

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 mental health 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 mental health.

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

PSI AZ Co-Coordinator:

*Carole Sheehan, MA, RN
Arizona Warmline Coordinator, PSI AZ Board of Directors
Founder Tucson Postpartum Depression Coalition
520-631-6308
Carole_sheehan@hotmail.com

*DeAnn Davies, MS, CLC, IPMH
PSI AZ Board of Directors
Director, Early Childhood Outreach Division
Summit Healthcare Regional Medical Center
928-367-6550
ddavies@summithealthcare.net

*Lucia Ciciolla Ph.D
PSI AZ Board of Directors
Phoenix metro area
480-389-5824

lucia.psivc@gmail.com

*Michelle Lacy, MA, LPC
Phoenix/East Valley area
480-220-0582
momssupport@cox.net

*Kim Kriesel, LAC
Central Phoenix and Chandler, Gilbert, Mesa
480-319-4413
kimk@maternalhealthmatters.net
www.wellmamas.net

MEDIA CONTACTS:

Dr. 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-meetins/ 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

No resources have yet been identified in Apache County.

Cochise County

Rise Gold, RNC-OB, Postpartum Wellness Nurse

Canyon Vista Medical Center

Sierra Vista, AZ

520.263.3315 (direct)

520.559.3764 (cell)

Rise.gold@canyonvistamedicalcenter.com.

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

*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

Clinical Psychologist, Author, "This Is How We Grow"; Host, "Motherhood" on www.webtalkradio.net; www.drchristinahibbert.com

315 W. Cherry Ave.

Flagstaff, AZ 86001

602-361-7364

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

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

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

No resources have yet been identified in these counties.

Maricopa County

Perinatal Mood and Anxiety Disorders Support Groups:

*Dignity Health Pregnancy and Postpartum Support Group

Free

Wednesdays, 1:00-2:30

***Missy Beauchamp.**

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.

480-728-5620.

*Banner Desert Medical Center Pregnancy and Postpartum Adjustment Support Group

***Suzanne Clinton RN,** Postpartum Childbirth Educator

1400 S. Dobson Rd.

Mesa, AZ 85202

Tuesdays, 10:00-11:30

Cardon Children's Medical Center

4th floor conference room, Frog A/Turtle B

On the campus of Banner Desert Medical Center

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

2nd and 4th Tuesday, 11:00-12:30

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

****Mother to Mother'** a group providing support for mothers during pregnancy and after delivery

St. Joseph's Hospital and Medical Center

McCauley Office Building

500 West Thomas

Suite 700 – Butterfield Library

Phoenix, AZ 85013

Time: Group meets every other Friday 10-11:30 and is led by experience postpartum nurses who are mothers themselves. Babies and young children are welcome.

Registration is not required. This is a free support group.

For more information, contact group facilitator.

Telephone: 602-980-3208 or 877-602-4111

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 7th Avenue

When:

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

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 (except July 4, Thanksgiving and Christmas week)

Tuesday evenings: 6:00-7:30 PM. SECOND Tuesday of the month except for July and December

***Michele Stanley, RN**, Prenatal Patient and Family Educator/Coordinator

480-543-3050

Michele.stanley@bannerhealth.com

Free. No registration needed. Babies are welcome.

Perinatal Mental Health 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

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 (2nd and 4th)

10-11:30 am

Registration is NOT REQUIRED

Location: St. Joseph's Hospital and Medical Center

Nursery ICU Waiting Room – 4th floor Main Building

350 W Thomas Rd.

Phoenix AZ 85013

For more information – 602-406-4041

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

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

***Dr. Leigh Lewis ND, LAC**

7520 E. Camelback Rd

Scottsdale, AZ 85251

503-490-3723 cell

602-957-2602 clinic

info@drleighlewis.com

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:

***Women's Health Innovations**

Our coaches will do a full assessment and walk alongside moms to ensure follow through/up with services. We have grant funds to cover services.

480.339.7119

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

Surprise Behavioral Health

99th 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

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.

***Cynthia Moran, LMSW**

HRT/Parenting Skills Program

2131 E. Broadway Rd., #14

Tempe, AZ 85282

480-570-7533

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

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.

*** Meggan Sullivan LCSW**

1444 W. La Jolla Dr.

Tempe, AZ 85282

602-730-4730

www.counselingbymeggansullivan.com

Takes most insurance with the exception of AHCCCS.

Specialties include maternal mental health, trauma, eating disorders, depression, anxiety, mood disorders and bereavement. Individual, couples, family, EMDR, Solution-focused, Cognitive behavioral therapy (CBT), Behavior modification, Dialectical behavior therapy (DBT) skills.

***Northlight Counseling Associates**

Potential clients should identify themselves as someone who is pregnant or postpartum in need of counseling.

