



Maternal Mental Health Program



SIERRA TUCSON®

Where Change Begins®



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Maternal Mental Health Virtual Intensive Outpatient Program

Sierra Tucson focuses on providing trauma-informed care and provides evidenced-based, customized treatment that incorporates integrative therapies to further enhance healing and recovery.

Prenatal Depression, Perinatal Mood Disorder, and Postpartum Depression

Sierra Tucson's Maternal Mental Health Program is a virtual, intensive outpatient program for those struggling with prenatal depression, perinatal mood disorders, and postpartum depression.



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 individual therapy, group therapy, and support groups in a secure online environment where you can participate from the comfort of your own home. Individual psychotherapy focuses on identification of negative thoughts and beliefs, improving self-esteem, and exploring self-identity. Therapy can also include exploring any past unresolved trauma that may have compounded the depression. Participation usually lasts 12 to 16 weeks, depending on each individual's needs.

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

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