



## 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.*

### **Crisis**

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

**Pasadera Behavioral Health**

2502 N. Dodge Blvd., #190

Tucson, AZ 85715

520-617-0043

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

**Cenpatico Behavioral Health of AZ Crisis Line**

1-866-495-6735

**Cenpatico Complaint**

Christy Cargian

520-809-6468

[ccargian@cenpatico.com](mailto:ccargian@cenpatico.com)

### **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 *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**

### **\*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 Michele Sheehan. 520-877-4131

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, \*Tara Stanislav RN**

Thursday, 5:30-7:00

Tucson Medical Center, Fireplace Room

5301 E. Grant Road

Tucson, AZ 85712

Questions: 520-324-7576

Facilitator speaks both English and Spanish.

Infants and toddlers welcome.

**\*Banner University Medical Center**

**Creating Wellness**

**\*Joy Subrin LMSW**

1501 N. Campbell Ave., 8<sup>th</sup> Floor OBGYN Clinic

520.694.4525

Once monthly Wednesday evenings

A free interactive wellness workshop for perinatal parents and their support people.

**“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.

**Teen Education and Support:**

**TOPS Parenting Support Group for Teens**

**\*Laura Pederson, RN**

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd.

Tucson, AZ 85716

520-888-2881

Free.

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

### **Counselors/Therapists:**

#### **\*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

Email: [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**

3131 N. Country Club Rd, Suite 101

Tucson, AZ 85716

520-325-9498

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

Individual therapy, Family therapy, Couples Therapy

AHCCCS

Sliding scale available

**\*Kathryn Seidler, LCSW**

3801 N. Campbell, Suite E

Tucson, AZ 85719

520-310-7602

BC/BS, United Healthcare, Aetna accepted.

**\*Karyl Williams LCSW**

**\*Rachel Thrall**

**El Rio Community Health Center**

Integrated Behavioral health Consultant/Coordinator

Tucson, AZ  
520-792-9890

**\*Judith Henderson MSW, LCSW**

4570 E. Camp Lowell

Tucson, AZ

520-529-8096

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

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

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

**Healthy Families, Tucson**

In home therapy for Healthy Families clients.

Specializing in perinatal adjustment.

Must register with Healthy Families by 3 months postpartum.

Bilingual

520-321-3774

**\*Jennifer Breslin, PhD.**

**La Frontera Center, Inc.**

Health psychologist. Adult outpatient services.

4981 E. Grant Rd

Tucson, AZ 85712

520-258-5051

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

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

1760 E. River Road, Suite 142

Tucson, AZ 85718

520-477-7049

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

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

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

Individuals, couples.

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

Mindfulness, self-compassion.

**\*Somayeh Shunk MS, LPC**

De Novo Wellness Center, LLC

7400 N. Oracle Rd. Ste. 172

Tucson, AZ 85704

520-395-2369

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

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

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

**\*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 Cenpatico 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 Bizinchuk 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](mailto:Terry.lozier@pathways.com)

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

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

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

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

Se habla 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 español.

### **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

### **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 (Doula)**

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.

**Love in Bloom Birth and Postpartum Service**

**\*Carolyn Matthiasson**

520-322-9186

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

Labor and postpartum doula support.

**\*Elizabeth Mendoza**

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

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

**\*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 Doula 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**

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**

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

520-724-9721

### **Breastfeeding Support and Education:**

#### **Mama's Latte, LLC**

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

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

**\*Asa Lader RN, 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](mailto: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

## **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,' 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](#).