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

**Social Services**
After Hours Emergency (After 5PM)..............573-8626
General Information........................................227-8519
County Help Line ......................................227-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 County ..........942-4580

**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.

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**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.postpartummy.org
Zucker-Hillside Hospital Perinatal Psychiatry Service
.................................................................470-4MOM(4666)

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

04/2018
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 & Counseling
  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
Circulo de la Hispanidad-Hempstead .............292-2433
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, Hindi
  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
Mommass 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..............371-1942

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