



## Tucson Perinatal Anxiety/Depression Resources for Moms

\* Denotes provider has attended professional training in perinatal mood and anxiety disorders. Other providers are treating perinatal women and wish to be included.

TPDC is not responsible for verifying credentials nor does this list imply that TPDC recommends these providers. For updates in information contact [info@mothersoasis.org](mailto:info@mothersoasis.org).

Please contact us at [info@mothersoasis.org](mailto:info@mothersoasis.org) for corrections, additions, deletions.

### **Crisis**

#### **Community crisis line: 520-622-6000**

24/7 walk-in services for assessment and referrals. Crisis services at the Crisis Response Center at Banner UMC-South Campus, Behavioral Health Pavilion. 2800 E. Ajo Way. Tucson.

#### **AZ Whole Health Behavioral Health of AZ Crisis Line**

1-866-495-6735

### **Regional Behavioral Health**

#### **AZ Whole Health 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 *seriously mentally ill (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 FREE Support Groups**

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

**\*Terry Scallon RN**

Women's Pavilion

350 N. Wilmot Rd.

Tucson, AZ 85711

520-873-6858

Wednesday, 6:00-7:30 PM

Agave Room near the concierge desk.  
Free. Babies welcome.

**\*Tucson Medical Center Pregnancy and Postpartum Support Group**

**\*Pearl Aviles MA**

Thursday, 5:30-7:00

Tucson Medical Center, Fireplace Room

520-324-7576

5301 E. Grant Road

Tucson, AZ 85712

Facilitator is bilingual (English/Spanish)

**\*Banner University Medical Center “Beyond the Blues Support Group”**

**\*Rodin Molina RN, \*Kat Torres, RN, LCCE**

Monday, 11:00-12:30

Banner UMC Main Campus

1625 N. Campbell Ave

5<sup>th</sup> Floor, Classroom 504

Tucson, AZ 85719

520-694-2526

For pregnant and new mothers who may be feeling sad, overwhelmed, anxious, or experiencing depression or anxiety related to pregnancy or birth. You do not have to be receiving care at Banner UMC to attend. Any pregnant or new mom is welcome to attend this group. Babies less than one year welcome.

FREE, No registration required.

**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 “I” reception desk

Questions? 520-694-4525

RSVP by calling: 1-800-230-2273

[www.bannerhealth.com/230care](http://www.bannerhealth.com/230care)

**“Marana Mama Baby”**

**\*Rhonda Anderson, CLD, CBEd**

FREE group. Contact Rhonda for day/time.

Community Christian Church of Marana.

13610 N. Sandario Rd., Marana, AZ.

For information contact Rhonda: 931-561-6373.

**“Amigas Latinas” A Support group for Moms in Spanish**

**\*Nelly Willis**

Doula, childbirth and lactation educator, Group Peer Support for Parents Master Trainer  
First and last Wednesday of the Month 9-10:30 am  
Sam Lena Library  
1607 S Sixth Ave, Tucson  
Check with Nallely to confirm at 520-419-6058.

**Perinatal Support Group for Dads**

**Joshua Johnson**

Carondelet St Joseph’s Hospital  
350 N. Wilmot Rd  
Tucson, AZ 85711  
Women’s Pavilion/Childbirth Education Room  
520.349.8133  
Babies in arms welcome.  
4th Monday Every Month  
6:30-8:00 PM

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 4<sup>th</sup> 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.

**Counselors/Therapists:**

**\*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.

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

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

\*Sliding Fee Scale for all clients, not contracted with insurance  
[azangelawhite@gmail.com](mailto:azangelawhite@gmail.com)  
(520)261-7599  
<https://therapists.psychologytoday.com/165794>

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.

**\*Kristi McReynolds LCSW**

**\*Anissa White LCSW**

Casa de los Ninos

520-325-9498

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

Individual therapy, Family therapy, Couples Therapy

AHCCCS

Sliding scale available

**\*Kathryn Seidler, LCSW**

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](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

**\*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, TRICARE, United and GEHA. Sliding scale

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

Private Practice

1820 E. River Road, Suite 104

Tucson, Arizona 85718

713.506.2522

[sherry@sherryduson.com](mailto: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.

**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

Some sliding scale. \$150/50 minute session

## **Psychiatric Assessment and Medical Treatment:**

### **Perinatal Psychiatry Clinic**

#### **Saira Kalia MD**

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.*

Our next step will be to provide these services at the Banner Whole Health Clinic to reach more AHCCCS patients.

