“the baby blues”
postpartum psychosis
prenatal depression
anxiety
postpartum depression

A Mother’s Mental Health Matters.

NEW YORK Office of Mental Health
STATE OF OPPORTUNITY
Moms supporting Moms.

Now, 7 days a week.

The Postpartum Resource Center of New York
Statewide Toll-free Helpline
855-631-0001
7 days/week | 9am to 5pm
Patient Education

You are not alone. You are not to blame. You will feel better and be well with help.

Before, during and after having a baby, parents may feel sad, fear, worry and alone.

Pregnancy and Postpartum Depression / Anxiety Signs may include:

- Crying
- Sleep problems
- Trouble with eating
- Anxiety / panic / scary thoughts
- Anger / irritability
- Loss of enjoyment
- Fear of harming baby or yourself

If you or someone that you know are in need of help, the Postpartum Resource Center of New York provides:
- Helpline with Moms on Call and Family Telephone Support
- Free and confidential information
- Healthcare and support group resources
- Perinatal Mood and Anxiety Disorders Prevention Program

Helpline: (Hablamos Español)
1-855-631-0001 or 631-422-2255
postpartummy.org

Ask a mom or dad-to-be or a new parent:
“How are you doing?”...“How are you feeling?”

Hear their answer. Let them know they are not alone. There is help and hope.

Call for help: 855-631-0001
postpartummy.org

Patient Education

You are Not Alone. Sharing Our Stories of Hope and Healing.

postpartumny.org/sharingourstories

Community Resources

Resource Center of New York
  postpartumny.org  1-855-631-0001

Postpartum Support International
  postpartum.net  1-800-944-4PPD
  (consult line ext. 4)
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