

POSTPARTUM RESOURCE CENTER OF NEW YORK

perinatal mood & anxiety disorders
STATE-WIDE HELPLINE



855-631-0001

631-422-2255



open 7 days a week

9 AM- 5 PM

all calls returned the same day

PROVIDES FREE:

- ★ non-judgmental and confidential emotional support
- ★ educational information, healthcare and support group resources and more.
- ★ parental mental health peer support program with peer coaches and maternal mental health peer support program with free virtual support meetings

REASONS TO CALL:

- crying
- sleeping problems
- trouble with eating
- anxiety/panic attacks
- feelings of anger/irritability
- overconcern/under concern for baby
- intrusive repetitive thoughts or mental pictures
- reliving past trauma
- feelings of guilt and worthlessness
- feeling overwhelmed/ unable to cope
- loss of interest in things you previously enjoyed
- fear of harming baby or yourself



"i haven't been myself since my baby was born..."

"will this ever end?"

www.postpartumny.org

allied
physicians group
A Partnership for Unparalleled Care