



Tucson Perinatal Mood/Anxiety Disorders Resources for Moms

* Denotes provider has attended professional training in perinatal mood and anxiety disorders.

**TPDC is not responsible for verifying credentials nor does this list imply that TPDC recommends these providers.

Please contact us at information@tucsonpostpartum.com for corrections, additions, deletions.

Crisis and Helplines

Community Crisis Line

520-622-6000

Text line: Text TALK to 741741

Crisis Response Center

24/7 crisis and emergency psychiatric care for adults and youth.

Banner Health South

Behavioral Health Pavilion

2802 E. District St. Tucson, AZ 85714

520-301-2400

HOPE Inc Tucson

Warmline

Peer Recovery, Non-Emergency Support

Need to talk? 520-770-9909

PSI Arizona Support Coordinators

*Tiffany Engen

Tiffany.psicoordinator@gmail.com

*Rachel Flater

Rachel.psicoordinator@gmail.com

PSI-AZ coordinators provide phone, text and email support and local resources. Support coordinators receive mentoring through Postpartum Support International (PSI) and are certified in perinatal mental health. The coordinator is a mom who has 'been there' and can help you navigate through challenging times.

PSI Helpline (Postpartum Support International)

800-944-4773

#1 Spanish, #2 English

Text HELP to 800-944-4773 English

Text en Espanol: 971-203-7773

National Maternal Mental Health Hotline

833-943-5746 (1-833-9-HELP4MOMS)

Call or text. English and Spanish 24/7.

HRSA Maternal Mental Health Hotline (Health Resources and Services Administration)

833-TLC-MAMA (833-852-6262)

Call or text. English and Spanish 24/7.

PSI Perinatal Psychiatric Consult Line-for providers only

877-499-4773

For practitioners wishing to discuss options for a client with a PMAD expert.

Arizona Perinatal Psychiatry Access Line- for providers only

888-290-1336

APAL.arizona.edu

team@apal.arizona.edu

Is your patient pregnant or postpartum and struggling with substance use and/or their mental health?

Perinatal psychiatrists will provide FREE clinical guidance M-F, 12:30-4:30. Starting January 2024, hours will expand to 8:30-4:30.

Suicide Prevention Lifeline

800-273-8255

AZ Whole Health Behavioral Health of AZ Crisis Line

1-866-495-6735 (suicide prevention hotline)

Regional Behavioral Health

AZ Whole Health Integrated Care

***Kim Young.**

Maternal Child Health Care Coordinator for seriously mentally ill pregnant and postpartum women

Support and resources during the perinatal period for *seriously mentally ill (SMI) and substance abuse*

333 E. Wetmore Rd

Tucson, AZ 85705

520-809-6442

Kimberly.a.young@cenpatico.com

AHCCCS

Perinatal Mood and Anxiety Disorders FREE Support Groups

***Rhonda Anderson, CBD, (CBI), CBEEd (CBI)_**

“TPDC Perinatal Support Group”

When: Every Friday, 10:00 a.m. MST.

Where: Virtual via Microsoft Teams (Free to download)

For information: Text for link or information: 931-561-6373

Carondelet St. Joseph’s Hospital

***Terry Scallon RN**

Childbirth Education Room, 1st floor

When: Every Wednesday 6-7:30 PM

Please use Main Entrance to the hospital.

No registration required.

Babies in arms welcome.

For information: 520-873-6858

***Tucson Medical Center**

Pregnancy and Postpartum Support Group

When: Every Thursday 5:30-7:30 PM excluding holidays

Where: Patio Building, Fireplace Room, at the Grant/Beverly entrance to TMC

Babies in arms are welcome

No registration required

Every 2nd Thursday, Dr. Nina Waber, Pediatrician, will be available from 5-5:30 to answer questions and offer support.

Facilitators: Shauna Dickerman MFS, Asa Lader RN, IBCLC

For information: 520-343-5972. Shauna.dickerman@tmcaz.com.

