



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.

Please contact us at 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

AHCCCS

Pregnancy and Postpartum Anxiety/Depression FREE Support Groups

Mother to Mother: Pregnancy and Postpartum Adjustment Support Group

Northwest Medical Center Women's Center

1920 W. Rudasill Rd.

Tucson, AZ 85745

Wednesday, 10:00-11:30 AM

Event Center adjacent to the Women's Center.

For information call Helen Adami. 520-877-4149.

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

Free. Babies welcome

***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)

"Marana Mama Baby"

***Rhonda Anderson, CLD, CBE**

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.

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 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.

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

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
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
(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

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

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.

***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

***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.

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

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

5240 E. Knight Drive, Suite 100

Tucson, AZ 85712

520.209.1919

Insurance: MHN, Optum, Tricare West

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 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 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
_ "Empowering women in all stages of life"
Practice in Sierra Vista on Wednesdays and Thursdays

Teen Education and Support:

TOPS Parenting Support Group for Teens
520-888-2881
www.teenoutreachaz.org
info@topsaz.org
21 & under only. Must be enrolled with TOPS. Not open to the public. Teen OB education and support for teen parents. Variety of programs including parenting classes and support groups.

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

Provides in-home care services and support to families with a newborn. May have funds to provide service at no charge to eligible families.

***Desert Bloom Doula Services, LLC**

***Rhonda Anderson**

Birth and postpartum support. Childbirth Education
rhonda@desertbloom.com
931-561-6373

Love in Bloom Birth and Postpartum Service

***Carolyn Matthiasson**

520-322-9186

www.loveinbloomboula.com

Labor and postpartum doula support.

Wisdom Within

***Elizabeth Mendoza**

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

***Kim Young**

Certified Postpartum Doula

520-603-6666

Kyoung1509@gmail.com

Stacy Brownlee

Blissful Beginnings

520-404-3089

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

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

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

www.babylossfamilyadvisors.org

Greif Recovery Tucson

Laura Markowitz

520-661-2350

griefrecoverytucson@outlook.com

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

For families with fetal loss.

Placenta Encapsulation:

After Bliss

Michelle Bass RN
520-990-4048
afterbirthbliss@gmail.com

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
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.
Email to schedule a presentation or to find support: 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
www.psiarizona.org
www.postpartum.net
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 or click [here](#).

