

*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
suicidpreventionlifeline.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

AMT Children of Hope Safe Haven Program Baby Safe Haven:

Do Not Abandon Your Newborn
If you are pregnant and afraid to tell anyone or if you do not know what to do with your newborn baby, call for help or take the baby to any hospital emergency room. Your secret and the baby will be safe. **The police will not be called.** You will not have to answer any questions. Confidential help and support are available for you.
1-877-796-HOPE / 1-877-796-46735

Alcoholism, Drug Abuse and Problem Gambling

Contact: New York State HOPEline 1-877-8-HOPENY (1-877-846-7369) and Other Services. Offering help and hope 24 hours a day, 365 days a year. All calls are toll-free, anonymous and confidential.

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

New York State Smokers Quitline

Contact: 1-866-NY-QUITS (1-866-697-8487)
All services of the Quitline are free and confidential. They are available in English and Spanish, with coaching offered in other languages. Services are also available for people who are deaf or hearing impaired. The deaf, hard of hearing and speech disabled can call the NY Relay Service at 7-1-1 (Voice or TTY).

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, LMCHC

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

The Holding Place

An online support group – safe place for all who have experienced birth trauma.
facebook.com/holdingspacehealing
Contact: 716-913-2379
Morgan Dunbar

More resources on the back page of this directory.

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).
Copyright ©1998-2018. All Rights Reserved. September 2018*



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

RESOURCES FOR PERINATAL MOOD AND ANXIETY DISORDERS WESTERN NEW YORK

*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.*

Horizon Health Services

Offices in Buffalo, Cheektowaga,
East Amherst, Orchard Park and
Tonawanda

Accepts Medicaid

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

Jennifer Mancuso Urban, LCSW-R

Office in Williamsville.

Contact: 716-639-0016

audubonwomens.com/#!/counseling-
services/cb12

wnypostpartum.com

Annmarie Legge, MCH-P

Office in Williamsville

Contact: 716-204-5552 Ext. 430

annmarielegge.com

Miscarriage Support Group

NIAGARA COUNTY

Annie Coburn-Kane, LCSW-R

Office in Wilson.

Contact: 716-379-3557

wellnesswilson.com

Deidre M. Medina

NYS Licensed Massage Therapist –

Nurturing the Mother and Infant Massage

Contact: 716-292-6113

ebbandflowbirth.com

Horizon Health Services

Offices in Lockport, Niagara Falls and
Sanborn.

Accepts Medicaid

Contact: 716-831-1800

horizon-health.org

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

The Mental Health Association in Niagara County, Inc.

Contact: 716-433-3780

resourceguide-niagara-county.pdf

mhanc.com

Pre and Postpartum Mental Health Support Group

Contact: 716-835-2510

birthingcenterofbuffalo@gmail.com

Gail Sunshine-May, LCSW-R

Office in North Tonawanda.

Accepts Medicaid (through Beacon)

Contact: 716-238-3161

stoneleafamily.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

Additional information is available at: Postpartum Resource Center of New York

postpartumny.org/resourcedirectory

postpartumny.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

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).
Copyright ©1998-2018. All Rights Reserved. September 2018*