Both Dr. Bobbi Vogelsang and Dr. Javier Perez have completed Postpartum Support International's two-day training in perinatal mental health.

Most insurance accepted including Tri-Care.

Three locations:

Phoenix

2633 E. Indian School Rd #360

Phoenix, AZ 85016

Mesa

4121 E. Valley Auto Drive, Suite 122

Mesa, AZ 85206

Chandler

1405 N. Dobson Road, Suite 1

Chandler, AZ 85224

<http://northlightcounseling.net>

(602) 285-9696

Terra's Place

***Dr. Cara English, DBH, LAC**

***Dr. Bobbi Vogelsang, DBH, LCSW**

***Dr. Javier Perez, Ph.D.**

2435 E. Southern Ave., Suite 2

Tempe, AZ

P: (855) 4-TERRAS

F: (855) 483-7727

info@terrasplaceaz.com

terrasplaceaz.com

Terra's Place was created to help mothers, fathers, and families struggling with perinatal mental health by four therapists with advanced training through Postpartum Support International. All therapists have completed the 2-day training certificate in perinatal mental health. We offer individual and family counseling, Mindful Motherhood groups, Seven Sisters for Seven Days postpartum planning classes, and Postpartum Progress Support and Therapy Groups. We keep open appointments each week for new patients so that you don't have to wait long for a first appointment. Terra's Place providers use a trauma-sensitive approach and evidence-based therapies, including

hypnotherapy, Mindfulness-Based Stress Relief, EMDR, CBT, and Interpersonal Therapy to help moms and families heal.

Most insurance accepted, including Tri-Care.

***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

***Pam Barnes-Palty, PsyD**

Wooten and Associates
810 N. 6th Avenue
Phoenix, AZ 85003
602-462-1116

Information about insurance and fees available upon request.

***Kim Kriesel, LAC**

Central Phoenix and Chandler, Gilbert, Mesa
480-319-4413
kimk@maternalhealthmatters.net
www.wellmamas.net

I exclusively work with moms and families experiencing infertility, PMADs, and infant Loss. I do not take insurance but take a range of fees depending on need (\$85-\$125), I do provide a superbill for clients who want to submit to insurance for out-of-network benefits. Can also do Facetime counseling!

***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

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

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

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

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

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

***Dr. Sandra Rodriguez-Siuts**

Psychologist

8585 E Hartford Dr., Suite 120

Scottsdale, AZ 85255

Phone: (480) 473-5411

Fax: (480) 436-6900

www.SandraRodriguezPhd.com

English and Spanish.

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

Aetna, BCBS, Cigna, United Healthcare

***Erin Kisicki LMSW**

Assistant Director of Training

Child and Family Support Services

10439 S. 51st St.

Phoenix, AZ 85044

480-635-9944

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

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

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

<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

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

Valley Hospital Women's Program

3550 E. Pinchot Ave
Phoenix, AZ 85018
602-952-3939
877-600-0150

Valley Hospital's Women's Program offers the following services:

- A full continuum of mental health services exclusively for women
- A professional team of psychiatrists, master's prepared therapists and 24/7 nursing care
- Development of a collaborative interdisciplinary treatment plan
- Integration, education and coordination with primary care providers and the referring agency
- Active, individualized discharge planning
- Gender-specific specialized groups
- Diagnosis and medication education unique to women
- Relapse prevention, medication compliance
- Access to chemical dependency groups, AA and NA

Our treatment team utilizes evidence-based therapies to address trauma and crisis, grief, loss and anxiety. In our Women's Program, there is a focus on life skills, self-image, coping skills, anger management, relationships and developing healthy boundaries.

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

Crisis Line: 520-622-6000.

24 hour Crisis/Walk in services at the Crisis Response Center, Banner University Medical Center South, Behavioral Health Pavilion. 2800 E. Ajo Way. Tucson.

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

AHCCCS

Pregnancy and Postpartum Anxiety/Depression Support Groups:

*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**

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.

“Marana Mama Baby”

*Rhonda Anderson, CLD, CBEd

Tuesday evenings, 6:30-8:00 PM. FREE

Community Christian Church of Marana.

13610 N. Sandario Rd., Marana, AZ.

For information contact Rhonda: 931-561-6373. 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.

Helen Adami

520-877-4131

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

Banner North

“You’ve Got This!”