Banner University Medical Center

“Beyond the Blues” Virtual
Virtual Support Group- Pregnancy and Postpartum
When: Wednesdays, 2PM-3Pm MST
Where: Online via Microsoft Teams
MTG ID: 259 121 784 077
Passcode: Z6caq2
FREE and open to the public
Facilitator: Katherine Torres, RNC-OB, LCCE

***Banner University Medical Center North**

“You’ve Got This!”
When: Third Tuesday of each month from 1:00-2:00 MST.
Virtual community gathering for pregnant and postpartum women to connect, learn, grow and share.
Support persons and partners are welcome.
Where: Online via Microsoft Team. Team is free to download.
Register: 1-800-230-2273.

***El Rio**

***Maricela Marquez, program coordinator**

“Coffee for the Soul”
Group support on Perinatal Mood Disorders in pregnancy and parenting.
maricelam@elrio.org
520-302-1488
<http://MomWellness@elrio.org>
Open to both new and expecting moms. Every Friday: Spanish 9:00am-10:30 am, English 11:30am-1:00pm.
For information or to register: MomWellness@elrio.org or call (520) 370-3686.
Support group is FREE to everyone in the community. For other El Rio services, a variety of health insurance plans are honored including: Banner University, United Healthcare; American/Indian, Arizona Complete Health, Aetna, BCBS, UMR, Tricare, Cigna, Humana, United Healthcare commercial, AARP. Also sliding scale and reduced fees.
Services in Spanish and English.

***El Rio**

“Babylove Group”
839 W. Congress St
Robert Gomez Building
Centering Classroom
Tuesdays, 12-2
No Fee. Drop-in welcome
Parents and babies, infant to crawling
Facilitated discussions for social support and parenting skills

***4th Trimester Arizona-Tucson Village**

When: 4th Wednesday of the month. 10:00-11:30
Where: Location varies. Virtual or in-person.
Facilitator: Eileen Caito, PCD, CLC, PMH-C
For information: eileen@4thtrimesteraz.org. 520-400-0177.
FREE monthly community gathering for families of young children. Support each other, share resources and ways to navigate parenthood and develop as a parent.

Eventbrite registration for in-person Village
Zoom registration for virtual Village
Website: www.4thtrimesteraz.com

***Erica Walecka, MDiv, LPC, NCC**

Soul Space Postpartum Support Group

When: Saturdays from 9:00-10:00 am

Where: Virtual! After registration, a link will be emailed to you weekly to log on using Google Meet.

Who: Parents of all kinds who have had a child in the last 2 years, especially those experiencing increased anxiety or depressive symptoms.

Cost: \$20/person/group, paid per week or monthly.

erica@soulspacetucson.com

520-214-8650

***Nallely Willis**

Group Peer Support Group in Spanish

When: Thursday 5:00 PM MST

Where: Virtual.

Who: Spanish speaking pregnant and postpartum women.

FREE

Register: www.groupeersupport.org/event

sweetinspired@gmail.com

520-861-8154

Counselors/Therapists

***Erin Wilson, LCSW**

1161 N. Swan Rd. Suite 230

Tucson, AZ 85712

520-352-7876

www.serenitytherapyservicesaz.com

Mrs. Wilson supports mothers with processing the journey of pregnancy and the postpartum journey. This includes assisting mothers in processing any conflicts experienced prior to pregnancy to include fertility challenges or miscarriage(s), and postpartum adjustment; helping mothers make sense of their birth story and supporting her in adjusting to the demands of postpartum life. Mrs. Wilson uses an eclectic approach to therapy interventions based upon each mother's needs. Intervention modalities include client-centered approaches: Cognitive Behavioral Therapy, Insight-Oriented Psychotherapy, Acceptance and Commitment Therapy, Internal Family Systems, guided imagery and mindfulness skills to name a few. Teletherapy available.

Takes insurance: UHC, UMR, BCBS. Sliding scale based upon annual income.

***Debra Kaplan MA, LISAC**

6039 E. Grant Rd.

Tucson, AZ 85712

520-203-1943

No insurance accepted.

***Sherry Duson, MA, LPC, LMFT**

La Parroquia Building, St. Philips in the Hills

4440 N. Campbell Ave.

Tucson, Arizona 85718

713.506.2522

sherry@sherryduson.com

<http://www.sherryduson.com>

Psychotherapy and counseling for new mothers and their families
Private practice. Individual, couples and family therapy for perinatal issues including, infertility, pregnancy loss, birth trauma, pregnancy and postpartum depression and anxiety. Postpartum OCD, transition to motherhood, parenting, couples after baby.
Solution-focused, family systems, Interpersonal psychotherapy.
Out-of-network with all insurance. Sliding scale available.

