behavioral Health Clinic

Integrative Medicine.

Assessment. Therapy. Medication

535 N. Wilmot Rd.

Tucson, AZ 85711

520-694-1234

Eligibility through Cenpatico AHCCCS. Some private insurance.

**Wen Cai MD, PhD**

Wellbeing Institute

3615 N. Prince Village Place

Tucson, AZ 85719

520-225-0584

**Obstetricians:**

**Judith E. Riley, MD**

310 N. Wilmot Rd., #306

Tucson, AZ 85711

520-325-0865

Board certified on obstetrics and gynecology.

Monday-Friday: 9:00-5:00

Offering exceptional one-on-one healthcare to the women of southern Arizona.

Affiliated with Banner University Medical Center.

Most insurance.

**Kokopelli Obstetrics & Gynecology**

**Michael Stevens, MD**

6567 E. Carondelet Dr.

Tucson, AZ 85710

520-296-9446

Board certified in obstetrics and gynecology.

Monday-Friday: 9:00-5:00

Committed to providing unsurpassed OB/GYN care with compassion and dignity.

Affiliated with Tucson Medical Center and Carondelet St. Joseph's Hospital.

Most insurance.

Se habla español.

### **Crossroads OB/GYN**

**Stephanie Chin, MD; Gayle Dean, MD; Jennifer Reinhart, MD; Erin Sperry, MD; John Graziano, MD; Jenny Dalessandra, NP; Krista Martin, NP; Suzie Harrison, NP**

2424 N. Wyatt Dr., #260

Tucson, AZ 85712

520-795-8080

Carla Grijalva, Medical Practice Manager

[cgrijalva@genesisobgyn.net](mailto:cgrijalva@genesisobgyn.net)

Website: [www.genesisob/gyn.org](http://www.genesisob/gyn.org)

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

Se habla español.

### **Frank Laudonio, MD, PC**

523 N. Tucson Blvd.

Tucson, AZ 85716

520-323-5577

Email: [flaudonio@midtownobgyn.org](mailto:flaudonio@midtownobgyn.org)

Website: [www.midtownobgyn.org](http://www.midtownobgyn.org)

Office contact: Sandra or Bertina

Monday-Thursday 9:00-5:00, Friday 9:00-1:00

All insurance. 20% off for self-pay

Se habla español.

### **Doulas/Childbirth Educators**

**Desert Doula Birth and Postpartum Services**

Tucson, AZ

520-749-0329

**Elizabeth Mendoza**

6151 E. 17<sup>th</sup> St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

**Arizona Children's Association**

**Parent Connection**

**Maria Ortiz**

520-321-1500

Provides support, information and resources for parents.

**Pinal County:**

**Cenpatico Behavioral Health of Arizona**

866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

**Corazon Integrated Health Care Services**

900 E. Florence Blvd.

Casa Grande, AZ

520-836-4278

**Helping Associates, Inc.**

1901 N. Trell Rd., Suite A

Casa Grande, AZ 85122

520-836-1029

Individual, families and couples counseling and groups. Psychiatric services. Other services available. Call for intake.

**Horizon Human Services**

Casa Grande: 520-836-1688

Globe: 520-402-9297

Crisis Line: 866-495-6735

24 hour crisis services. Counseling and domestic violence services. Residential program for women with substance abuse problems. Psychiatric services also available. Call for intake.

