

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

*DISCLAIMER: The providers in Part 1 on this list have attended the PSI professional certificate training on perinatal mood and anxiety disorders and offer services to pregnant and postpartum women. The * indicates attendance at the PSI Components of Care 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 mood and anxiety disorders*

PSI AZ Co-Coordinators:

***Lucia Ciciolla Ph.D** (updated 10/18)

PSI AZ Board of Directors

480-389-5824

lucia.psivc@gmail.com

***Tatiana Coffman, LMSW, IBCLC** (updated 10/25)

Perinatal Mental Health Therapist

PSI AZ Board of Directors

Gilbert, AZ 85296

480-788-2898

tatiana@northstarwellnessaz.com

***Deann Davies, MS, CLC, IPMH**, 928-367-6550

***Kim Kriesel, MSC, LAC, PMH-C** (updated 4/19)

PSI AZ Board of Directors

Arizona Warmline Co-Coordinator, Media Contact

Chandler/Gilbert and Phoenix Metropolitan Area

Perinatal Mental Health Therapist

480.319.4413

kimk@wellmamas.net

***Michelle Lacy, MA, LPC**

Phoenix/East Valley area

480-220-0582

mlacy@whiarizona.com

MEDIA CONTACT:

*Kim Kriesel, LAC, PMH-C, 480.319.4413

*Deann Davies, MS, CLC, IPMH, 928-367-6550

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

PSI Online Support Meetings:

Postpartum Support International offers weekly support groups in both English and Spanish.

Connect with other moms and receive support without leaving your house!

Grab a cup of coffee, your phone or laptop- share your story, or just listen. Meetings are currently on Tuesdays and Thursdays

Sign up: www.postpartum.net/psi-online-support-meetings/

Please find your county below to find resources in your specific area.

Part 1 Resources (those with PSI Certification)

Apache	Cochise	Coconino	Gila	Graham, Greenlee & LaPaz
Maricopa	Mohave	Navajo	Pima	Pinal
Santa Cruz	Yavapai	Yuma		

Part 2 Resources

Apache2	Cochise2	Coconino2	Gila2	Graham, Greenlee & LaPaz
Maricopa2	Mohave2	Navajo2	Pima2	Pinal2
Santa Cruz	Yavapai2	Yuma2		

Additional Statewide Resources

[Postpartum Support International – Arizona Chapter](#)

PART 1

Apache County

No resources have yet been identified in Apache County.

Cochise County

Rise Gold, RNC-OB, Postpartum Wellness Nurse (updated 1/19)

Canyon Vista Medical Center

Sierra Vista, AZ

520.263.3315 (direct)

520.559.3764 (cell)

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Rise.gold@canyonvistamedicalcenter.com

Coconino County:

Support Groups:

Pregnancy and Postpartum Anxiety and Depression Support Group (update 3/14/19)

North Country Healthcare Maternal and Child Health Dept

Lizette Melis and Amy Scott, Facilitators

2920 N. Fourth St Community Room Flagstaff, AZ 86004

928-814-2346 for info/questions ascott@nchcaz.org

Wednesdays, 1:30-3:00 PM

FREE and open to the community

[Back to top](#)

Therapists:

***Dr. Christina G. Hibbert, Psy.D** (updated 11/18)

Author, This Is How We Grow, Who Am I Without You, 8 Keys to Mental Health Through Exercise & Mastery of Motherhood; Host, "Motherhood 2.0" podcast, www.DrChristinaHibbert.com

602-361-7364

Christi@drchristinahibbert.com

***Dr. Carol Collins** (updated 11/18)

Waiting List for new clients

519 N. Leroux St.

Flagstaff, AZ 86001

928-774-2581 / 928-600-2092

***Melissa Dohse LCSW** (updated 10/18)

Cultivate Counseling

928-864-5024

cultivatecounselingflagstaff.com

melissa@cultivatecounselingflagstaff.com

624 N. Humphrey's Street Suite 1

Flagstaff, AZ 86001

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

928-864-5024

Individual therapy specializing in sexual trauma, postpartum and parenting with PTSD.

Accepted Insurance: Blue Cross Blue Shield, UHC (Accepts sliding scale)

Nurse Practitioners:

***Joyce Davidson, Women's Health Nurse Practitioner** (updated 11/18)

Flagstaff OB-GYN

1100 N. San Francisco St. #B

Flagstaff, AZ 86001

Accepts insurance.

(928) 779-7872

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**

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Globe, AZ

928-425-3189

Will refer to local resources.

No insurance.

Graham, Greenlee, and LaPaz Counties

No resources have yet been identified in these counties.

