



Perinatal Mood and Anxiety Disorders

Finding the help you need.

Resource Available

Project TEACH: Free statewide program supports clinicians to provide quality mental health care for maternal mental health.

Thank you for being a part of my care team and safety net.

Becoming a parent can be a wonderful time, but also stressful and hard at times. With this new addition to my life, I have experienced new emotions and challenges. I realized I need to work with my providers to feel like myself again.

There are layers to the process of healing and you are a part of the process. Working together with **New York State Office of Mental Health's Project TEACH**, I believe I can achieve the best outcome. **Project TEACH** is a **free** resource available to providers to assist in education, referrals and consultations for mental health hurdles during pregnancy and the postpartum period.

Project TEACH can be reached Monday – Friday 9 AM to 5PM at 1-855-227-7272.

This free resource is available to practitioners in New York State to speak with a reproductive psychiatrist.

Their mission is to strengthen and support the ability of providers to help connect resources and care to benefit families. **Project TEACH** works by providers contacting the service directly for information, consultations and resources.

Thank you for utilizing **Project TEACH** and connecting with this free resources and information that is specific to my care.

<https://projectteachny.org/maternal-mental-health/>