***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>

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. Babies are always welcome with mom until about 8 months of age.
Sliding Fee Scale for all clients, not contracted with insurance.

***Kristi McReynolds LCSW**

***Anissa White LCSW**

AZ Diagnostic Pathology Association

3801 N. Campbell Ave. Suite B

520-500-6483

Child and Family Therapy

Insurance Accepted: Aetna, BCBS, Cigna, and Humana.

***Valerie Ogborn, PhD, LLC**

7624 N. La Cholla Blvd

Tucson, AZ 85741

520-336-5119

DrOgoborn@gmail.com

<https://www.psychologytoday.com/us/therapists/valerie-ogborn-lawrence-ks/361133>

In person and remote therapy sessions using a HIPAA-compliant platform.

Clinical psychologist specializing in working with the perinatal population including insomnia, anxiety, depression, obsession- compulsive disorder, post-traumatic stress disorder.

***Melissa Johnson DBH, MC, LPC**

El Rio Community Health Center

Doctor of Behavioral Health

Behavioral Health Consultant

520-633-9319 cell. 520-670-3803 text

Melissa.johnson@elrio.org

***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.

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

1760 E. River Road, Suite 142
Tucson, AZ 85718
520-477-7049

dr.wileyhill@gmail.com

www.autumnwiley-hill.com

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

Individuals, couples.

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

***Somayeh Shunk MS, LPC**

De Novo Wellness Center, LLC

7400 N. Oracle Rd. Ste. 172

Tucson, AZ 85704

520-395-2369

Somayeh.shunk@denovowellnesscenter.com

Licensed professional counseling working with adults with particular interest in maternal mental health.

Trained in dialectical behavioral therapy, cognitive behavioral therapy, EMDR. MHN Healthnet. Aetna.

Cigna. BCBS, TRICARE, United and GEHA. Sliding scale

***Rebecca Hamlin LCSW**

1580 N. Kolb Rd, Suite 110

520-214-8650

www.soulspacetucson.com

Specializing in pregnancy and postpartum depression and anxiety. Trained in Brene Brown model of shame and vulnerability. EMDR certified.

Do not take insurance but accept HSAs and FSAs and provider superbills for reimbursement.

***Rheanna Schmidt LPC**

Mental Health Counselor practicing via telehealth (online video)

7865 W. Bell Rd, #1034

Peoria, AZ 85382

602-492-5686

rheanna@hopecanyoncounseling.com

<http://hopecanyoncounseling.com/>

Arizona licensed counselor providing support through Cognitive Behavioral Therapy (CBT) to mothers within the perinatal period. Able to see clients throughout the state of AZ.

No insurance.

***Womens Health Innovations of Arizona**

1355 S. Higley Rd, Suite 113

Gilbert, AZ 85296

480-339-7119

intake@whiarizona.org

www.whiarizona.org

VIRTUAL INDIVIDUAL THERAPY, COACHING AND GROUPS AVAILABLE

Most insurance taken.

A team of experts dedicated to providing high quality healthcare for women across the lifespan, specializing in the mental health needs of pregnant, postpartum and parenting women.

***Leandra Fifer LPC**

Desert Health Clinic

4601 E. Fort Lowell Rd, Suite #131

Tucson, AZ 85712

520-396-4413

ltf@deserthealthclinic.com

www.deserthealthclinic.com

Therapy, coordination of care, support with prescribing providers in office. CBT, IFS, ERT.
Blue Cross Blue Shield UHC. Self-pay: \$140.

***Stacey Ramsower**

Sacred Body

2610 N. Swan Rd.

Tucson, AZ 85712

520-309-9252

staceymoves@gmail.com

www.staceyramsower.com

Somatic Experiencing for women. Ayurvedic care for the perinatal year. Full spectrum doula support.

No insurance. Sliding scale options available.

Sacred Body welcomes ALL of you-every part of you-to the conversation. By turning toward the truth of our lived experience with courage and care, we enable greater healing, more intimacy, and strength of voice.