Moms and mom-to-be support group

Expecting moms, new moms and support people and babies in arms are welcome to attend

FREE monthly meeting

Third Tuesday of each month

1-2 PM

3838 N. Campbell Ave.

Third Floor, Conference Room #30110

Check in at the Clinic "1" reception desk
Questions? 520-694-4525
RSVP by calling: 1-800-230-2273
www.bannerhealth.com/230care

Perinatal Support Group for Dads

Joshua Johnson

Carondelet St Joseph's Hospital
350 N. Wilmot Rd
Tucson, AZ 85711
Womens Pavilion/ Childbirth Education Room
520.349.8133
Fourth Monday Every Month
6:30-8:00 PM
FREE

Being a dad can be like traveling to a foreign country. The customs are different and you may not know what to expect. It helps to have a guide and be with fellow travelers. When you join us on the 4th Monday of the month, you'll learn about the challenges that new parents can face during pregnancy and the baby's first year. If you're surprised by some of your feelings or if you're unsure about how to talk or respond to your partner's emotions, this group can be helpful.

Teen Education and Support:

TOPS Parenting Support Group for Teens

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

***Angela White, MA, NCC, LPC**

Promising Directions Therapy, PLLC
5931 E. Pima Street, Suite 101
Tucson, AZ 85712

azangelawhite@gmail.com

(520)261-7599

<https://therapists.psychologytoday.com/165794>

*Sliding Fee Scale for all clients, not contracted with insurance

Specialized in Pregnancy, Postpartum Depression and Support, and Women's Issues and Wellness. With specialized Certificate Training and a heartfelt passion to support women thru their journey from pre-pregnancy thru postpartum emotional health and beyond. My approach is a caring, open, and a positive way to support women to encourage women thru their challenges to a place of calm and strength.

***Sherry Duson, M.A. LPC**

Private Practice

1820 E. River Road, Suite 104

Tucson, Arizona 85718

713.506.2522

sherry@sherryduson.com

<http://www.sherryduson.com>

Experienced mental health professional with over twenty three years of experience in individual, couples and family therapy. Has developed a specialty in maternal mental health for the past twenty years, addressing all issues related to the perinatal period including postpartum depression, anxiety, pregnancy loss and maternal development.

Out-of-network with all insurance, sliding scale available.

***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.

***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

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, Tricare, United and GEHA. Sliding scale

***Rebecca Hamlin LCSW**

10501 E. Seven Generations Way, Suite 121

Tucson, AZ 85747

520-329-2874

rebeccahamlinlcsw@gmail.com

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

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**

***Rachel Thrall**

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

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

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

1760 E. River Road, Suite 142

Tucson, AZ 85718

520-477-7049

dr.wileyhill@gmail.com

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.

University of Arizona Health Sciences

Office of Diversity and Inclusion

***Alison Sutton Ryan, LCSW, LISAC**

FOR STUDENTS in Colleges of Medicine, Public Health, Nursing and Pharmacy

Free brief confidential counseling

520-626-3812

asuttonryan@email.arizona.edu

<http://diversity.uahs.arizona.edu/mental-health-wellness>

Nurse Practitioners, Physicians, Prescribe Meds:

***Arundhuti Kundu MD**

Escalera Health and Wellness

Community Integrated Care Clinic

5240 E. Knight Drive, Suite 100

Tucson, AZ 85712

520.209.1919

Insurance: MHN, Optum, Tricare West

Perinatal Psychiatry Clinic

***Saira Kalia MD**

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

520-874-7523

<http://psychiatry.arizona.edu/patient-care/perinatal-psychiatry-clinic-0>

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.

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

***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.

***Larisa Biznichuk MSN, PMHNP-BC, PLLC**

Psychiatric Nurse Practitioner
3438 N. Country Club Rd
Tucson, AZ 85716
520-531-1040
Aetna, Humana, Medicare

***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

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

***Rhonda Anderson, CLD, CBEEd**

Desert Bloom Doula Service LLC

Marana, AZ

931-561-6373

www.desertbloomboula.com

rhonda@desertbloomboula.com

Gentle and intuitive Pregnancy, Labor and Postpartum Support

***Heartsounds Mother and Infant Care (Doula)**

520-419-6058

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

Labor and postpartum doula support.

***Kim Young**

Certified Postpartum Doula

520-603-6666

Kyoung1509@gmail.com

***Elizabeth Mendoza**

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

***Pima County Health Department Health Start**

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

Nurse Family Partnership

Casa de los Ninos, Tucson

*Tara Stanislav, NFP Nurse Supervisor

First time moms who are 28 weeks pregnant or less may be eligible for free home visits.

Referral line: 520-881-0001

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.

Banner University Medical Center

Gloria Fernandez, Lactation Consultant

Outpatient Services by appointment

Services in English and Spanish

Reduced or no fees

520-603-3255

fernpar@earthlink.net

AZ Dept of Health Services Breastfeeding Resource Line

24/7 Multilingual line. Breastfeeding questions are answered, and, if necessary, community resources are given out. FREE phone service. Baby and mommy care questions can also be taken. Also receive questions about medication and lactation.

