

Resource Directory

HOW TO USE THIS GUIDE: Resources are divided into sections based on the severity of the concern. For example, parenting groups and breastfeeding support can be helpful and sufficient for some mild to moderately depressed caregivers. Use the EPDS (Edinburgh Postnatal Depression Scale) and PHQ-9 (Patient Health Questionnaire-9) score suggestions to help choose a resource. Please note that most physical resources are located in Nassau County unless otherwise specified.

**Helplines, Text Lines, Connection to additional resources
Suggested for EPDS Score: 0 to 4 or PHQ-9 Score: 0 to 4**

Helplines are phone numbers anyone can call for support, referrals, assistance in accessing services, and crisis intervention. Offer helpline phone numbers to all patients, regardless of score on depression screen.

Name	Contact	Services	Languages	Fees/Notes
Postpartum Resource Center of New York	(855) 631-0001 (631) 422-2255 www.PostPartumNY.org	Statewide, toll-free line available 9-5 PM M-F, Free and confidential emotional support, education, healthcare and support group resources (warmline)	English, Spanish	Free
Nassau County Behavioral Health Helpline	(516) 227-TALK (8255) https://www.nassaucountyny.gov/1700/Crisis-Hotline-Services	Confidential crisis intervention available 24/7 from 11 PM to 10 AM and 10 AM to 11PM for Children and adults	English, Spanish translation hotline	Free
Mental Health Association of Nassau County	Peer support warmline/Phone Line(516) 489 – 0100 ext 1318 Reach out directly before visiting any of their sites Direct line: 516-489-2322	Peer-to-peer warm line where callers connect with someone who has been there and understands. They are here to listen and discuss.	English, Spanish	Free

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<p>National Postpartum Depression Mental Health Helpline</p>	<p>(855) 653-8178 http://www.247mentalhealthhelpline.com/contact/</p>	<p>They guide you with information on the best mental health services in your area. Call their helpline number or chat online with their experts for advice on the most effective mental health counseling programs in your vicinity.</p>	<p>English</p>	<p>Free</p>
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Crisis Hotlines/Text Services:

Suggested for EPDS score 10 or more or PHQ-9 score 10 or more

These lines have someone trained in crisis intervention ready to help anyone who contacts them. *Emergency inpatient services can be found on page 14.*

Service Name	Contact	Explanation	Language	Fees
Hopeline USA National Suicide & Crisis Hotline	1-(800)-784-2433	National Crisis hotline for suicide prevention	English	Free
National Suicide Intervention	1-(800)-273-TALK (8255)	Nassau County Suicide Intervention Hotline	English	Free
Ayuda En Espanol Suicide Intervention	1-888-628-9454 https://suicidepreventionlifeline.org/help-yourself/en-espanol/	Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.	Spanish	Free
Crisis Text Line	Text "HOME" to 741-741 Enviar un texto que diga "HOLA" al 741-74	National text crisis line where people can connect with a trained crisis counselor.	English, Spanish	Free

<p>Suffolk County Response Crisis Hotline</p>	<p>(631) 751-7500</p>	<p>Free and confidential 24/7 hotline for crisis/suicide intervention, referrals for support groups, clinicians, mental health clinics, other hotlines and a host of other community programs and services.</p>	<p>English, Spanish</p>	<p>Free</p>
<p>Conexion - Bilingual Hotline</p>	<p>(631) 751-7423</p>	<p>Response Crisis Center has expanded its crisis counseling services to include Conexión, a hotline for Spanish-speaking individuals. Conexión is a nationally accredited nonprofit service intended for Spanish-speaking individuals who may benefit from support during a difficult time. Conexión can be reached Monday through Friday, from 5-10 PM.</p>	<p>Spanish</p>	<p>Free</p>
<p>The National Maternal Mental Health Hotline</p>	<p>Call or text 1-833-943-5746</p>	<p>the Hotline provides immediate and informed access to support, understanding, brief intervention, and resources to all pregnant, postpartum, and post-loss individuals AND their partners and families.</p>	<p>English, Spanish</p>	<p>Free</p>

Support groups, classes, counseling services
Suggested for EPDS Score: 5 to 9 or PHQ-9 Score: 5 to 9

For patients at risk for depression, offer self-care, education, and support resources below.

