



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** and **immediate** clinical guidance.

**Monday to Friday | 8:30 a.m. to 4:30 p.m.**

## Education

APAL provides free CME-eligible comprehensive  
education in perinatal mental health.  
Visit our website to learn how to take  
advantage of our services.

## Resources

Our specialized team connects families  
with resources available in their area,  
including rural counties and tribal communities.  
Call our line to connect with staff.



Scan the QR code to  
schedule a consultation.

[APAL.arizona.edu](https://apal.arizona.edu)  
[team@apal.arizona.edu](mailto:team@apal.arizona.edu)

The photo in this document is a stock image intended for illustrative purposes only. These individuals are models.

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