

Having a baby is one of the biggest changes you may experience in your life. Though a rewarding time, it can also be stressful and difficult. Perinatal depression is a term used to describe deep sadness or strong anxiety during or after a pregnancy. When these feelings last for days or weeks, this can be the sign of a more serious problem. The good news is, help is available.

New Mexico Crisis Line: 988

Maternal Mental Health Hotline: 1.833.852.6262 or 1.833.TLC.MAMA

Crisis Text Line, Peer advocates available 6 pm – 11 pm daily **1-855-466-7100**

Insurance Member Services and Supports:

BCBS Turquoise Care: Member Services 1-866.689.1523

Presbyterian Turquoise Care: Member Services 1-888-977-2333

Tricare / 377th Medical Air Force Family Support program: 505.846.3305

Molina Turquoise Care Member Services: 1-800-580-2811

United Turquoise Care Member Services 1-800-283-4465

NM Medicaid: Member Services 800.283.4465

Postpartum Support

International

800.944.4PPD

www.postpartum.net

Psichapters.com/nm

Postpartum Education for

Parents

805.967.7636

www.sbpep.org

Kassy's Kause

505.603.2988

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

BOOKS:

- *Beyond the Blues*, by Shoshana S. Bennett and Pec Indman (Moodswing Press, 2019)
- *Beyond the Birth*, by Dawn Gruen, Rex Gentry, Abby Meyers, and Sandra Jolley (Depression After Delivery, 2003) Available online at: <https://www.amazon.com/>
- *Depression During and After Pregnancy*. Online resource / book [Depression During and After Pregnancy \(hrsa.gov\)](http://Depression During and After Pregnancy (hrsa.gov))
- *The Fourth Trimester: A Post-Partum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality* by Kimberly Ann Johnson
- *What No One Tells You- A Guide to Your Emotions from Pregnancy to Motherhood* by Dr. Alexandra Sacks, Dr. Catherine Birndorf
- *All the Things* by Mariah Martinez an **Albuquerque local!!** [All The Things: Nobody tells you about pregnancy childbirth & postpartum - Kindle edition by Martinez, Mariah. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.](http://All The Things: Nobody tells you about pregnancy childbirth & postpartum - Kindle edition by Martinez, Mariah. Health, Fitness & Dieting Kindle eBooks @ Amazon.com)
- [Additional Books and Resources can be found online at:](https://www.postpartum.net/resources/store/) <https://www.postpartum.net/resources/store/>



Perinatal Mental Health Resources

Lovelace
Women's Hospital

Perinatal Mental Health Resources

Mountain Crest Counseling

505.600.1483

Perinatal Associates of NM

505.217.3420

Mindset Therapy and Wellness

Phone: 505.926.1599

Rooted in Wellness

Phone: 505.657.3257 x 100

Wallin and Luna Counseling Associates

Phone: 505.821.5894

Deona Foust of Umoja Behavioral Health

Phone: 505.633.8173

Mended House

Phone: 505.218.6706

The Community Lighthouse

Phone: 505.273.6300

Vivian Fernandez (Spanish)

Phone: 505-321-0833

Hope Forward Therapy

Phone: 505.633.4107

Laura Turner Dolan

Phone: 505.392.3895

Trails Ahead Therapy

Phone 505.702.8112

Mindset Therapy and Wellness

Phone: 505.926.1599

Sun and Moon

Phone: 505.926.1599

Medication management available:

Sage Neuroscience Center

Phone: 505.884.1114

Pinon Perinatal

505.798.9300

*Please ask your OB provider for a referral

Heart and Soul of NM

Phone: 505.312.0040

GD Psych Services LLC

Phone: 505.218.6383

Jewel Box Psychiatry and Healing

Accepts Presbyterian and BCBS Centennial Care

Phone: 505.209.2427

Presbyterian Outpatient Psychiatry

Phone: 505.291.5300

UNMH Outpatient Psychiatry

Phone: 505.272.4900

Parenting Support:

Parent Group Circle of Security at Hope

Forward Therapy

505.633.4107

Website: www.hopeforwardtherapy.com

The Village Motherhood Company Maternity Store and "hang out"

505.808.2685

Website: VillageMotherhood.com

Dar a Luz Community Support Groups

[Classes & Support Groups | Dar a Luz Birth & Health Center \(daraluzbirthcenter.org\)](#)

For additional resources, call Labor of Love at 505.727.7677