



Maternal Mental Health Resources

Postpartum Support International (PSI) Warmline

Non Emergency perinatal mental health and
community resource information

Call: 1-800-944-4773

Text "HELP" to 800-944-4773

Text en Español: 971-203-7773

<https://www.postpartum.net/>

Postpartum Support International (PSI) Online Support Groups

Free virtual support groups for pregnancy, new
parents, grief, PMADs, and family members. EN/SP
Register online at:

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

National Maternal Mental Health Hotline

24/7 Free confidential hotline for pregnant and
new moms

Call or Text: 1-833-852-6262

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

Maricopa County Crisis Line

Call: 602-222-9444 or 1-800-631-1314 (toll free) or
1- 800-327-9254 hearing impaired (TTY/TDD)
Warm Line 602-347-1100

Phoenix Children's Center for Perinatal and Infant Mental Health

Mental health care during pregnancy and after
giving birth.

602-999-4411

<https://www.phoenixchildrens.org/center-perinatal-and-infant-mental-health/quality>

Psychological Pathways

Medication and Counseling

844-385-3747

2500 S. Power Rd. Bldg. 2 Mesa, AZ 85209

Insurances Accepted:

AHCCCS, Medicare, most private insurances

Redemption Psychiatry

Medication

Call: 480-542-1212

3489 E. Baseline Rd. Gilbert, AZ 85234

Call: 480-542-0202

2730 S. Val Vista Dr. Suite 146 Gilbert, AZ 85295

Call: 480-542-0222

600 S. Dobson Rd. Suite E-36 Chandler, AZ 85224

Insurances Accepted:

Aetna, Ambetter, BCBS AZ, Cigna, Humana, Magellan,
United Healthcare

<https://www.redemptionpsychiatry.com/>

Women's Health Innovations

Counseling

Call: 480-339-7119

1355 S. Higley Rd. Suite 113 Gilbert, AZ 85296

Insurances Accepted:

Aetna, Ambetter, BCBS, Cigna, Magellan, Tricare,
United Healthcare/ AZ Complete Health, Mercy Care,
American Indian Health Program, Banner University
Family Care, Magellan Complete Care, Health Choice
AZ, United Healthcare Community Plan

<https://www.whiarizona.org/>

Authentic Connection Counseling Services
Counseling

Call: 602-704-4500

2500 S. Power Rd. Suite 222 Mesa, AZ 85209

Insurances Accepted:

Aetna, Anthem, BlueCross and BlueShield, Optum,
UMR, United Healthcare

<https://www.authenticconnectionaz.com/>

North Star Wellness

Counseling

Call: 480-788-2898

6 E. Palo Verde St. Suite 5 Gilbert, AZ 85296

Insurances Accepted:

Aetna

<https://northstarwellnessaz.com/>

Cactus Flower Healing

Call: 480-382-9460

1220 S. Alma School Rd. Ste 103 Mesa, AZ 85210

Insurance Accepted by some providers:

Cigna, BCBS Arizona, Aetna

<https://www.cactusflowerhealing.com/>

Center for Fertility & Reproductive Counseling

Call: 480-319-4413

3815 S. Price Rd. Chandler, AZ 85248

Insurances Accepted:

Aetna, BC/BS, United Healthcare/ Optum

<https://www.azfertilitycounselor.com/>

Kaleidoscope Wellness PLLC

Call: 480-749-9841

3110 S. Rural Rd. Ste 105 Tempe, AZ 85282

Insurances Accepted:

Aetna, BCBS, United Healthcare/UMR

<https://www.kaleidoscopewellness.com/>

A New Leaf

Call: 480-959-6955

1655 E. University Dr. #100 Mesa, AZ 85203

Insurance Accepted: Ahcccs

<https://www.turnanewleaf.org/>

Terros

Call: 602-685-6000

1111 S. Stapley Dr. Mesa, AZ 85204

Insurance Accepted: Ahcccs

<https://www.terroshealth.org/>

Southwest Behavioral

Call: 480-820-5422

1255 W. Baseline Rd. #138 Mesa, AZ 85202

<https://www.sbhservices.org/>

Valle del Sol

Call: 602-258-6797

334 W. 10th Pl. Unit 100 Mesa, AZ 85201

4135 S. Power Rd. Mesa, AZ 85212

<https://www.valledelsol.com/>