

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-Coordinators:

*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

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-meetings/ to sign up. A great way to get support without leaving your house. Grab a cup of coffee, your phone or laptop and share your story, or just listen. Meetings are currently on Tuesday and Fridays (2016).

PART 1

Apache County

No resources have yet been identified in Apache County.

Cochise County

Canyon Vista Regional Health Center

Postpartum Wellness Services

*Ellen Ackerman, RN

520-417-3033 messages

520-732-9262

Ellen.ackerman@svrhc.org

Coconino County

Pregnancy and Postpartum Anxiety and Depression Support Group:

North Country Health Care

*Starr Kelley, *Rachel Josefchuk

2920 N. Fourth St. Flagstaff, AZ 86004

Community Room

Wednesdays, 1:30-3:00

Free.

Infant and partners welcome. No childcare for older children.

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

The Guidance Center

2695 E. Industrial Dr.

Flagstaff, AZ 86004

928-527-1899

www.tgcaz.org

*Alicia Griffing, MS

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

Therapists:

*Dr. Christina G. Hibbert, Psy.D (Dr. Hibbert is the Founder of the Coalition)
Clinical Psychologist, Author, "This Is How We Grow"; Host, "Motherhood" on
www.webtalkradio.net; www.drchristinahibbert.com

315 W. Cherry Ave.
Flagstaff, AZ 86001
928-774-4393

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

Postpartum Intensive Outpatient Program

Fresh Start Group Therapy for Peripartum and Postpartum Depression and Anxiety

Banner Thunderbird offers group therapy for peripartum and postpartum depression and anxiety. Our program is for women who are pregnant or have given birth in the past year. Our group is based on cognitive behavioral therapy. Family members and friends are encouraged to attend our Saturday sessions. Women can bring infants under one year old.

The program is offered:

Tuesday, Friday & Saturday from 9:00 am - 12:00 noon
Banner Thunderbird Medical Center
5555 W Thunderbird Rd, Glendale AZ 85306

To enroll, call Banner's appointment line at [602-254-4357](tel:602-254-4357)

Call Banner's appointment line to set up a free assessment with a therapist. Banner accepts most private insurance and you don't need a referral from your doctor. Banner does not accept AHCCCS, Medicare, or Tricare for this program.

For more information about the program, contact:
Carly at [602-865-4862](tel:602-865-4862) or Ann at [602-865-4141](tel:602-865-4141)

Perinatal Mood and Anxiety Disorders Support Groups:

*Dignity Health Pregnancy and Postpartum Support Group

Free

Wednesdays, 1:00-2:30

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

1760 E. Pecos Road, Suite 235

Gilbert, AZ 85295

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

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

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

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

*Banner Desert Medical Center Pregnancy and Postpartum Adjustment Support Group

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

1400 S. Dobson Rd.

Mesa, AZ 85202

Tuesdays, 10:00-11:30

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

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

FREE support group. Babies welcome.

*Banner Thunderbird Medical Center

New Moms Gathering

*Karleen Lee MS, RN

602-865-5908

5555 W. Thunderbird Rd.

Glendale, AZ 86306

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 Pregnancy and Postpartum Support Group
Phoenix

St. Joseph's Hospital and Medical Center

McCauley Office Building

Suite 700 – Butterfield Library

Phoenix, AZ 85013

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

For more information, contact group facilitator Zoe Coleman, RN

Telephone: 602-980-3208

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

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

*Mother to Mother: The Toddler Years

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

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

Where: Wellness Center

St Joseph's Hospital and Medical Center

3033-B N 7th Avenue

When:

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

More information

Zoe.coleman@dignityhealth.org

602-406-4041

*Banner Gateway Medical Center

Pregnancy and Postpartum Adjustment Support Group

1900 N. Higley Rd.

Gilbert, AZ 85234

Grand Canyon Rooms

Thursday mornings: 10:00-11:30am

For more information, please email *Michele Stanley

(Michele.stanley@bannerhealth.com)

Free. No registration needed. Babies are welcome.

*Smooth Way Home

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

In partnership with Dignity Health

Facilitated by *Michelle Lacy, MA, LPC

Questions: Michelle Lacy: momssupport@cox.net

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

zoe.coleman@dignityhealth.org

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

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

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

Facilitator: Jennifer Kizer, MA LPC

602-380-1053

Heartwisdomhealing@gmail.com

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

Nurse Practitioners (can prescribe medication):

Redemption Psychiatry

*Ann Marie Casey, PMHNP-BC

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

Gilbert, AZ 85295

480-471-8560

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

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

Physicians:

*Dr. Susan Baumann, psychiatrist
4545 E. Shea Blvd., Suite 112
Phoenix, AZ 85028
602-494-7110
No insurance.

Psychiatric and Psychological Affiliates of Scottsdale

*Saba Mansoor, MD
*Jamie Picus Psy.D
6909 E. Greenway Parkway, Suite 240
Scottsdale, AZ 85254
480-609-0001

www.psychiatricandpsychologicalaffiliates.com

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:

*East Valley Perinatal Network

The East Valley Perinatal Network (EVPN) is a Dignity *grant funded* program made up of a Community of Care Network. Our community of care consists of Women's Health Innovations (WHI) as the lead agency, The Pregnancy Care

Center of Chandler and Gilbert and Postpartum Support International AZ Chapter. The grant provides free or low cost counseling and coaching services to mom and families in the East Valley (including Scottsdale, Tempe, Queen Creek, Gilbert, Mesa, San Tan Valley, Chandler). If you are speaking to a mom from the East Valley please feel free to refer them to the EVPN. 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 martial, 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.

