



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

Arizona Perinatal  
Psychiatry Access Line



# Arizona Perinatal Psychiatry Access Line

Is your patient pregnant or postpartum and struggling with  
substance use and/or their mental health?

**Call 888-290-1336**

to consult with perinatal psychiatrists who will provide free  
clinical guidance, M-F, 12:30 p.m.-4:30 p.m.

*APAL is a statewide perinatal psychiatry access line. We assist medical providers in caring for their pregnant and postpartum patients with mental health and substance use disorders. Perinatal psychiatrists are available by phone to answer your questions and review treatment options.*

APAL.arizona.edu

team@apal.arizona.edu