

*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

### Horizon Health Services

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

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 ©1998-2019. All Rights Reserved. January 2019*



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.*

### **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

### **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

**Additional information is available at:  
Postpartum Resource Center of New York**  
postpartumny.org/resourcedirectory  
postpartumny.org

*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 ©1998-2019. All Rights Reserved. January 2019*