Maricopa County

Perinatal Mood and Anxiety Disorders (PMAD)

Support Groups:

Dignity Health Pregnancy and Postpartum Support Group

***Gia Snooks – (480) 728-3396**

Gia.Marchisano@DignityHealth.org

Wednesdays, 1 – 2:30 pm Rome Towers

1760 E Pecos Rd., #235, Gilbert, AZ 85295

This is a free support group. You are welcome to bring your baby, significant other or a support person. Group does not meet the week of July 4th, Thanksgiving, Christmas and New Year's

***Banner Desert Medical Center Pregnancy and Postpartum Adjustment Support Group**

Tuesdays, 10:00-11:30 am

Cardon Children's Medical Center

1400 S. Dobson Rd., Mesa, AZ 85202

4th floor conference room, Frog A/Turtle B (on the campus of Banner Desert Medical Center)

Please call Suzanne at 480.412.5292 for more information.

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

***Mother to Mother Pregnancy and Postpartum Support Group**

St. Joseph's Hospital and Medical Center (updated 11/18)

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

McCauley Office Building

Suite 700 – Butterfield Library

Phoenix, AZ 85013

602-980-3208 register

For more info contact Courtney Nelson, RN 602-406-4041 cortney.nelson@dignityhealth.org

Time: Group meets 1st and 3rd Friday 10-11:30.

Helpful Info: free group, no registration required, babies are welcome, park in 6th Ave Garage, vouchers available for free parking.

Banner Thunderbird Medical Center www.Bannerhealth.com/thunderbird

New Moms Postpartum Depression/Anxiety Support Group -Free

For more info, call Ann Papagalos 602.865.4141 or 602.254.4357

5555 W. Thunderbird Rd. Glendale, AZ 85306 - Flagstaff Room (Behavioral Health, west side of hospital) 2nd and 4th Tuesdays of the month | 1:00 p.m. – 3:00 p.m.

Banner Thunderbird Medical Center www.Bannerhealth.com/thunderbird

Banner Thunderbird Medical Center Bannerhealth.com (updated 3/19)

Fresh Start Group Therapy Intensive Out-Patient Program

For more info, call Ann Papagalos 602.865.4141 or 602.254.4357

5555 W. Thunderbird Rd. Glendale, AZ 85306 - Navajo Room

Tuesday, Friday & Saturday 9:00 AM - 12:00 Noon

*Banner accepts most private insurance

***Banner Gateway Medical Center**

Pregnancy and Postpartum Adjustment Support Group

1900 N. Higley Rd.

Gilbert, AZ 85234

Grand Canyon Room

Thursday mornings: 10:00-11:30 am (except July 4, Thanksgiving and Christmas week)

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

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

Cell: 480-543-3050

Michele.stanley@bannerhealth.com

Free. No registration needed. Babies are welcome.

***Let's Talk Therapeutic Pregnancy and Postpartum Program**

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Registration Required, please call/email for start dates, location or to register.

Mondays, 12:30-2:30

Location: Mercy Gilbert Medical Center

3555 S. Val Vista Dr.

Gilbert, AZ 85297

480-728-3396 or Gia.Snooks@DignityHealth.org

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 For Spanish Speaking Moms**

This program is for women experiencing a perinatal mood disorder. It runs for 6-weeks and is facilitated by a therapist specializing in this area.

Tuesdays, 10am-12noon

Location: AZCEND

345 S. California St.

Chandler, AZ 85225

Sessions to be held in Community Room

Free Childcare is available

Sessions are free but clients need to register. For more information or to register: Christina

asabatini@whiarizona.com or you can also leave a message at this office number if unable to email:

480-339-7119

Banner University Medicine

You've Got This Free Support Group for new and expecting moms

Third Tuesday of each month from 1-2pm - Virtual (via Microsoft Teams)

To enroll or for any questions, please call 520-694-4525

Nurse Practitioners (can prescribe medication):

Redemption Psychiatry (updated 10/18)

***Ann Marie Casey, PMHNP-BC**

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

Gilbert, AZ 85295

480-471-8560

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

Alium Health

***Allison Cimler, MSN, FNP-C**

480.750.0095 480.750.0097 (Fax)

www.aliumhealth.com

***Sommer Mattingly, FNP-C - Telehealth Available**

Modern Maternal Health and Wellness

www.modernmaternalhealth.com

480.628.7467

Central Phoenix, East Valley, Scottsdale and Telehealth

***Pamela Perry, BSN, MSN, PMHNP**

14301 N. 87th St. Suite 303-8

Scottsdale, AZ 85260

480-482-0867 | fax 480-699-8083

***Tiffany Simpson Vassal**

Mountain Park Health Center

Tempe, AZ

Tiffanymrk@cox.net

***Shauna Smith**

Mountain Park Health Center

Phoenix, AZ

shauna.smith8100@gmail.com

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Physicians:

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** (updated 9/19)

Arcadia Women's Wellness

4545 N. 36th St. #100

phone/text 602.562.2260

info@drleighlewis.com

www.arcadiawomenswellness.com

SynerGenius Telepresence (updated 4/19)