### **Santa Cruz County:**

#### **Cenpatico Behavioral Health of Arizona**

1-866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

#### **Mariposa Community Health Center**

**Yara Castro**

**Maternal/Child Health Manager**

1852 N. Mastick Way

Nogales, AZ 85621

520-375-6050

[ycaastro@mariposachc.net](mailto:ycaastro@mariposachc.net)

#### **Corazon Integrated Healthcare Services**

1891 N. Mastick Way

Nogales, AZ 85621

520-375-5300

### **Yavapai County:**

#### **West Yavapai Guidance Clinic**

Prescott and Prescott Valley

928-445-5211

#### **Spectrum Healthcare**

Cottonwood, Sedona

928-634-2236

AHCCCS and Medicare

**Northern Arizona Behavioral Health**

928-774-7128

**Yuma County:**

**Cenpatico Behavioral Health of Arizona**

1-866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

**ADDITIONAL STATEWIDE RESOURCES**

**Healthy Families**

[www.healthyfamiliesamerica.org](http://www.healthyfamiliesamerica.org)

**MotherToBaby Arizona (Formerly AZ Pregnancy Riskline)**

University of Arizona Health Sciences, Tucson

Education and counseling about the possible effects of exposures during pregnancy or breastfeeding.

Tucson area: 520-626-3410

Toll-Free: 888-285-3410

<http://www.mothersbaby.org>.

**Arizona DHS Breastfeeding Resource Line**

1-800-833-4642

24/7 multilingual line. Breastfeeding questions are answered and, if necessary, community resources are given out. Free phone service. Baby care and mommy care can also be fielded if necessary. We handle a considerable amount of calls about medications and lactation, too.

**Child Care Resource and Referral**

2800 E. Broadway

Tucson, AZ

800-308-9000

520-320-4028

[www.azchildcare.org](http://www.azchildcare.org)



Statewide program. Offers free child care referrals in the areas where parents are looking for care.

**La Leche League** 1-800-LALECHE.

**Medela Helpline** (lactation), [www.medelabreastfeedingus.com/ask-the-lc](http://www.medelabreastfeedingus.com/ask-the-lc),  
1-800-435-8316.

**Arizona Birth Network**  
[www.azbirthnetwork.org](http://www.azbirthnetwork.org)  
[azbirthnetwork@gmail.com](mailto:azbirthnetwork@gmail.com)

**Regional Behavioral Health Centers (Cover AHCCCS enrollees):**

**Cenpatico Behavioral Health of Arizona**

1-866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

Regional Behavioral Health Centers for Pima, Pinal, Gila, Yuma, Santa Cruz, Cochise, Graham, Greenlee and LaPaz Counties

**Southeastern Arizona Behavioral Health Services, Inc.**

611 W. Union

Benson, AZ 85602

520-586-0800

1-866-495-6735 (Nursewise crisis line)

888-404-5530 (NAZCARE warmline)

**Mothers of Preschoolers**

[www.mops.org](http://www.mops.org)

888-910-6677

Program designed to nurture mothers with children infancy through kindergarten. Groups in many areas. For complete list to go to website and enter location.

**Birth to Five Helpline**

Sponsored by Southwest Human Development

1-877-705-5437

A toll-free questions line for parents, caregivers and professionals.

**MISS Foundation**

[www.misschildren.org](http://www.misschildren.org)

602-279-6477

For families with a fetal loss.

**Teen Outreach Pregnancy Services (TOPS)**

1-877-882-2881 (statewide)

They will refer to closest provider.

**Websites**

[www.beyondtheblues.com](http://www.beyondtheblues.com)

[www.postpartum.net](http://www.postpartum.net)

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

[www.pndsa.co.za](http://www.pndsa.co.za)

[www.psiarizona.org](http://www.psiarizona.org)

[www.tucsonpostpartum.com](http://www.tucsonpostpartum.com)

[www.drchristinahibbert.com](http://www.drchristinahibbert.com)

[www.arizonafamilytherapy.com](http://www.arizonafamilytherapy.com)

**Helpful AZ resource links**

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

<http://www.erikson.edu/fussybaby/>

[https://www.mercymaricopa.org/assets/pdf/members/Benefits/UrgentCare%20WalkInDirectoryFINAL2\\_508.p](https://www.mercymaricopa.org/assets/pdf/members/Benefits/UrgentCare%20WalkInDirectoryFINAL2_508.pdf)

[df](#)