1-800-833-4642

MotherToBaby Arizona (formerly Pregnancy Risk Line)

University of Arizona College of Pharmacy

Resource information for families and providers wishing to discuss safety, efficacy of exposure to medication and other exposure in pregnancy and lactation. FREE phone service

520-626-3410. 888-285-3410

Other Community Resources:

Tucson Postpartum Depression Coalition (TPDC)

info@mothersoasis.org

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

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

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
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
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. 92nd Street
Scottsdale
480-323-3878 (call to check for schedule changes)
1st and 3rd Friday of the month
9:30-11:30 AM
Facilitator: Abby Garcia Ph.D

Free.

Banner Thunderbird Intensive Outpatient Group

Fresh Start Group Therapy for Peripartum and Postpartum Depression and Anxiety (IOP for Women). A 24 session therapy group.

5555 W. Thunderbird R.

Glendale, AZ 85306

For appt: 602-254-4357

For more info: Carly-602-865-4862 or Ann-602-865-4141

Tuesday, Friday, Saturday from 9-noon, Navajo Room

Enroll by calling for appointment for free assessment. Banner accepts most insurance and you don't need a referral from your doctor.

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

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. Options available for therapy that is not office-based.

Molly Dean, LCSW

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

480-200-0410

anewpath.az@gmail.com

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. 16th 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

16th 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

Blog: 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

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. 16th 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.

Alium Health

9440 E. Ironwood Square Dr., Suite 101 Scottsdale, AZ (also expanding to Chandler & Glendale!)

480-750-0095

Insurances: Medicare, States AHCCCS (FFS), CMDP (foster children), United Healthcare, Blue Cross Blue Shield, Multi-Plan, Aetna, Arizona Foundation. We are in the process of credentialing/contracting with a multitude of insurances, so I would love to keep you updated as things shift.

We offer family medical practice services, behavioral health services (individual, group therapy, as well as corresponding classes), registered dieticians, and care coordination.

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

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.

Parent Partners Plus/Strong Families AZ

FREE in home family support in Maricopa County

Expecting parents or families with a child 5 years old and younger

602-633-0732

www.parentpartnersplus.com

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

Pima County:

Crisis:

Southern AZ Mental Health Center

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

<http://psychiatry.arizona.edu/patient-care/perinatal-psychiatry-clinic-0>

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

Therapists:

Courtney Schuneman PsyD

7618 N. La Cholla Blvd

Tucson, AZ 85741

520-477-2273

care@Dr-Courtney.com

Trauma, grief/loss, postpartum depression, enhancing parenting skills, ADHS, behavioral problems, infertility, anxiety, depression

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 espanol.

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@genesishobgyn.net

Website: www.genesishob/gyn.org

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

Se habla espanol.

Frank Laudonio, MD, PC

523 N. Tucson Blvd.

Tucson, AZ 85716

520-323-5577

Email: flaudonio@midtownobgyn.org

Website: 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.

Midwifery

Rebecca Rivera CNM

Desert Bloom Women's Care

630 N. Alvernon Way. Suite 180

Tucson, AZ 85711

520-276-5500

“empowering women in all stages of life”

Practice is also located in Sierra Vista

Doulas/Childbirth Educators

Desert Doula Birth and Postpartum Services

Tucson, AZ

520-749-0329

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

Corazon Integrated Health Care Services

900 E. Florence Blvd.

Casa Grande, AZ

520-836-4278

Helping Associates, Inc.

1901 N. Trekell 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

Mariposa Community Health Center

Yara Castro

Maternal/Child Health Manager

1852 N. Mastick Way

Nogales, AZ 85621

520-375-6050

ycastro@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

ADDITIONAL STATEWIDE RESOURCES

Healthy Families
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.mothertobaby.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

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,

1-800-435-8316.

Arizona Birth Network

www.azbirthnetwork.org

azbirthnetwork@gmail.com

Regional Behavioral Health Centers (Cover AHCCCS enrollees):

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

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)

Other Resources:

Mothers of Preschoolers

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

877-705-5437

Provides support, information and resources for parents. Provides home visits to anyone with issues with their children or with postpartum issues. They can assess for postpartum depression, can provide "Fussy Baby" home visits, etc for people in the community

Sponsored by Southwest Human Development

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

MISS Foundation

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.

HELP FOR VETERANS-WHS News

Perinatal Depression and MomMoodBooster

[MomMoodBooster](#) is a free online program, funded by the VA Office of Rural Health, and designed to help women Veterans recover from postpartum depression. Women complete six sessions and receive calls from a phone coach. In addition, the Program includes online access to a library and an optional partner support website. Note: Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. For additional information and eligibility requirements, please contact Dr. Michael O'Hara at michael.ohara3@va.gov or click [here](#).

Websites

www.beyondtheblues.com

www.postpartum.net

www.ppdsupportpage.com

www.pndsa.co.za

www.psiarizona.org

www.tucsonpostpartum.com

www.drchristinahibbert.com

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.pdf