Chanel Heerman, MD

Psychiatry via telemedicine across AZ, CO, NM, WY, NE, SD, and ND

720-515-1315

info@synergeniustelepresence.com

<http://www.synergeniustelepresence.com>

Counselors/Therapists:

Central Phoenix

***Teri Ehlers, LAMFT**

Postpartum and Relationship Counseling

(no insurance accepted at this time)

teriehlsmft@gmail.com

3200 North Dobson Road Suite D4 (and telehealth)

Chandler, Arizona 85224

(480) 234-3461

www.teriehlsmft.com

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

***Erin Kisicki LMSW** (updated 10/18)

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

Kim Kriesel, LPC, PMH-C - telehealth available

Well Mamas Counseling

480.319.4413

kimk@wellmamas.net

www.wellmamas.net

Chandler, Central Phoenix and Telehealth

Northlight Counseling Associates

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

*Dr. Bobbi Vogelsang

Most insurance accepted including Tricare.

<http://northlightcounseling.net>

(602) 285-9696

***Pam Barnes-Palty, PsyD** (updated 10/18)

Licensed Psychologist

Barnes-Palty Psychology Group, PLLC

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

11011 S 48th St, Suite 205

Phoenix, AZ 85044

(480) 788-8097

Information about insurance and fees available upon request.

***Tina Stoffel, LAC**

Authentic Journey, LLC

2922 N 18th Pl.

Phoenix, AZ 85016

Office: (480) 712-8201

Cell: (480) 744-4156

Fax: (480) 444-1433

E-Mail: tina@authenticjourneyaz.com

Website: www.authenticjourneyaz.com

Maternal Mental Health, birth trauma, postpartum, pregnancy, women, anxiety, depression, domestic violence, transitioning to motherhood,

****SPANISH / ESPAÑOL****

Insurance: Blue Cross/Blue Shield, United, Aetna Sliding scale for private pay

Maternal Mental Health, birth trauma, postpartum, pregnancy, women, anxiety, depression, domestic violence, transitioning to motherhood.

***Maritsa Moussa, MSW** (sent update request 10/18 x 3)

Maricopa Integrated Health Services

Family Learning Center

33 W. Tamarisk

Phoenix, AZ 85041

602-344-6460

Maritsa.moussa@mihs.org

SPANISH speaking

Warmline volunteer

Scottsdale

Scottsdale Alium Health

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

480.750.0095 480.750.0097 (Fax)

www.aliumhealth.com ctapscott@aliumhealth.com

Allison Cimler, MSN, FNP-C

Katina Walker, LMFT

Stephanie Milliron, LPC

Leslie Pappin, LMFT

***Karen Gordon, LCSW**

6424 E Greenway Parkway Suite 127 Scottsdale, AZ 8525 (480) 454-5598

<https://flourishcounselingaz.com/>

Insurance: BCBS, Anthem EAP, Out of Network

karengordon@therapysecure.com

***Jade Bruno MAS, LMFT** (updated 10/18)

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

***Danielle Fragnito, LPC, LISAC, LLC**

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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.

Dr. Sandra Rodriguez-Siuts

Women's Health Psychologist

8585 E Hartford Dr., Suite 120

Scottsdale, AZ 85255

Phone: (480) 473-5411

Fax: (480) 436-6900

www.SandraRodriguezPhd.com

Individual therapy for adult women

Insurances: BCBS and Aetna

***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 has a passion for helping caregivers with parenting, adjustment and early childhood struggles such as bonding and attachment.

Psychiatric and Psychological Affiliates of Scottsdale

***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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

East Valley

***Aynsley Babinski, PsyD**

East Valley Counseling Associates (sent update request 10/25)

4114 E. Valley Auto Drive, Suite 208

Mesa, AZ 85206

480-507-7880

Information about fees and copays upon request.

aynsley.babinski@gmail.com

Tatiana Coffman, LMSW, IBCLC, PMH-C (updated 7/19)

North Star Wellness

6 E. Palo Verde St. Suite 5

Gilbert, AZ 85296

480-788-2898

tatiana@northstarwellnessaz.com

www.northstarwellnessaz.com

In-network with Aetna and Intel Connected Care.

Provides telehealth sessions for clients located in Arizona.

