

# UNMH Journeys Program

## What is the Journeys Program?

The Journeys Program offers behavioral health services for people who are currently pregnant, have recently had a baby (up to 12 months since birth), or who have experienced loss of a pregnancy or child. We offer therapy and medicine discussion for UNM patients.

**Talk to your health care provider to see if you are experiencing behavioral health challenges during or after your pregnancy.**

Your health care provider can refer you to the Journeys Clinic. We are here to help you!



## When you might need help from Journeys?

### What is “Normal”?

When you are pregnant or give birth to a baby there are a lot of hormones in your body. These hormones can affect how you are feeling. It is common to feel:

- Increased anxiety, uncertainty about the pregnancy, labor and delivery, health of baby, your finances and role change, and future responsibilities
- Changes in energy, how much you eat, or sex drive
- Mild forgetfulness, confusion, difficulty focusing or easily distracted
- Thinking about your own childhood relationships and experiences

### What are the Baby Blues?

The baby blues affect about 15 – 85% of women within the first 10 days after giving birth. It usually shows up 5 days after giving birth. You may have mood swings, tear up easily, feel anxiety, and not be able to sleep well.

The baby blues should only last 2 weeks and you can do your daily activities. There is no special treatment for this feeling.

### Questions? Contact Us!

**Call us:** 505-272-2245

**Our address:**

UNMH Eubank Clinic

2130 Eubank Blvd NE

Albuquerque, NM 87112

We are located on the southeast corner of Eubank Blvd. and Menaul Blvd. We are across from the KFC.



## What makes it post-partum depression?

There are differences from the baby blues and post-partum depression. You need to talk to your health care provider right away if you notice any of these signs:

- You don't enjoy being around your baby
- You can't sleep when the baby is sleeping or napping
- You feel a sense of guilt or are failing your baby
- You think that your baby would be better off if you were dead

## Frequently Asked Questions

### What services does Journeys offer?

We offer many services like:

- One-on-one psychotherapy
- Talk about medicine and offer recommendations
- Joint care plans for your worries or concerns
- Referral to social work and nurse case manager resources
- Referrals to see other health care provider



### What medical problems does Journeys treat?

We treat medical problems like:

• Perinatal and Postpartum Depression	• Adjusting to life with a new baby
• Perinatal and Postpartum Anxiety	• Post-Traumatic Stress Disorder (PTSD)
• Grief and loss	• Obsessive-Compulsive Disorder (OCD)
• Relationship issues	

### How do I get services through Journeys?

Talk to your UNM health care provider about referring you to Journeys.

### How often will I meet with my Journeys provider?

You and your health care provider will decide together how often to meet. It can be weekly to monthly.



## What happens after my health care provider refers me to Journeys?

You will be put on list to get an appointment. Our staff will call you to set up a first appointment. If you have not been called to set up the appointment within 2 weeks of the referral, call **505-925-CARE(2273)**. Pick the option to schedule an appointment, and ask to be scheduled with Journeys.

## Is Journeys an emergency service?

No, Journeys is not an emergency service. We are an outpatient behavioral health care provider. You can only get care here from a health care provider referral.



## What services are not offered through Journeys?

Journeys doesn't provide long term mental and behavioral health medicine management or substance use services. UNMH offers mental and behavioral health support programs through ASAP, Milagro, and FOCUS.

## Emergency Behavioral and Mental Health Resources

### UNMH Psychiatric Emergency Services (PES):

Call 505-272-2920 or go to 2600 Marble NE Albuquerque, NM 87106.

We are open 24 hours, 7 days a week, and 365 days a year. This is for people who are having a serious mental health crisis or there are worries about serious neglect. You can come in own your own, be brought in by friends or family, or by calling 911 with an ambulance drop off.

### UNMH Psychiatric Urgent Care (PUC):

Call 505-272-2920 or go to 2600 Marble NE Albuquerque, NM 87106.

This walk in clinic is open from Monday – Friday from 7:00 am to 1:00 pm.

PUC is for people in a mini-crisis or need to talk to a crisis counselor. The clinic is for people who are not suicidal or PES patients.

**National Suicide Prevention Lifeline:** Call 988, Text "talk" to 988, 24/7

**National Maternal Mental Health Hotline:** Call  
1-833-943-5746