



Perinatal Mood and Anxiety Disorders:
Finding the Help You Need!

WNY RESOURCES FOR PERINATAL MOOD AND ANXIETY DISORDERS

*Before, during and after having a baby, parents may feel sad, fear, worry and alone.
If you or someone that you know are in need of help, here are resources to help.*

EMERGENCY RESOURCES

National Suicide Prevention Lifeline Help is available 24 hours a day.

Contact: 1-800-273-8255
Spanish Language Phone Number
Idioma Español Número de teléfono
Contacto: 1-888-628-94547
suicidepreventionlifeline.org

Crisis Services

24 Hour Crisis Hotline – Buffalo and Erie County.
Contact: 716-834-3131
24 Hour Addiction Hotline – Buffalo and Erie County.
Contact: 716-831-7007

Chautauqua County Hotline

Contact: 1-800-724-0461

Child Abuse Hotline (NY State)

Contact: 1-800-342-3720

24 Hour NYS Domestic & Sexual Violence Hotline

Contact: 1-800-942-6906

STATE-WIDE RESOURCES

Postpartum Resource Center of New York

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Contact Toll free Helpline: 855-631-0001
Hablamos Español
postpartumny.org/resourcedirectory
postpartumny.org

Postpartum Support International

Contact Toll free Helpline: 1-800-944-4773
Hablamos Español
postpartum.net
postpartum.net/locations/new-york

WNY RESOURCES

2-1-1 WNY

Contact dial: 211 or visit: 211wny.org
Available 24/7 every day.
Free and confidential.
Get Connected. Get Answers.

Help Me Grow WNY

Linking families and caregivers to information and community resources on child development and parenting.
Contact: Call 2-1-1 & Press 7
helpmegrowny.org

Welcome Mama – Lindsay Conley

WNY's Holistic Directory for Birth and Early Parenting
welcomemama.com

WNY Postpartum Connection

A directory of mental health and support services for pregnant and postpartum moms | wnypostpartum.com

WNY PMAD Task Force

Join the Task Force. All are welcome.
postpartumny.org/wny

ALLEGANY COUNTY

Joelle VanEtten, LMHC, MSEd

Office in Belmont.
Contact: 607-587-8390

ERIE COUNTY

Lori L. Badach, LCSW-R

Office in Williamsville.
Contact: 716-639-0314
wnypostpartum.com

Lisa Balderman, LCSW-R

Office in Orchard Park.
Contact: 716-639-0314
fmpsychology.com/our-team-of-professionals.html
Jewish Mother's Circle Postpartum Wellness Support Group
Located in Orchard Park.
Contact: 716-539-9232
facebook.com/BuffaloJewishMothersCircle

Catherine Broom, LMHC

Office in Amherst.
Contact: 716-725-9717
counselingbuffalony.com
Mama Bear Support Group
facebook.com/CatherinebroomLMHC/

Kathleen Calabrese, PhD, LMFT, BCN

Office in Buffalo.
Contact: 716-725-8135
consultdrcalabrese.com
brainbodyhealthtechnology.com

Amy Creamer, LMHC

Contact: 716-990-3137

Maribeth Duncan, LCSW-R

Office in Tonawanda.
Contact: 716-417-3654

Horizon Health Services

Offices in Buffalo, Cheektowaga, East Amherst, Orchard Park and Tonawanda
Accepts Medicaid
Contact: 716-831-1800 | horizon-health.org

Annamarie Legge, MCH-P

Office in Williamsville
Contact: 716-204-5552 Ext. 430
annmarielegge.com
Miscarriage Support Group

Deidre M. Medina

NYS Licensed Massage Therapist – Nurturing the Mother and Infant Massage
Contact: 716-292-6113
ebbandflowbirth.com

No Mother Left Behind Support Group

FREE Group meetings on the Sisters Hospital Campus in Buffalo, NY
Contact: 716-862-1678
chsbuffalo.org/Services/OBGYN/Obstetrics/PostpartumSupportGroup

Pre and Postpartum Mental Health Support Group

Contact: 716-835-2510
birthingcenterofbuffalo@gmail.com

Postpartum Depression PPD Support Group - Mom's T.E.A.R.S. (Treatment, Education, Advocacy, Resources, Support.)

FREE Group at Millard Filmore Suburban Hospital in the Williamsville/Buffalo Area.
Contact: Nancy Owen | 716-568-3628
nowen@kaleidahealth.org

Julie Rosinski, LCSW-R

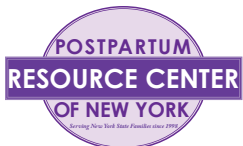
Office in Orchard Park.
Contact: 716-253-4728
rosinski.counseling@gmail.com
wnypostpartum.com
Southtowns Postpartum Wellness Group
facebook.com/momenoughop

Jennifer Mancuso Urban, LCSW-R

Office in Williamsville.
Contact: 716-639-0016
audubonwomens.com/#!/counseling-services/cb12
wnypostpartum.com

As with any illness, please seek the advice of your healthcare provider.

*The Postpartum Resource Center of New York, Inc. is a not-for-profit, 501(c)(3) tax-exempt organization (EIN# 11-3449880).
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NIAGARA COUNTY

Annie Coburn-Kane, LCSW-R

Office in Wilson.
Contact: 716-379-3557
wellnesswilson.com

Horizon Health Services

Offices in Lockport, Niagara Falls and
Sanborn.

Accepts Medicaid

Contact: 716-831-1800
horizon-health.org

The Mental Health Association in Niagara County, Inc.

Contact: 716-433-3780
resourceguide-niagara-county.pdf
mhanc.com

Gail Sunshine-May, LCSW-R

Office in North Tonawanda.
Accepts Medicaid (through Beacon)
Contact: 716-238-3161
stoneleafamily.com

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