The Center for Hope

***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.

***Teri Ehlers, LAMFT**

Postpartum and Relationship Counseling

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

(no insurance accepted at this time)

3200 North Dobson Road Suite D4 (and telehealth)

Chandler, Arizona 85224

(480) 234-3461

teriehlsmft@gmail.com

www.teriehlsmft.com

***Allison Ellsworth, LAMFT**

Paper Cranes Behavioral Healthcare

480.704.3474

allisone.mft@gmail.com

Individual and couples therapy

Cash only: \$100/hr

***Violet Huerta MAPC, LPC**

6909 W. Ray Rd, Suite 15-105

Chandler, AZ 85226

Office: (480) 712-8201

Cell: (480) 744-4156

Fax: (480) 444-1433

E-Mail: tina@authenticjourneyaz.com

Website: www.authenticjourneyaz.com

Maternal Mental Health, birth trauma, postpartum, pregnancy, women, anxiety, depression, domestic violence, transitioning to motherhood,

****SPANISH / ESPAÑOL ****

Insurance: Blue Cross/Blue Shield, United, Aetna. Sliding scale for private pay

Maternal Mental Health, birth trauma, postpartum, pregnancy, women, anxiety, depression, domestic violence, transitioning to motherhood,

***Kim Kriesel, LPC, PMH-C**

Well Mamas Counseling

Chandler, AZ

480-319-4413

kimk@wellmamas.net

<https://wellmamas.net>

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Kim offers professional counseling and has experience, training and certification in the area of perinatal mood and anxiety disorders, infertility, postpartum depression/anxiety, and infant Loss. Insurance is not accepted at this time. Current fees have a range depending on need (\$85-\$125). A superbill is provided for clients who want to submit to insurance for out-of-network benefits. Health Savings Account cards are also accepted.

*Video counseling sessions available for clients anywhere in AZ

*accepts Aetna insurance

Women's Health Innovations of Arizona - Telehealth Available

480-339-7119 fax: (480)855-7991

www.whiarizona.org

3303 S. Lindsay Road Suite 108

Gilbert, AZ 85297

Therapists

Michelle Lacy, MA, LPC, PMH-C

Maria Ward, MA, LPC

Jennifer St. Clair, MS, LMFT

Marlys Reardon, MSW, LCSW

Andrea Boyd, LPC-S, LISAC-S, MAC

Lisa Newberry, LPC

Maria Casal Porto, PhD, LAC (Spanish Speaking)

S. Julylah Rowan Bennett, MS, LPC

Perinatal Coaches

Anne Sabatini, BSW

Jill Moore, CPSS

Ivette Fullerton, MSW

Christina Loya, BS

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Women's Health Innovations of Arizona offers specialized treatment and support for women across the lifespan with expertise in maternal mental health. Our highly-trained team includes peer perinatal coaches who walk alongside women and their families helping to navigate the available resources community wide. Our coaches are a significant part of the therapeutic team and work closely with our licensed therapists. Our focus is on meeting the needs of all pregnant, postpartum and parenting families. We also provide individual and couples therapy by our highly trained therapists.

We bill most insurance and AHCCCS plans. Individual and Couples Counseling.

Perinatal Coaching by our highly trained state Certified Perinatal Coaches Support Groups. *Services billed through some insurance, grants and other contracts.

***Cynthia Moran, LMSW** (updated 10/18)

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.

Northlight Counseling Associates

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

***Dr. Bobbi Vogelsang**

Most insurance accepted including Tricare.

<http://northlightcounseling.net>

(602) 285-9696

Doula/Art Therapist:

***Rochelle Trotman-Norman, MPS** (sent update request 11/18)

Baby Bee Maternal Wellness

8400 S. Kyrene Rd., Suite 128

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

West Valley/Sun City

***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.)

***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.

***Caitlyn Skeens, MS, LAC, PMH-C**

Becoming Transformed

14961 W Bell Rd Ste A125

Surprise, AZ 85374

602-620-7952

www.becomingtransformed.info

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Home Visitor/Health Programs/Lactation:

***Sara Rumann, MA, MPH-Cert.** (updated 10/18)

Health Start and Pregnancy Wellness Manager

AZ Dept of Health Services

602-364-1421

Sara.Rumann@azdhs.gov

Provides education, support and advocacy services to pregnant and postpartum women in-home.

Women's Health Innovations

In-home Perinatal Coaching by our highly trained state Certified Perinatal Coaches

Provides resources, education and emotional support.

***Women's Health Innovations of Arizona** (updated 12/19)

480-339-7119 www.whiarizona.org

3303 S. Lindsay Road Suite 108

Gilbert, AZ 85297

Perinatal Coaches

Anne Sabatini, BSW

Christina Loya Moreno, BS, CPSS (Spanish speaking)

Jill Moore, CPSS

Ivette Fullerton, MSW

Women's Health Innovations of Arizona offers specialized treatment and support for women across the lifespan with expertise in maternal mental health. Our highly-trained team includes peer perinatal coaches who walk alongside women and their families helping to navigate the available resources community wide. Our coaches are a significant part of the therapeutic team and work closely with our licensed therapists. Our focus is on meeting the needs of all pregnant, postpartum and parenting families. We also provide individual and couples therapy by our highly trained therapists.

We bill insurance and AHCCCS plans.

