

****Safe Sleep/SIDS****
Health.ny.gov/safesleep

Social Services

After Hours Emergency (After 5PM).....573-8626
General Information.....227-8519
County Help Line227-TALK(8255)
Day Care.....227-7976
Employment Assistance.....227-7461
Food Stamps.....227-8523
Medicaid.....227-8000
Public Assistance.....227-7463

Home Visiting Nurses

Visiting Nurse Service of New York/Nurse Family Partnership Program Nassau County942-4580

STD/Sexually Transmitted Diseases

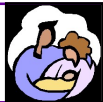
CDC STD Hotline.....1(800)232-4636
STD Nassau County.....227-9439
Anonymous HIV Testing.....292-2433

TEXT4BABY

Text BABY to 511411

Text BEBE a 511411

It is free — Es gratis



Use this guide to
access the care that
you and your family need.

.....
Get in touch with
important services
to help you stay healthy.

YOU ARE NOT ALONE

Are you pregnant
or have you had a baby
in the past year?

Have you been crying a lot?
Feeling very tired?
Not sleeping or sleeping too much?
Have you been feeling overwhelmed?
Irritable or angry?
Anxious?
Guilty or worthless?

Do you sometimes have thoughts about
yourself or your baby
that make you worried or afraid?

Do you know a mother to be
or new mother
struggling with issues like these?

THERE IS HELP

Nassau County Behavioral Health Helpline 24 hrs/7 days
.....227-TALK(8255)
North Shore Child & Family Guidance Center
Maternal Depression Program.....626-1971 ext.318
NYU Winthrop Behavioral Health.....663-2691
Postpartum Resource Center of New York
(toll free).....855-631-0001
Website: www.postpartumny.org
Zucker-Hillside Hospital Perinatal Psychiatry Service
.....470-4MOM(4666)

Nassau County Health Department
Perinatal Services Network
516-227-9422

04/2018

**Nassau County
Department of Health
Perinatal Services
Network**



**FAMILY
RESOURCE
GUIDE**

*The Help You Need,
The Care You Deserve*

All numbers listed are in the 516 area code unless otherwise indicated

****Health Care Providers for Pregnant Women**
(Medicaid Providers)**

Mercy Medical Center.....705-1613
Nassau University Medical Center.....572-0123
North Shore/LIJ Health System:
• Glen Cove Hospital.....674-7631
• Long Island Jewish Medical Center...718-470-4400
• North Shore University Hospital-PCAP
Great Neck.....622-5148
NuHealth Family Health Centers:
• Elmont.....571-8200
• Freeport-Roosevelt.....571-8600
• Hempstead.....572-1300
• New Cassel-Westbury.....571-9500
Planned Parenthood of Nassau County.....750-2500
South Nassau Communities Hospital.....255-8400
Winthrop University Woman's Wellness.....663-8878
Winthrop University Hospital Mineola.....663-0333

****Case Management Services for Pregnant Women****

North Shore Child & Family Guidance Center:
• Good Beginnings for Babies-
(Serving Westbury).....997-2926

Adoption

Spence Chapin.....631-979-5863

Alcohol, Drug and Tobacco Treatment Services

Long Island Crisis Center Hotline.....679-1111
Nassau County Mental Health & Chemical
Dependency.....227-7007
New York State Smokers Quit Line.....866-697-8487
Northwell Health Substance Abuse.....718-470-8950
Oceanside Counseling Center.....766-6283

****Baby Safe Haven****

Baby Safe Haven.....877-796-HOPE (4673)

Baby Supplies

AAA Pregnancy Options/Life Center
of Long Island.....408-6300
Ethical Friends of Children.....280-5526
Lutheran Baby Clothes Layette Program.....483-3240

Bilingual Services-Spanish

Círculo de la Hispanidad-Hempstead292-2433
Hispanic Counseling Center.....538-2613
Nassau County Coordinating Agency for Spanish
Americans (CASA).....572-0750

****Breastfeeding****

Parent-Child Education at South Nassau Communities
Hospital.....377-5310
La Leche League.....632-3466
Women, Infants & Children (WIC).....571-1942

Car Seat Safety

Car Seat Safety.....292-7362

Children's Services

Family & Children's Association.....486-7200
Nassau County Coalition Against Child Abuse
and Neglect.....747-2966

Dental Care for Pregnant Women

Ask Your Health Care Provider

Domestic Violence

Nassau County Coalition Against Domestic Violence
HOTLINE (24 Hours).....542-0404
Circulo de la Hispanidad, Inc. /Salva DV Program
Spanish speaking HOTLINE (24 Hours).....889-2849
Long Island Crisis Center HOTLINE
(24 Hours).....679-1111
Domestic Harmony Foundation (Arabic, Hindu
and Urdu)385-8292
Rape/Sexual Assault.....222-2293

Early Childhood Programs

Child Care Council of Nassau (Day Care).....358-9288
Nassau County Department of Social Services-
Day Care.....227-7976
Early Intervention Program (Birth – 3 years).....227-8661
Long Island Early Childhood Direction Center...364-8580

Educational Services

BOCES/Adult Education Program (GED)..... 622-6950
Long Beach Reach-Caring & Sharing for Pregnant
Teens.....889-5575

Emergency Housing

Nassau County Department of Social Services
.....227-8519
Nassau County Department of Social Services-
Emergency Night Services Unit (Weekdays after
5 PM, Weekends &Holidays 24 Hours)
.....573-8626
Mommas House.....781-8637
Regina Residence.....223-7888

Employment/Vocational Services

Economic Opportunity Commission.....292-9710
Education Assistance Corporation.....539-0150
Hempstead Works Career Center.....485-5000
Hicksville Employment Center.....934-8532
Massapequa Employment Center.....797-4560

Food and Nutrition Services

Catholic Charities WIC-Freeport.....377-0157
Commodity Supplemental Food Program (Spanish
available/se habla español).....623-4568
Health & Welfare Council-Nutrition Outreach &
Education Program.....508-6940
Interfaith Nutrition Network (INN)-Soup Kitchens:
Freeport, Glen Cove, Hempstead, Hicksville,
Long Beach.....486-8506
Long Island Council of Churches-
Food Pantry.....868-4989
LIFQHC WIC at NuHealth.....546-8001
Nassau County Dept. of Health WIC.....571-1942

Access to Health Services

Health and Welfare Council.....483-1110
New York State of Health Marketplace 855-355-5777
Nassau Suffolk Hospital Council 631-656-9783

HIV/AIDS

AIDS Information.....800-462-6785
Nassau County Department of Health-
HIV Testing & Counseling.....227-9423

Legal Services

Child Support Help Line.....888-208-4485
Family Court.....493-4000
Legal Aid Society.....560-6400
Nassau/Suffolk Law Services.....292-8100