Name	Contact	Address	Services	Language	Fees/Notes
Maternal Infant Community Health Collaborative Program (MICHC)	Economic Opportunity Commission of Nassau County INC. (516) 292-9710 ext 1308	Economic Opportunity Commission of Nassau County INC. 134 Jackson St. Hempstead NY 11550	FREE services for navigating healthcare and other essential support systems, as well as education, Reproductive Life Planning, individual and group health education resources, health insurance	English, Spanish, French, Haitian-Creole, Turkish	Free
South Nassau Maternity Services	All Classes: (516) 377-5310 Lactation Resource Center: (516) 632-3466	South Nassau Communities Hospital 2277 Grand Ave Baldwin, NY 11510	All kinds of classes! Breastfeeding support, infant CPR, mommy-baby yoga, prenatal and many other classes, Lactation Resource Center offers breastfeeding classes and support groups	English, Spanish	Accepts most insurances \$100 for access to all e-classes and \$40 each class
Parents and Children Together (PACT)	(516) 486-7690 ext 1 (516) 486-7690 ext 2 (Habla Espanol)	PACT Office 175 Fulton Ave Suite 505 Hempstead NY	Services for youth at risk of unprotected sexual activity, early pregnancy, as well as	English, Spanish	In order to receive services you must: Currently live in Nassau County

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Program		11550	pregnant and parenting teens. Services include: Prevention workshops, assessments, individual counseling, advocacy, and referral to other services, such as family support and treatment		Be between the ages of 10-21 Be at risk of early pregnancy Be currently pregnant or parenting
Mental Health Association of Nassau County	Information and mental health referral for programs and services: (516) 489-0100 ext 4 or 8	16 Main Street Hempstead NY 11550	Services and programs to benefit adults, children, and community at large. Including: Housing, education and training, financial management, and personalized recovery oriented services	English, Spanish	Free
Project FORWARD	Kristie Schwarz, MA Program Director (516) 396-5186 kschwartz@centralnassau.org Projectforward@centralnassau.org	Central Nassau Guidance and Counseling Services, INC. 245 Newtown Rd. Suite 305 Plainview NY 11803	Free relationship and communication skill building workshops, parenting training, support services, and employment services. Each participant receives individualized coaching to support their goals and link to support services, along with optional economic	English, translation services available	FREE FOR EVERYONE ELIGIBLE Age 14-29 for single participants, 16-40 for coupled participants, residents of Nassau County & Western Suffolk County Transportation and

			and employment stability services		child care services provided to allow parents to attend workshops
New Parents Support Group	(212) 434-3060	Lenox Hill Hospital Hearth Room 130 E 77 th Street New York NY 10075	Free peer support group led by social worker/clinician. Open to anyone First Thursday of the month 11am-Noon	English	Free

Breastfeeding specific classes/support groups

South Nassau Maternity Services	Lactation Resource Center: (516) 632-3466	South Nassau Communities Hospital One Healthy Way Oceanside, NY	Breastfeeding classes, support groups, and Telephone support line	English, Spanish	Accepts most insurances
NUMC Breastfeeding Support Group	Jennifer Munoz, LCSW (516) 296-7339	Nassau University Medical Center 2201 Hempstead Turnpike East Meadow, NY 11554	Peer support group every 4th Wednesday of the month @ 10am	English, Spanish	Free
La Leche League	Leaders: Regina: (516) 546-8287 Mary: (516) 868-4088 Jennifer: (516) 489-7226	South Nassau Unitarian Church 228 S. Ocean Ave Freeport NY 11520	Breastfeeding support group 2 nd Wednesday of the Month	English, Spanish	Free

	Can search for Leader in their area at https://llny.org/				
WIC Breastfeeding Peer Counseling Program	<p>Coordinator: Maria Callejas</p> <p>Roosevelt site (516)-546-8001 Elmont site (516)-616-8687 Westbury (516)-876-0579</p>	Elmont, Westbury, and Roosevelt FQHC offices	<p>All follow up support for breastfeeding moms is done by peer counselors.</p> <p>WIC mothers choosing to breastfeed are provided information through counseling, support groups, and breastfeeding educational materials.</p> <p>Breastfeeding mothers can receive breast pumps and other supplies to help with the initiation and continuation of breastfeeding.</p>	English, Spanish	Free, must be eligible for WIC, breastfeeding extends maternal benefits for WIC
NYU Winthrop Hospital Breastfeeding Support Group	Call to register: 1-(866)-WINTHROP (946-8476)	NYU Winthrop Welcome Center 1300 Franklin Ave Suite ML5 Garden City NY 11530	<p>Wednesdays 1-3pm</p> <p>New moms are given the opportunity to share the breastfeeding experience with other</p>	English	Free

			mothers, and receive guidance for common issues and concerns faced by the breastfeeding mother. Group is facilitated by a Board Certified Lactation consultant		
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SUFFOLK COUNTY Support groups, classes, counseling services