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.

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 AZ Whole Health AHCCCS. Some private insurance.

### **Wen Cai MD, PhD**

Wellbeing Institute

3615 N. Prince Village Place

Tucson, AZ 85719

520-225-0584

### **\*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**

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

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

**\*Arundhuti Kundu MD**

Escalera Health and Wellness  
Community Integrated Care Clinic  
2224 N. Craycroft Rd. Suite 100  
Tucson, AZ 85712  
520.209.1919  
Insurance: MHN, Optum, Tricare West, AHCCCS

**\*Kristine Norris, DO**

Tucson Outpatient Psychiatry  
5956 E Pima St, Ste 130  
Tucson, AZ 85712  
520-780-8413  
Email: [info@psychiatrytucson.com](mailto:info@psychiatrytucson.com)  
Website: [www.psychiatrytucson.com](http://www.psychiatrytucson.com)  
PMAD Certified

Age 14 and up

I am very interested in caring for peripartum and postpartum women. I do not take insurance but do give discounts to military families. I am happy to provide superbills to patients who can then be reimbursed by their insurances directly.

**\*Chanel Heermann MD**

Practicing psychiatry through telemedicine in AZ, NM, CO, NE, WY, ND, SD

Can help with moms who prefer natural alternatives to medication.

720-515-1315

[doctorchanel@doctorchanel.com](mailto:doctorchanel@doctorchanel.com)

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

Can submit superbill. Some sliding scale may be available. No insurance.

My passion is women's mental health. I specialize in helping pregnant and postpartum women optimize their mental health during this special time. However, my practice is not limited to reproductive psychiatry. I am happy to address the unique needs of women across the lifespan from adulthood into their postmenopausal years.

I am highly trained in integrative mental health, which combines both conventional and alternative therapies into a holistic, individualized treatment approach for emotional challenges. I have extensive training in a variety of natural approaches, including the advanced nutrient therapies taught by the Walsh Research Institute, and the effective use of multi-nutrient formulas, such as those offered by Truehope and others.

**Obstetricians/Midwives:**

**Judith E. Riley, MD**

310 N. Wilmot Rd., #306

Tucson, AZ 85711

520-325-0865

Board certified in 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@genesishobgyn.net](mailto:cgrijalva@genesishobgyn.net)  
Website: [www.genesishob/gyn.org](http://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](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 espanol.

**Desert Bloom Women's Care**  
**Rebecca Rivera CNM**  
630 N. Alvernon Way. Suite 180  
Tucson, AZ 85711  
520-276-5500 P  
520-207-0784 F  
[Rebecca.rivera@dbwomenscare.com](mailto:Rebecca.rivera@dbwomenscare.com)  
\_“Empowering women in all stages of life”  
Practice in Sierra Vista on Wednesdays and Thursdays

## **Teen Education and Support:**

**\*Arizona Youth Partnership/Starting Out Right Program (Formerly Teen Outreach Pregnancy Services TOPS)**

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

Tucson location: 890 W Grant Road Suite A  
West Valley location: 6610 N 47<sup>th</sup> Suite 12, Glendale  
East Valley location: 1 N MacDonald, Suite B10, Mesa  
Gila County Location: 143 S Broad St, Globe  
Toll free number: 877-882-2881  
Admin office for AZYP located at 7575 W Twin Peaks Road, Suite 165, Tucson 85743  
Website: [www.azyp.org](http://www.azyp.org)  
Email: [SOR@azyp.org](mailto:SOR@azyp.org)

Starting Out Right provides 18 hours of health education during pregnancy for pregnant adolescents ages 18 and younger and their support person. Classes are currently held at either Tucson Medical Center or the University of Arizona College of Nursing.

All enrolled participants receive general case management services, and the option to attend adolescent specific support, special events, CPR training and car seat safety classes in which they can receive a free car seat.

Participants also receive incentive "SOR Dollars" to 'shop' in Jensen's Corner, a small store of gently used baby and maternity items.

After delivery participants are offered parenting education through a 4-week series of classes. Additionally, participants 18 and younger may participate in Healthy Relationship and Life Skills classes. SOR also provides free pregnancy testing and client lead, medically accurate options counseling.



## **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. May have funds to provide service at no charge to eligible families. Bilingual care available.

