

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?

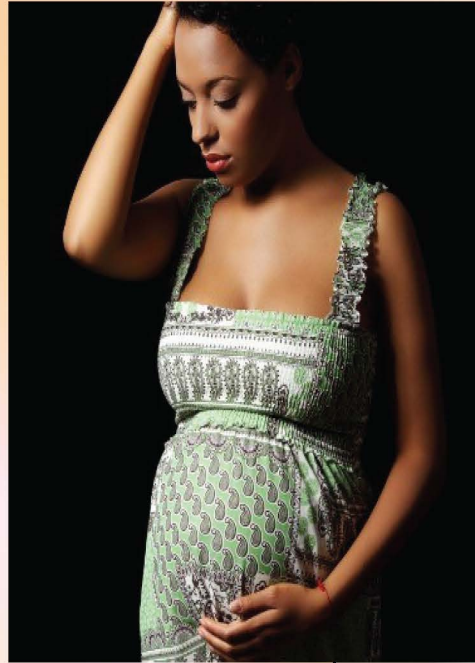
Irritable or angry?

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

YOU CAN CALL:

(516) 663-2691

NYU Winthrop Behavioral Health

Phone (Toll Free): (855) 631-0001

Postpartum Resource Center of New York

Website: www.postpartumny.org

(516) 470-4MOM (4666)

The Zucker Hillside Hospital Perinatal Psychiatry Service

(516) 626-1971

North Shore Child and Family Guidance Center

Diane Goldberg Maternal Depression Program

(516) 227-TALK (8255)

Nassau County Behavioral Health Helpline 24hrs/7days

