



Perinatal Resource List

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/>

Perinatal Mental Health Certified (PMH-C)

Directory of Providers

<https://psidirectory.com/arizona>

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

211 Arizona

Information and Community Resource Service

Call or text: 211

<https://211arizona.org/>

Phoenix Children's Center for Perinatal and Infant Mental Health

Mental health care during pregnancy and after giving birth.

602-93-1000

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

MotherToBaby Arizona

Provides info about the safety of medications and other exposures during pregnancy & breastfeeding

Call: 1-888-285-3410

<https://azpoison.com/pregnancy-riskline>

WIC

Nutrition education, breastfeeding support, supplemental foods, & referrals to health and social services. Serves pregnant, breastfeeding, and postpartum women, infants, and children under 5y
Call: 480-507-2199

2451 E. Baseline Rd. #200 Gilbert, AZ 85234

<https://canyon-pediatrics.com/wic>

My Plate Pregnancy & Breastfeeding

Healthy pregnancy information

<https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding>

ASU Breastfeeding Clinic

Free, inclusive, & complete lactation care. Prenatal education, breastfeeding, bottle feeding, pumping, milk production, etc.

Self Schedule: <https://bit.ly/ASUBFC>

2451 E. Baseline Rd. #130 Gilbert, AZ 85234

Call or text: 602-767-4433 or Call: 480-507-2199

AZ 24 Hour Breastfeeding Hotline

Call: 1-800-833-4642

4th Trimester

Parenting Support Groups

<https://4thtrimesteraz.org/>

Healthy Families

Home visitation program providing support for healthy pregnancy and parenting

Call 602-427-4725

<https://www.swhd.org/programs/health-and-development/healthy-families/>

Parent Partner Plus

Connecting families with programming and services to support parents as their child's first teacher

Call: 602-633-0732

<https://parentpartnersplus.com/>

Father Matters

Father Matters is a community development organization supporting fathers and families 602-774-3298

<https://fathermatters.org/>

Text4baby

Free texts/app for pregnancy, birth questions, and early childhood information

Text: BABY (EN) or BEBE (SP) to 511411

<https://www.text4baby.org/>

Birth to Five Helpline

Free child development support as well as counseling and resource/referral info. Leave message for return call if after hours

Staffed M-F 8am to 8pm

Call or text: 877-705-5437

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

Fussy Baby Program

Provides support for caregivers with hard-to-soothe infants, excessive crying, sleep problems, and feeding difficulties for children Birth to 1 year

Call: 1-877-5437

<https://www.swhd.org/programs/health-and-development/fussy-baby/>

Diaper Bank of Central Arizona

Emergency diaper need. List of local agencies online.

602-715-2629

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