

COMMUNITY RESOURCES FOR MATERNAL DEPRESSION

UNM SERVICES

Programs for Children and Adolescents

Between the ages of 3-18 years old
(505) 272-2190 M-F 8-5pm by appt only
Medicaid, commercial insurance, self-pay

UNM Psychiatric Children's Hospital –ACCESS

Less than 18 years old

(505) 272-2890, 1001 Yale NE, 8am -5 pm, after hours
Immediate psych evaluation: suicidal/homicidal

UNM Psychiatric Center for Adults – Urgent Care –

2600 Marble NE: (505) 272-9038 or (505) 272-2800,
Hours: M-F 7:00am-1:00pm

UNM Psychiatric Emergency Services 24/7 –

2600 Marble NE: (505) 272-2920 or (505) 272-2800,
Ask to speak with a psychiatrist (Help women in need of
an immediate psych evaluation suicidal or homicidal)

UNM Student Health and Counseling (SHAC)

For scheduled or same day appointments call (505) 277-
3136. Hours: M-TH 8-5, F 9-5

Outcomes Inc./Pathways

For UNMH Employees <http://outcomesnm.org/>
(505) 243-2551, Hours: M-F 8am-5 pm

Counseling Assistance and Referral Services (CARS)

(505) 272-6868, UNM faculty and staff

University Psychiatry Consultants

(505) 272-6130, UNM employees and family a priority

Manzanita Counseling at UNM

(505) 277-7311 to schedule an appointment
Free confidential counseling services

SUPPORT GROUPS

Mother's Tea

UNMH Family Medicine clinic
(505) 272-1734 2nd Tuesday of every month 10-11am

Lovelace Labor of Love- New Parent Group

Lovelace Women's Hospital (505)-727-7677 or
(505)727-7800 Wed. 10am-12pm

Dar A Luz Birth & Health Center

(505) 924-BABY www.daraluzbirthcenter.org

Breastfeeding and New Mom Support Group, every
Wed. 10am-Noon

Evening Latch and Toddler Group, 1st & 3rd Wednesdays
each month from 6:30-8:30pm

Mindful Partnering, Mindful Parenting (adults only)
2nd Thursday of the month from 6-8pm

See website under Community & Events/ Support
Groups

MOMS Club

Moms offering moms support www.momsclub.org

To find a chapter in your area, email
support@momsclub.org

Postpartum Support International

1-800-944-4773 Warm line

New Mexico PSI Coordinator: Sascha Anderson

sascha.guinn.anderson@gmail.com

(505) 821-5894 www.postpartum.net

Just 'cause Newborn ICU Support Group

www.JustCauseNICU.weebly.com

Grief Support – New Mexico Share

Coping with miscarriage, still birth or death in infancy.
To learn more about meeting dates and topics call Nicole
Dodson-Sands (505) 237-1066

Grief Share – Groups in Albuquerque

www.griefshare.org

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COMMUNITY RESOURCES

New Mexico Crisis and Access Line

1-855-662-7474 24 hours 7 days/week
www.nmcrisisline.com

National Maternal Hotline

Peer support from moms with PPD
1-800-PPD-MOMS www.postpartum.net

Age to Age Counseling

(505) 291-6314, Accepts Medicaid
www.agetooage.net

Hester Balsam, MSW, LISW, LLC

(505) 899-1020, 120 Ortega Rd. NE, Accepts Medicaid

Rio Grande Counseling and Guidance Services

(505) 246-8700, 1010 Las Lomas Rd NE #4
Accepts Medicaid and all insurances
www.riograndecgs.com

Tina LaTurner, MA, LPCC Counseling

(505) 610-9985, 4601 Paradise Blvd. NW, Accepts Medicaid

Sage Neuroscience

(505) 884-1114
Specialist in Psychiatry, Medication initiation and management, council. Accepts Medicaid
Urgent referrals: Lisa Sutter: 881-1114 Ext 716
www.sageclinic.org

Albuquerque Family Counseling

(505) 974-0104, Contact Kelly Chica, MS,LCPC
Accepts Medicaid
www.albuquerquefamilycounseling.com

Wallin-Luna Counseling Associates

(505) 821-5894, Contact Kristin Wallin, Stefanie Luna, LMFT. Currently contracted with BCBS, Aetna, Pres, Humana Inquiry@wallin-Luna.com

Agora Crisis Center

(505) 277-3013 or 1-866-HELP-1-NM
Available 24/7 www.agoracares.org

Bosque Mental Health Associates Inc.

(505) 503-6838, Hours: M-F 9am-5pm, Sat 9am-2pm
Accepts several insurance plans as well as private pay.
www.bosquementalhealth.com

Evolution Group

(505) 242-6988 x129, Hours: M-F 8am-7pm, S/S 8am-12pm, Cost: Sliding scale www.evolutiongroup.com

Counseling and Psychotherapy Institute

(505) 243-2223, Hours: M-F 9am-5pm, Sat 10am-2pm
Cost: Accepts most public and private insurance plans.
Special pricing for cash-paying patients for most procedures. www.cpinow.org

Linda Najjar, PhD (505) 306-4144

Accepts Pres, BCBS, Aetna, Mesa Mental Health, Lovelace, Tricare

Valle Del Sol of New Mexico – 428 S Los Lentos Rd,

Los Lunas: (505) 865-3350, Hours: M-F 8am-5pm (all insurances): Full Medicaid Therapists available after hours

FIRST BORN HOME VISIT PROGRAM

St. Joseph Community Health Home Visiting Program

(505) 924-8000 fax (505) 924-8008 Locations include: Albuquerque, Deming, Las Cruces, Roswell, and San Fidel www.stjosephnm.org

Albuquerque Nurse-Family Partnership

(505) 272-3000, fax (505)272-8988
www.nursefamilypartnership.org

NM Kids

800-691-9067 www.newmexicokids.org

Native American Professional Parent Resources,

Tribal Home Visiting Program www.nappr.org
(505) 345-6289, fax (505) 345-6478

Peanut, Butter and Jelly Therapeutic Family Services Home Visiting Program

(505) 877-7060, fax (505) 877-7063
www.pbjfamilyservices.org

Open Skies Health Center

(505) 342-5454, 707 Broadway Blvd. NE, Medicaid only. Check website for Valencia, Sandoval, and Cibola county contact information.
<http://www.openskieshealthcare.org/default.htm>