Long Island Doula Association	www.lidoulas.com info@lidoulas.com (631) 574-2205	Fill out application online to be contacted for services	Families in Crisis Program, offering free/discounted birthing services for families experiencing one or more of the following: Distress of serious illness Death of a partner Single parent Teen mothers Postpartum depression Partner deployed	English	Free/discounted on sliding scale
Circle of Hope	(631) 870-3444 postpartumsupport@chsli.org	St. Catharine's Hospital Smithtown	10- week session with peer support.	English	Free Open to the public

<p>Good Samaritan Hospital</p>	<p>(631) 376-HOPE (4673) (631) 376-4159 circleofhope@chsli.org</p>	<p>Good Samaritan Hospital</p>	<p><u>Prenatal</u> Mother's Circle of Hope group "First Time Around" Prepared Childbirth course (Lamaze) "Second Time Around" Prepared Childbirth Breastfeeding Your Baby class "Caring for Your Baby" class Cesarean Section class Virtual tour of Birthplace Grandparents' class (not offered Virtually) Early Pregnancy class (not offered virtually) Big Brother/ Big Sister class (not offered virtually) <u>After</u> Mother's Circle of Hope group New Mother's Support group Breastfeeding Café Breast Pump Rentals First Words email newsletter Infant Massage classes (not offered virtually) Additionally, we offer a program, YoMingo®, which is free, online</p>	<p>English</p>	<p>Free Open to anyone Need to register before attending</p>
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			education for expectant couples and new parents (available in 13 languages). It has lots of videos and helpful tools (ie: feeding logs, contraction timer).		
New mothers support group	(631)-376-4159 Karen.mccumiskey@chsl.org	Babylon – must register for site address	Meet weekly for five weeks, discuss topics related to new parenting Bring baby!	English	Free Open to anyone Must register before attending
Breastfeeding cafe	(631)-376-4159 Karen.mccumiskey@chsl.org	661 Deer Park Avenue Babylon 11702	Weekly, Wednesday afternoon, ongoing, no registration, bring baby and can come as often as they need Discuss nursing, pumping, lactation counselor present, Bring Baby!!	English	Free Open to anyone

**Targeted counseling services, home visiting, longer term care/management
Suggested for EPDS Score: 10 or More or PHQ-9 Score: 10 or More**

For patients who are likely depressed and require further evaluation (as per high score on maternal depression screen), refer to support groups, individual services, and programs that are tailored to treating maternal depression.

Name	Contact	Address	Services	Languages	Fees/Notes
The Perinatal Team at Zucker Hillside Hospital	(516) 474-4MOM (4666)	Zucker Hillside Hospital 75-79 263 rd Street Glen Oaks, NY 11004	Initial telephone assessment of acuity, scheduled comprehensive evaluation for medication and therapy, ongoing individual, group, and couples therapy, and medication management Collaborative teams with psychiatrists, psychiatry residents, NPs, psychologists, social workers	English, translation services are available	Most major insurances accepted, including Medicare and Medicaid Sliding fee scale for eligible individuals
Good Beginnings for Babies Program	Administrator: Carolyn Germany: (516) 997-2926 x265 Outreach worker (English):	North Shore Child & Family Guidance Center 999 Brush Hollow Road	Support group every Thursday evening from 6-8pm for pregnant and parenting teenagers and young adults. Social worker on site to screen	English, Spanish	Free You Must: Currently live in Nassau County Be between

	(516) 997-2926 x235 Outreach worker (Spanish): (516) 997-2926 x230	Westbury NY 11590 ntaylorwalthrust@northshorechildguidance.org	and provide additional referrals for mothers with depression. Open to the public and no registration required. Additional services in this program include home visits, childbirth classes and socialization activities.		ages of 10-21 Be at risk of early pregnancy Be currently pregnant or parenting
South Nassau Mental Health Center	(516) 377-5400	South Nassau Communities Hospital Mental Health Counseling Center 2277 Grand Ave Baldwin NY 11510	Adult psychotherapy for individual or group therapy Family and children's program offering individual, group, and family psychotherapy Intensive outpatient program Substance abuse and addiction treatments	English	Accept Medicare, Medicaid, most HMOs and commercial insurance plans. Advises patients to call insurer to confirm coverage
Diane Goldberg Maternal Depression Treatment Program	(516) 626-1971	North Shore Child & Family Guidance Center 480 Old Westbury Rd Roslyn Heights, NY 11577	Immediate response to women and their families struggling with postpartum depression and depression during pregnancy. Individual, family, and group	English	Accepts most insurances, sliding scale fees available