### **\*Desert Bloom Doula Services, LLC**

**\*Rhonda Anderson**

Birth and postpartum support. Childbirth Education

[rhonda@desertbloom.com](mailto:rhonda@desertbloom.com)

931-561-6373

### **Love in Bloom Birth and Postpartum Service**

**\*Carolyn Matthiasson**

520-322-9186

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

Labor and postpartum doula support.

**Wisdom Within**

**\*Elizabeth Mendoza**

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

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

**Kayla Levine**

Nourishing Her

520-400-5331

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

[Kayla@nourishingher.com](mailto:Kayla@nourishingher.com)

Holistic Postpartum Care, Placenta Medicine, Vaginal Steaming

**\*Kim Young**

Certified Postpartum Doula

520-603-6666

[Kyoung1509@gmail.com](mailto:Kyoung1509@gmail.com)

**Stacy Brownlee**

Blissful Beginnings

520-404-3089

[Stacybrownlee3@gmail.com](mailto:Stacybrownlee3@gmail.com)

Provides lactation support, postpartum doula care including overnight doula services.

Desert Doulas Birth and Postpartum Services

Tucson, AZ

520-749-0329

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

520-724-7901

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

Public Health Nursing, Health Start home visitors

East-298-3888. South-889-9543. North-293-4620. Green Valley-648-1626. Ajo-387-7206

**Healthy Families Tucson**

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

520-321-3774

**Nurse Family Partnership**

**\*Tara Stanislav**, NFP Nurse Supervisor

**\*Terry Wilson**, NFP Nurse Supervisor

Home visitors can help with *first time* moms. IF you are 28 weeks or less pregnant you may be eligible.

520-881-0001 Referral Line. NFP clients are also offered a perinatal mood and anxiety disorders support group.

### **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.

**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

### **Grief Recovery Support:**

\*Footprints Support Group, Carondelet St. Joseph's Hospital

350 N. Wilmot Rd

Tucson, AZ 85711

Women's Pavilion, Agave Room

Second and Fourth Tuesdays of each month, 7:30-9:00 PM

520-873-6858 or 520-873-6590

A free support group for parents who have lost a baby to miscarriage, ectopic pregnancy, stillbirth, newborn death or SIDS. Connect with others who have experienced the same kind of loss and receive the love and support you need. Grandparents, siblings, friends welcome.

### **Babies Remembered**

**Sherokee Ilse**

952-201-8667

Parent advocate, Baby loss family advisor

sherokeeilse@yahoo.com

[www.babiesremembered.com](http://www.babiesremembered.com)  
[www.babylossfamilyadvisors.org](http://www.babylossfamilyadvisors.org)

**Greif Recovery Tucson**

**Laura Markowitz**

520-661-2350

[griefrecoverytucson@outlook.com](mailto:griefrecoverytucson@outlook.com)

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

**Hands of Hope**

**Elizabeth Hildebrandt RN BSN, Director**

2290 E. Speedway Blvd

Tucson, AZ 85719

520-622-5774

MISS Foundation

602-279-6477

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

For families with fetal loss.

**Placenta Encapsulation:**

After Bliss

Michelle Bass RN

520-990-4048

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

**Kayla Levine**

Nourishing Her

520-400-5331

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

[Kayla@nourishingher.com](mailto:Kayla@nourishingher.com)

Holistic Postpartum Care, Placenta Medicine, Vaginal Steaming

**Other Community Resources:**

Arizona Children's Association

Parent Connection

Maria Ortiz

520-321-1500

Provides support, information and resources for parents.

Mothers of Preschoolers

888-910-6677

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

Program designed to nurture mothers with children in infancy through kindergarten. Groups in many areas. Go to website and enter location.

**Tucson Postpartum Depression Coalition (TPDC), an AZ charitable nonprofit.**

Promoting education, awareness and support for perinatal mood and anxiety disorders.

Website and resource information: [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com).

Email to schedule a presentation or to find support: [info@mothersoasis.org](mailto:info@mothersoasis.org).

To talk to a mom who has 'been there,' or to find local resources for help with perinatal depression or anxiety, call the **AZ Warmline: 888-434-MOMS (6667)**

**Web Resources**

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

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

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

[www.4women.gov/faq/postpartum](http://www.4women.gov/faq/postpartum)

**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](mailto:michael.ohara3@va.gov) or click [here](#).