Mom2Mom Support

Peer Support Specialist and Sleep Coach

*Sara Hodges, PSI Board of Directors, PSS, C-MMH

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Mom2Mom support covers 4th trimester support and beyond. Sara is a Postpartum Mood and Anxiety Disorder Survivor dedicated to ensuring mom and her support group the help they need to move through the 4th trimester and beyond. This is done through peer support and/or sleep training for baby so mom can get the rest she needs to get better and heal her body. Support classes will begin in 2019.

602-329-3433 (call or text)

sarah@mom2momsupport.com

www.mom2momsupport.com

Hospital-inpatient

Aurora Psychiatric Hospital – Glendale

Contact: *Lori Milus RN, MSN. Director of Nursing

623-344-4444

6015 W. Peoria Ave.

Glendale, AZ

AHCCCS and other insurance accepted. Voluntary/danger to self/others criteria

Mohave County

Mohave County Health Dept. (emailed update request 10/18)

***Angelica Pichardo**

700 W. Beale Street

Kingman, AZ 86401

Phone: (928) 753-0743

Phone: (928) 753-0714

Mohave County Public Health-Nursing Division

Bridget Shelton

High Risk Perinatal Program Coordinator

928-753-0714 Ext. 4311

Fax: 928-753-0775

Bridget.Shelton@mohavecounty.us

Mohave County Department of Public Health

Nursing Division

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

At NICP, we are a community nursing service that facilitates the transition of the child and family from the Newborn Intensive Care Unit to their home and community. Periodic monitoring of the child's medical and developmental needs identifies infants who would benefit from referral to other early intervention programs. Through these home visits, the family receives support and education as well as referrals to appropriate community resources. An infant requires 5 days or more in NICU qualifies for this program.

The OCSHCN program partners with the Office for Children's Health to provide in-home support for children who are medically fragile, have a chronic medical condition or are at risk for developmental delay. The Department contracts with specially trained community health nurses to provide support to the family during a transition from hospital to home, conduct physical and developmental assessments, provides anticipatory guidance, and makes referrals to other community resources as needed. Community Health Nursing helps to increase the families ability to become self-determined.

Navajo County

Summit Healthcare Regional Medical Center (updated 10/18)

***DeAnn Davies, MS, CLC, IPMH**

Director, Early Childhood Outreach & Pediatric Psychology Division
928-367-6550

Pima County

Pima County Health Department

Health Start Program: free home visits for women who are pregnant or have a child under the age of 2.

Nurse-Family Partnership Program: women who are less than 28 weeks pregnant with their first child may be eligible for free home visits.

Jessica Dalton, MSN, RN

Nurse Manager

520-724-7806

www.pima.gov/newmoms

Abrams Public Health Center

3950 S Country Club Road, 85714

Regional Behavioral Health

Kim Young, Integrated Care Manager (updated 10/18)

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Arizona Complete Health

Maternal Child Health Care Coordinator

Certified Postpartum Doula

333 E. Wetmore Rd.

Tucson AZ, 85705

Kimberly.A.Young@AZCompleteHealth.com

Office (888) 788-4408 Ext. 844442 Fax (844) 308-9383

Pregnancy and Postpartum Anxiety/Depression Support Groups:

Palo Verde Behavioral Health/Desert Mountain Outpatient Services

Perinatal Intensive Outpatient Program

2695 N Craycroft Rd

Tucson, AZ 85712

520-322-2887

Monday, Wednesday, Friday 9 am to 12pm starting November 11, 2019

Self-Referral, Childcare provided, All Insurances and Uninsured

The LEAP Program at Palo Verde Behavioral Health is a new Perinatal Intensive Outpatient Program (IOP) for expectant and current mothers experiencing mood and anxiety symptoms. The program is 3 hours a day, 3 days a week, and lasts for 8 weeks. The program includes coping skills, parenting tools, resources list, and education for partners and mother's support system. Moms participating will learn the following how-tos: Limiting risks-Empowering skills-Activating support -Parenting tools

Moms are encouraged to bring babies to group and childcare is provided for older siblings. Space for feeding or pumping is available and milk storage is accessible for mothers who pump or bring milk for their baby. Partner participation is encouraged throughout the program at designated times.

***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

5th Floor, Classroom 504

Tucson, AZ 85719

520-694-2526

[Back to top](#)

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

[PSI Arizona Chapter Resource List](#)

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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.

***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.

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.

Arizona Youth Partnership Starting out right Program (formerly TOPS)

877.882-2881

www.startingoutright.org

SOR@azyp.org

890 W. Grant Road. Suite A

Health Education Program for pregnant individuals 21 and younger

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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 520-694-4525

RSVP by calling: 1-800-230-2273

www.bannerhealth.com/230care

“Amigas Latinas” A Support group for Moms in Spanish

Nelly Willis 520-419-6058.