			therapy. Dyadic work with mothers and infants. Baby Friendly! Medication management when needed.		
Center for Psychological Services – Derner Institute	<p>The Center for Psychological Services at the Derner Institute</p> <p>(516) 877-4820</p> <p>Derner Hempstead Child Clinic</p> <p>dhcc@adelphi.edu</p>	<p>Derner Institute of Advanced Psychological Studies. Adelphi University Campus 1 South Ave Garden City NY 11530</p> <p>Derner Hempstead Child Clinic 16 Main Street Hempstead NY 11550</p>	<p>For both locations services include: outpatient individual, family and couple psychotherapy that address adults facing a variety of difficulties including anxiety and depression. No psychiatry or medication management; complicated cases are referred elsewhere. Call main office number to request services: patients contacted for intake</p>	English	<p>Low-cost, sliding scale fees, insurances not accepted, fees can be as low as \$5/session</p>
Adelphi Parenting Institute	<p>The Institute for Parenting Clinical Coordinator</p> <p>(516)237-8531</p> <p>theinstituteforparenting@adelphi.edu</p>	<p>Adelphi University 1 South Avenue Linen Hall, Lower Level, Room 8 Garden City NY 11530</p>	<p>Comprehensive mental health and developmental services, child focused parent therapy, child-parent psychotherapy with video guidance, parent education and</p>	English	<p>Medicaid billable for central Nassau agency patients</p>

			guidance Phone support Connection to other services		All others \$5/family
Nurse-Family Partnership	(516) 942-9580	Visiting Nurse Service of New York 375 N Broadway Suite 101 Jericho NY 11753	Program offers specially trained public health nurses delivering home visits from 26 weeks gestation to the child's second birthday for those who meet eligibility criteria Must be: First time mother Low income Catchment area	English, Spanish	FREE TO MOTHERS ENROLLED Catchment areas: Westbury, Hicksville, Freeport, Roosevelt, Uniondale, Hempstead, Elmont, Glen Cove, Inwood, Long Beach
New Horizons Counseling Center	NYC: (718) 845-2620 Nassau: (516) 569-6600 Suffolk: (631) 656-9550	In Queens: 720 Beach 20 th Street Far Rockaway NY 11691 156-28 Crossbay Blvd Howard Beach NY 11516	Individual Psychotherapy for Children, Adolescents and Adults; Medication evaluation and therapy; Management and Education therapy sessions involving family members and significant others, family collateral sessions, play therapy	English, Spanish	Accepts most insurances, including Medicaid Sliding scale: \$60 for therapy, \$75 for doctors visits <i>There is a long</i>

		<p>Nassau: 50 W. Hawthorne Avenue, Valley Stream, NY 11580</p> <p>Suffolk: 11 Route 111 2nd Floor, Smithtown, NY 11780</p>			<p><i>wait for a new patient appointment due to limited staffing</i></p>
Seaford Mental Health Clinic	<p>Phone: (516) 221-3030 Fax: (516) 221-3030</p>	<p>Clinic and Main Office 2146 Jackson Ave Seaford NY 11783</p>	<p>Individual psychotherapy, family and group therapy, marital counseling, psychiatric evaluation, medication management, crisis intervention Include psychiatric social workers, clinical psychologists,</p>	English	<p>Accepts most insurance, including Medicaid and Medicare</p> <p>Sliding fee scale available</p>

Inpatient Emergency Services

Suggested for: Positive answer to EPDS item #10 or PHQ-9 #9; EPDS score: 12 or more or PHQ-9 score 15 or more

For patients who present with severe maternal depression, risk of suicide, and/or risk of harm to the child: refer to emergency care, intensive services, and psychiatric services based on individual's need and risk assessment.

Name	Contact	Address	Services	Languages	Fees/Notes
Nassau University Medical center	(516) 572-4775	Nassau University Medical Center 2201 Hempstead Turnpike East Meadow NY	Emergency psychiatric services	English, Spanish	Accepts most insurances including Medicaid
Zucker Hillside Hospital – Perinatal Psychiatry Hospital	(718) 470-4666 www.northwell.edu	Zucker Hillside Hospital 75-79 263 rd Street Glen Oaks, NY 11004	Intensive psychiatric short-term acute care. 19-bed unit is dedicated to the treatment of women 18 and older with psychiatric disorders of sufficient severity to warrant hospitalization. This single gender program is for perinatal disorders (postpartum depression)	English, Spanish	Accepts most insurances including Medicaid
Behavioral Health Crisis Center	(718) 470-8300	Behavioral Health Crisis Center @ Zucker Hillside Hospital 75-79 263 rd Street Glen Oaks, NY 11004	Walk-in crisis center providing behavioral health services including: crisis psychotherapy, evidence-based screening assessments, diagnostic evaluations, short-term treatment, medication management, referral and linkage to follow up care	English, Spanish	Accept most major insurances including Medicaid