



Maternal Mental Health Program



SIERRA TUCSON®

Where Change Begins®



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Maternal Mental Health Virtual Intensive Outpatient Program

Sierra Tucson's Maternal Mental Health Program is for those struggling with prenatal and post-partum mood and anxiety disorders. The Sierra Tucson Maternal Mental Health IOP curriculum is a blend of empirically supported treatments for mood and anxiety disorders, emotion regulation, mindfulness, interpersonal effectiveness, and anger management.



Up to
1 in 7
women suffer from
postpartum depression



You are not alone.

Sierra Tucson has a team of dedicated, passionate, and caring therapists and medical providers who offer compassionate, comprehensive, and customized care.


Treatment includes group therapy and support groups in a secure on-line environment where you can participate from the comfort of your own home. Topics covered in the "Maternal Mental Health IOP" include but are not limited to: baby milestones, maternal anxieties, setting healthy boundaries, body-esteem, birth and rebirth stories, baby-proofing, childcare, positive parenting styles, trauma, and more!


**For more information
call 844-215-1400 or
visit SierraTucson.com/MMH**

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