***Maeve Wood LPC**

1050 E. River Rd #310

Tucson, AZ 85718

520-314-7488

Maeve.wood.lpc@gmail.com

<https://psidirectory.com/k:Maeve+Wood>

Therapy. Somatic experiencing and EMDR if appropriate.

Specialized in pregnancy planning (including infertility challenges), high risk pregnancy (including pregnancy with multiples), postpartum adjustment, pregnancy loss, NICU and birth trauma.

No insurance.. No sliding scale.

Psychiatric Assessment and Medical Treatment

***Saira Kalia MD**

Banner Health University Medical Center –South

2800 E Ajo Way

Tucson, Arizona 85713

Phone: 520-874-7500

Banner- University Medical Center- Tucson Campus-Banner University Medicine North

3838 N. Campbell Avenue Building 2

Tucson, Arizona 85719

<https://doctors.bannerhealth.com/provider/Saira+Kalia/448305>

Phone: 520-694-1234

Eligibility through AZ Whole Health AHCCCS. Some private insurance.

Banner Whole Health

Behavioral Health Clinic, Integrative Medicine

Assessment. Therapy. Medication

535 N. Wilmot Rd. Suite 201

Tucson, AZ 85711

520-694-1234

***Kristine Norris, DO**

Tucson Outpatient Psychiatry
3110 N Swan Road, Tucson, AZ 85712
520-780-8413
Email: info@psychiatrytucson.com
Website: www.psychiatrytucson.com
Telemedicine available
drnorrispsych@gmail.com

***Arundhuti Kundu MD**

5151 E Broadway Blvd
STE # 1600, Tucson AZ 85711
Adult and Perinatal Reproductive Psychiatrist
Business number 520-405-1005
Email: doctor@arundhutikundu.com

Wen Cai MD, PhD

Wellbeing Institute
3875 N. 1st Ave.
Tucson, AZ 85719
Phone: 520-225-0584
wellbeinghelpme@gmail.com

***Beth Newhouse NP**

CODAC Behavioral Health
630 N Alvernon Way Ste. 161
Tucson, Arizona 85711
520-318-9222
AHCCCS and private insurance

***Lina Rosin, Psychiatric Nurse Practitioner**

5920 E. Pima Street, #140
Tucson, AZ 85712
520-733-2524
Specializes in perinatal mental health.

***Larisa Biznichuk MSN, PMHNP-BC, PLLC**

Sierra Tucson

39580 S. Lago Del Oro Parkway, Tucson, Arizona 85739
888-652-3685

***Stephanie Marks Family Nurse and Psychiatric Nurse Practitioner**

Novis Vita
2122 N. Craycroft Rd, Suite 120
Tucson, AZ 85712
520-989-8482

info@novisvita.net

<https://www.novisvita.net/contact-us>

Perinatal mental health. Substance Use. Medication management, Supportive therapies, Intensive outpatient (IOP), Case Management
AHCCCS, UHC BCBS, Cigna Tricare. Reduced fees and sliding scale

***Sarah Weinstein MN, CNM, IBCLC, PMH-C**

Milk and Honey

Specialized feeding and postpartum support center.
3894 E. Pima St.
Tucson, AZ 85716
520-477-7752

www.milkandhoneytucson.com
milkandhoneytucson@gmail.com

Support for medication initiation/management for perinatal anxiety, OCD, depression, with referral out to therapy, support groups, community resources, and lactation and breastfeeding medicine. Lactation, breastfeeding, complex lactation, feeding therapy, multi-disciplinary approach to postpartum dyad and family as a whole. Perinatal mental health.

BCBS, Tricare, Other contracts pending. Fees on a case by case basis
Spanish speaking providers.