First and last Wednesday of the Month 9-10:30 am

Sam Lena Library, South Tucson.

1607 S Sixth Ave, Tucson

Counselors/Therapists:

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

La Parroquia Bldg. St. Phillips In the Hills

4440 N. Campbell Ave. Tucson, Arizona 85718

phone: 713.506.2522 email: sherry@sherryduson.com

website: <http://www.sherryduson.com>

Experienced mental health professional with over twenty three years experience in individual, couples and family therapy. Has developed a speciality 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.

***Angela White, MA, NCC, LPC** (sent update request 10/18)

azangelawhite@gmail.com

(520)261-7599

Promising Directions Therapy, PLLC

5931 E. Pima Street, Suite 101 Tucson, AZ 85712

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

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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** (sent update request 11/18)

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

***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** (sent email request 11/18)

4570 E. Camp Lowell

Tucson, AZ

520-529-8096

judithhenderson@comcat.net

No insurance accepted. Sliding scale for postpartum 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** (sent update request 11/18)

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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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. 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:

Perinatal Psychiatry Clinic

Saira Kalia, MD

3800 E. Ajo Way Tucson, AZ

520-874-7523

Insurance Accepted

***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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

***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

Kristine Norris, DO

Tucson Outpatient Psychiatry

5956 E Pima St, Ste 130

Tucson, AZ 85712

520-780-8413

Email: info@psychiatrytucson.com Website: www.psychiatrytucson.com

PMAD Certified / Age 14 and up

Dr. Norris has experience and expertise with Perinatal Mood and Anxiety Disorders. She does not take insurance but does offer a discount to military families. Superbills are provided for patients who want to submit to their insurance directly for reimbursement.

***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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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:

***Nallely Willis**

Tree of Life Mom and Baby

520-861-8154

Treeoflifemomandbaby@gmail.com

@treeoflifemomandbaby

Lactation consultant, Lactation counselor and Educator, Infant Feeding Specialist, Postpartum Doula, Childbirth Educator, GPS Master Trainer and support Group Facilitator.

Program Director at Heartsounds Mother And Infant care and AZ postpartum depression warmline Volunteer

Trained in perinatal mood disorders by PSI and Perinatal mental health Advanced physiotherapy English & Spanish

***Rhonda Anderson,**

[Back to top](#)

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

[PSI Arizona Chapter Resource List](#)

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Desert Bloom Doula Services, LLC.

Marana, AZ

Supporting Women and Families Through Pregnancy and Postpartum. 931-561-6373

Rhonda@desertbloomdoula.com

***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.loveinbloomdoula.com

Labor and postpartum doula support.

Nurse Family Partnership

Casa de los Ninos, Tucson

***Tara Stanislav, NFP Nurse Supervisor**

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

Referral line: 520-881-0001

***Kim Young**

Certified Postpartum Doula

520-603-6666

Kyoung1509@gmail.com

***Pima County Health Department Health Start**

Kathy Malkin

Tucson:

520-724-7901

East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

Education, support and advocacy to pregnant and postpartum women. Public Health Nursing

Healthy Families Tucson

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

520-321-3774

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Nallely Willis

Tree of Life Mom and Baby

520-861-8154

Treeoflifemomandbaby@gmail.com

@treeoflifemomandbaby

Lactation consultant, Lactation counselor and Educator, Infant Feeding Specialist, Postpartum Doula, Childbirth Educator, GPS Master Trainer and support Group Facilitator.

Program Director at Heartsounds Mother And Infant care and AZ postpartum depression warmline Volunteer

Trained in perinatal mood disorders by PSI and Perinatal mental health Advanced physiotherapy

English & Spanish

Sliding scale

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

Child and Family Resources

[Denise Huddleston](#)

1115 E. Florence Blvd. Ste. M

Casa Grande, Az. 85122

520-518-5292

We service prenatal families up to five years of age. Services are free/voluntary. We provide support-resources-and all developmental information.

Santa Cruz County

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

- 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 North Cochise County

Support and home visitation

118 S. Arizona Ave.

Wilcox, AZ 85643

520-458-7348

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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Arizona Behavioral Health Associates (updated 11/18)

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.

Out of Network Benefits Accepted

The Guidance Center

2187 N. Vickey St.

Flagstaff, AZ 86004

928-527-1899

Accepts insurance.

North Country HealthCare

Health Start Arizona

[928.522.9430](tel:928.522.9430)

<https://northcountryhealthcare.org/community-programs/health-start/>

The Health Start Program is a free outreach program that works with pregnant women, new mothers and their families. The goal of the Health Start is to give your child and family the best chance of success through education and referrals to community resources. Families receive home visits and case management with oversight by nurses and social workers

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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

Free group facilitated by Facilitated by Abby Garcia Ph.D

Matrescence: 4th Trimester Planning + Support

Matrescence / mə tres ens / (noun) *The process of becoming a mother.*

cofounders: **Caitlin Green Cheney** and **Elizabeth Wood**

Matrescence provides a comprehensive, multi-session workshop helping expectant moms proactively create their 4th trimester support plan. We focus first and foremost on mom's well-being, because when mom is well, baby is well! Together we explore strategies to best support the physical, emotional, mental and spiritual facets in the process of mother-becoming whether it's your first or 5th baby!