Moving to North Phoenix September 2016

*Cynthia Moran, LMSW

HRT/Parenting Skills Program

2131 E. Broadway Rd., #14

Tempe, AZ 85282

480-570-7533

cynthiam@hrtaz.com

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.

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

*Meggan Sullivan, LCSW

*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.

Cash Fee is \$85 per individual session, \$25 per group session, and \$120 per class.

*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

Post Doctoral Resident

Wooten and Associates

810 N. 6th Avenue

Phoenix, AZ 85003

602-462-1116

Information about insurance and fees available upon request.

*Jennifer Kizer, MA LPC

Heart Wisdom Healing

In-home individual therapy

EMDR for PTSD and trauma including birth trauma

Postpartum doula services

AHCCCS. Sliding scale fee

602-380-1053

Heartwisdomhealing@gmail.com

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

Support group

SPANISH speaking

Warmline volunteer

Doula/Art Therapist:

*Rochelle Trotman-Norman, MPS

Baby Bee Maternal Wellness

8400 S. Kyrene Rd., Suite 128

Tempe, AZ 85224

602-824-8178

Rochelle@babybeematernalwellness.com

<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

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:

Mother to Mother: Pregnancy and Postpartum Adjustment Support Group

Northwest Medical Center Women's Center

Tucson, AZ

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

Contact Michele Sheehan

520-877-4131

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

Free.

*Carondelet St. Joseph Hospital Postpartum Depression Support Group

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

*Terry Scallon RN

520-873-6858

350 N. Wilmot Rd.

Tucson, AZ 85711

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

Free.

Babies welcome.

*TMC Pregnancy and Postpartum Support Group

*Pearl Aviles MA, *Tara Stanislav RN

Thursday, 5:30-7:00

Tucson Medical Center Fireplace Room

5301 E. Grant Road

Tucson, AZ 85712

Questions: 520-324-7576

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

*Banner University Medical Center

Creating Wellness

*Joy Subrin LMSW

1501 N. Campbell Ave., 8th 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, 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.

Teen Education and Support:

TOPS Parenting Support Group for Teens

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

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd.

Tucson, AZ 85716

520-888-2881

Free.

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

Counselors/Therapists:

*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.

*Norma Paulic, LCSW

10 N. Norton Ave., Suite 140

Tucson, AZ 85719

520-820-1931

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

Insurance accepted.

*Debra Kaplan MA, LISAC

6151 E. Grant Rd.

Tucson, AZ 85712

520-203-1943

No insurance accepted.

*Rebecca Hamlin LCSW

10501 E. Seven Generations Way, Suite 121

Tucson, AZ 85747

520-329-2874

rebeccahamlinlcsw@gmail.com

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

*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

*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. United Health Care (pending). Sliding
scale

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:

*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

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

Physical Therapy/Wellness Classes

Success Physical Therapy LLC

*Diana Fassett, BS, PT

Pelvic Floor Physical Therapy

Sports Rehabilitation

Wellness Classes

850 N. Kolb Rd

Tucson, Az 85710

520-885-5125

diana@successphysicaltherapy.com

In Home Doula Care/Childbirth Education/Home Visitors

*Heartsounds Mother and Infant Care (Doulas)

520-419-6058

www.HeartSoundsBaby.com

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

*Pima County Health Department Health Start

Kathy Malkin

520-724-7901

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

Public Health Nursing

Tucson: East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

Healthy Families:

Healthy Families Tucson

*Pauline Haas-Vaughn., Senior Program Director

520-321-3774

Breastfeeding Support and Education:

Mama's Latte, LLC

*Sibylle Rundel, CDC, IBCLC

*TJ Marsh, CDC, IBCLC

Certified Lactation Consultants

Tucson, AZ

520-628-4202

Doula and lactation support in your home.

No insurance. Sliding scale.

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.

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/Midwifery:

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.

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.

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:

Pasadera

2502 N. Dodge Blvd., #190

Tucson, AZ 85715

520-617-0043

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

Psychiatric Assessment and Treatment

Perinatal Psychiatry Clinic

Saira Kalia MD

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

520-874-7523

<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

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 espanol.

Doulas/Childbirth Educators

Desert Doula Birth and Postpartum Services

Tucson, AZ

520-749-0329

Elizabeth Mendoza

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

Arizona Children's Association

Parent Connection

Maria Ortiz

520-321-1500

Provides support, information and resources for parents.

Pinal County:

Cenpatico Behavioral Health of Arizona

866-495-6735 (crisis line)

www.cenpaticoaz.com

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
ycaastro@mariposachc.net

Corazon Integrated Healthcare Services
1891 N. Mastick Way
Nogales, AZ 85621
520-375-5300

Yavapai County:

West Yavapai Guidance Clinic
Prescott and Prescott Valley
928-445-5211

Spectrum Healthcare
Cottonwood, Sedona
928-634-2236
AHCCCS and Medicare

Northern Arizona Behavioral Health
928-774-7128

Yuma County:

Cenpatico Behavioral Health of Arizona
1-866-495-6735 (crisis line)
www.cenpaticoaz.com

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.mothersbaby.org>.

Arizona DHS Breastfeeding Resource Line

1-800-833-4642

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

Child Care Resource and Referral

2800 E. Broadway

Tucson, AZ

800-308-9000

520-320-4028

www.azchildcare.org

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