

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 / 377<sup>th</sup> 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](http://www.postpartum.net)  
[Psichapters.com/nm](http://Psichapters.com/nm)

#### **Postpartum Education for**

**Parents**

805.967.7636

[www.sbpsp.org](http://www.sbpsp.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://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.*
- [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](http://www.hopeforwardtherapy.com)

### **The Village Motherhood Company Maternity**

### **Store and "hang out"**

505.808.2685

Website: [VillageMotherhood.com](http://VillageMotherhood.com)

### **Dar a Luz Community Support Groups**

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

*For additional resources, call Labor of Love at  
505.727.7677*