Workshops are held **valley-wide**.

623-271-2960 (call or text)

info@4thTrimesterPlan.com

www.4thTrimesterPlan.com | [@matrescence](https://www.facebook.com/matrescence) (FB) | [#matrescence_4thTri](https://www.instagram.com/matrescence_4thTri) (IG)

Therapists:

Molly Dean, LCSW

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

480-200-0410

anewpath.az@gmail.com

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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)

4703 S Lakeshore Dr, Unit 2

Tempe, AZ 85282

United States

(480) 442-8491

<http://azbreastfeedingcenter.com/counseling-1/>

In addition to the breastfeeding support consultations and groups, we provide individual, couples, family, and group therapy to pregnant and postpartum moms.

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Mental Health/Psychiatric Hospitals and Crisis Services:

Maricopa Crisis Line: 602-222-9444

Information and Referral Hotline: 602-263-8856

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

[Back to top](#)

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

[PSI Arizona Chapter Resource List](#)

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Aurora Tempe Behavioral Healthcare

Acute psychiatric hospital

Tempe, AZ

480-345-5420

Accepts insurance

Alium Health

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

480-750-0095

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

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

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.

Grief and Bereavement Support:

[Back to top](#)

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

[PSI Arizona Chapter Resource List](#)

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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.

Harper's Heart Peer Support Group for Pregnancy Loss

1st and 3rd Tuesdays each month - 6:00 to 7:30 PM

Gilbert AZ

Call to register, no cost to attend 480.319.4413

SharayaD@wellmamas.net

Other:

La Leche League

602-234-1956

Information helpline for breastfeeding support and information.

Parent Partners Plus/Strong Families AZ

FREE in home family support in Maricopa County

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

602-633-0732 www.parentpartnersplus.com

The Nurtured Mama

Melinda Leon

www.nurturedmama.com

(480) 208-9773

The Nurtured Mama exclusively supports women throughout pregnancy and beyond by offering prenatal, postpartum and restorative massage as well as The Arvigo Techniques of Maya Abdominal Therapy. It is a safe, quiet space just for moms.

Mohave County:

Healthy Families/Child and Family Resources, Inc.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

Health Choice Integrated Care - Behavioral Health (updated 11/18)

Apache, Coconino, Gila, Mohave, Yavapai and Navajo Counties

Member Services: 800-640-2123

Crisis Line: 877-756-4090

Tribal Behavioral Health Authority (TRBHA)

Pascua Yaqui RBHA

Member Services: 520-897-6060

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Crisis Line: 520-591-7206

Gila River RBHA

Member Services: 520-562-3321

Crisis Line: 800-259-3449

Navajo Nation RBHA

Member Services: 928-871-6877

Member Services: 928-338-4811 Crisis Line: No crisis hotline available, please go to your local Indian Health Services hospital for help, call 911 or call your PCP

North Country HealthCare Health Start

Deborah Lewis

2109 Navajo Blvd.

Holbrook, AZ 86025

928-524-2851, ext. 3741

dslewis@nchcaz.org

<https://northcountryhealthcare.org/community-programs/health-start/>

The Health Start Program is a free outreach program that works with pregnant women, new mothers and their families. The goal of the Health Start is to give your child and family the best chance of success through education and referrals to community resources. Families receive home visits and case management with oversight by nurses and social workers.

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

We are unable to offer services to patients with ongoing substance abuse as the program is still young and we need more services in place to ensure services at the standard of care. Our next step will be to provide these services at the Whole Health Clinic at Banner to reach more AHCCCS patients however, this is not operational yet.

Appointment line 874-7523, We are Preferred Providers for most insurance companies (AHCCCS Plans are excluded). We call and verify patients insurance prior to scheduling an appointment to ensure we are providers for their plan. Following are a few of the plans that we are contracted with: UBH, Cigna, BCBS, Aetna

Banner Whole Health

Behavioral Health Clinic Integrative Medicine.

Assessment. Therapy. Medication

535 N. Wilmot Rd.

Tucson, AZ 85711

520-694-1234

Eligibility through Cenpatico AHCCCS. Some private insurance.

Wen Cai MD, PhD

Wellbeing Institute

3615 N. Prince Village Place

Tucson, AZ 85719

520-225-0584

Therapists:

Courtney Schuneman PsyD

7618 N. La Cholla Blvd

Tucson, AZ 85741

520-477-2273

care@Dr-Courtney.com

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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Additional Resources:

Tucson Postpartum Coalition

<http://tucsonpostpartum.com>

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 (updated 11/18)

Michael Stevens, MD

6552 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.