Doula Care

***Tiffany Engen PMH-C**

Full Spectrum Doula Care & More
Birth, Postpartum, Bereavement
Childbirth Educator, Birth/Newborn Photographer
Bereavement/Remembrance Photography
928-247-4123
tiffanyengen.doula@gmail.com

www.tiffanyengendoula.com

"When it's hard, when it's easy, when it's messy, when it's complicated, when it's beautiful, when it isn't – because life is real and raw – I am in your corner "

***Eileen R. Caito PCD CLC, PMH-C**

Shooting Start Doula Services
In home and virtual support
Eileen.caito@yahoo.com
[www.shotting](http://www.shottingstar.com) star doula services.com
520-400-0177

***Lorie Michaels**

Namaste Birth
6955 N. Oracle Rd.
Tucson, AZ 85704
Birth Doula, Childbirth Education, EFT Therapy (Tapping), Spinning Babies body work.
info@namastebirth.com
www.namastebirth.com
520-505-1895

Reduced fess/sliding scale; no insurance.

***Stacey Ramsower**

Sacred Body
2610 N. Swan Rd.
Tucson, AZ 85712
Full Spectrum doula care
staceymoves@gmail.com
www.staceyransower.com
520-309-9252

Sliding scale options available
No insurance.

***Nikki Hampton**

326 S. Wilmot Rd #B240

Tucson, AZ 85711

520-370-0209

Doulanikki81@gmail.com

<http://www.swayingsaguarodoula.com>

In-Home Postpartum Support, Parent Education & Nourishing Meal Prep
Sliding Scale

Lactation Consultants

***Mama's Latte**

IBCLC certified lactation consultants

Same or next day in-home consults

Some insurance coverage through the Lactation Network. Sliding scale available.

520-628-4202

www.mamaslatte.com

***Colleen Laszakovits RN, CPD, CLE, CISS**

Your Family's Journey

520-440-8446

Yourfamijourney@gmail.com

www.yourfamijourney.com

Services provided in the comfort of your home: lactation and infant sleep services.

No insurance taken but can use HSA or FSA.

***Sarah Weinstein MN, CNM, IBCLC, PMH-C**

Milk and Honey

Specialized feeding and postpartum support center.

3894 E. Pima St.

Tucson, AZ 85716

520-477-7752

www.milkandhoneytucson.com

milkandhoneytucson@gmail.com

Support for medication initiation/management for perinatal anxiety, OCD, depression, with referral out to therapy, support groups, community resources, and lactation and breastfeeding medicine. Lactation, breastfeeding, complex lactation, feeding therapy, multi-disciplinary approach to postpartum dyad and family as a whole. Perinatal mental health.

BCBS, Tricare, Other contracts pending. Fees on a case by case basis

Spanish speaking providers.

Home Visitor Programs

***New Parent Support Program**

Cindy Blue RN

5427 E. Madera St.,

Davis-Monthan AFB

Tucson, AZ 85707

This service supports our military (TricCare) families. Home visitation, from pregnancy to 36 months.

520-228-2104

Cynthia.a.blue2.civ@health.mil

<http://facebook.com/Davis-MonthanAFBFamily/Advocacy&NewParentSupportProgram>

Insurance: TriCare

***Healthy Families, Child and Family Resources**

Samantha McDonough

2800 E. Broadway Blvd.

Tucson, AZ 85716

520-247-4918

smcdonough@cfraz.org

The Healthy Families Program is open to prenatal mothers and families with a child under three months, and our services are free for all qualifying clients. You can expect nothing less than premier services and care under this program. Our clients enjoy visits from highly-trained Family Support Specialists who offer the following benefits: Hands-on educational activities, Prenatal and Postpartum social and emotional support, Baby health and safety resources, Services completely free of charge.

Fully Bilingual Spanish/English staff. We have several staff that have taken the 2 day PSI Training.

520-881-8940

520-783-2943

FREE

Health Start, Pima County Health Dept.

Provides health education to pregnant/postpartum women and their families about prenatal care, parenting, breastfeeding, well-child checkups, safety and childcare. FREE In home community health worker visits during pregnancy and until the baby is 2 years old. Virtual visits.

520-724-9721

***Nurse-Family Partnership (NFP)**

NFP empowers *first-time moms* to have a healthy pregnancy and create futures for themselves and their babies. A free and personal nurse for you *before the 28th week* of pregnancy until the baby turns two.

The program is administered through 3 agencies:

Casa de los Ninos: 520-624-5600

Blake Easterseals: 520-247-3275

Pima County Health Dept: 520-724-7806

*** To the best of our knowledge this is a current list as of 4/9/24. Please also check www.tucsonpostpartum.com for resource information and the most recent resource list.*