Genesis Crossroads OB/GYN (updated 11/18)

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

Website: www.genesisob/gyn.org

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Se habla espanol.

Frank Laudonio, MD, PC (updated 11/18)

310 N Wilmot Rd Suite 306

Tucson, Az 85711

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.

Midwifery

Rebecca Rivera CNM

Desert Bloom Women's Care

630 N. Alvernon Way. Suite 180

Tucson, AZ 85711

520-276-5500

"empowering women in all stages of life"

Practice is also located in Sierra Vista

Doulas/Childbirth Educators

Desert Doula Birth and Postpartum Services

Tucson, AZ

520-749-0329

Elizabeth Mendoza

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

Arizona Children's Association

Parent Connection

Maria Ortiz

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

520-321-1500

Provides support, information and resources for parents.

Support Groups Pregnancy and Postpartum Depression/Anxiety (updated 11/18)

Wednesdays 6:00-7:30 PM at **St. Joseph's Hospital**-Women's Care Pavilion, Agave Room (520) 873-6858. Facilitated by Terry Scallon RN. Babies welcome.

Wednesdays 10:00-11:30 AM at **Northwest Medical Center** at 6060 N. Fountain Plaza Dr, Ste 130 (520) 877-4149. Facilitated by Rhonda Anderson. Babies welcome.

Wednesdays 5:00-6:00 PM at **CODAC Women's Center** at 502 N. Silverbell (520) 202-1987. Facilitated by Kristen Russell, MA. Babies welcome.

Thursdays 5:30-7:00 PM at **Tucson Medical Center's Fireplace Room** at 5301 E. Grant Rd (520) 324-7576. Facilitated by Pearl Aviles, MA and Tara Stanislav RN. Babies welcome.

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.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Santa Cruz County:

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

www.cenpaticoaz.com

Mariposa Community Health Center (updated 11/18)

Yara Castro, Maternal/Child Health Manager

520-375-6050

ycaastro@mariposachc.net

825 N. Grand Ave., Suite 100, Nogales, AZ 85621

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:

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

www.cenpaticoaz.com

■ **ADDITIONAL STATEWIDE RESOURCES**

Healthy Families (updated 11/18)

602-266-5976 Fax 602-274-8952

www.healthyfamiliesamerica.org

Healthy Families is a free and voluntary program that can help pregnant moms, expectant families and parents of newborns meet the challenges of parenting. Healthy Families is part of a national initiative to help those who are facing the greatest challenges get their children off to a happy, healthy start

MotherToBaby Arizona (updated 11/18)

MotherToBaby, a service of the non-profit Organization of Teratology Information Specialists, is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. Talk directly to the experts behind the most up-to-date research

Text:: 855-999-3525-3410

Toll-Free: 866-626-6847

<http://www.mohtertobaby.org>.

Arizona DHS Breastfeeding Resource Line (updated 11/18)

Hot line 1-800-833-4642

Statewide, funded 24/7 resources for prenatal care, postpartum mood and anxiety disorders, breastfeeding, low-cost dental care, nutrition programs (WIC), and other community programs.

Child Care Resource and Referral (updated 11/18)

520-320-4028

800-308-9000

2800 E. Broadway

Tucson, AZ

www.azchildcare.org

Child Care Resource and Referral (CCR&R) provides the bridge between parents, providers, community leaders, and policymakers about anything related to child care in Arizona. A statewide program offering free child care referrals.

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

La Leche League of AZ (updated 11/18)

1-800-LALECHE.

<https://www.llofaz.org>

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to those who want to breastfeed/

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:

MOPS- Mothers of Preschoolers (updated 11/18)

www.mops.org

888-910-6677

Program designed to nurture mothers with children infancy through kindergarten. Groups in many areas. For a complete list go to the website and enter location.

Birth to Five Helpline (updated 11/18)

877-705-5437

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

<http://www.birthtofivehelpline.org>

2850 N. 24th St. Phoenix, AZ 85008

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.

The MISS Foundation (updated 11/18)

The MISS Foundation is an international 501(c)3, volunteer based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child. 602-279-MISS (6477) 888-455-MISS (6477)

info@missfoundation.org

missfoundation.org

Teen Outreach Pregnancy Services (TOPS)

1-877-882-2881 (statewide). They will refer to the closest provider.

HELP FOR VETERANS-WHS News

Perinatal Depression and Mom Mood Booster

[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

[Back to top](#)

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

PSI Arizona Chapter Resource List

(formerly AZ Postpartum Wellness)

PSI Helpline 1.800.944.4773

National Suicide Prevention Hotline 1.800.273.TALK(8255)

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

[Back to top](#)

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