

****Safe Sleep/SIDS****

Sudden Infant and Child Death Resource Center
(24 hours).....800-336-7437

Social Services

After Hours Emergency (After 5PM).....573-8626
General Information.....227-8519
County Help Line 227-8256

Day Care.....227-7976
Employment Programs.....227-7461
Food Stamps.....227-8523
Medicaid.....227-8000
Public Assistance.....227-7581

Home Visiting Nurses

Visiting Nurses Association of Long Island 739-1270
Visiting Nursing Service of New York Nurse Family
Partnership Program Nassau County516-942-458

STD/Sexually Transmitted Diseases

Ask Your Health Care Provider

TEXT4BABY

Text BABY to 511411

Text BEBE a 511411

It is free — Es gratis



Use this guide to
access the care that
you and your family need.

.....
Get in touch with
important services
to help you stay healthy.

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

Postpartum Resource Center of New York
(toll free).....855-631-0001
Help Line 631-422-2255
Website: www.postpartumny.org
Mental Health Association HOTLINE....504-HELP (4357)
North Shore Child & Family Guidance Center-
Maternal Depression Program.....626-1971
Zucker-Hillside Hospital Perinatal Psychiatry Service
.....516-470-4MOM (4666)

Nassau County Health Department
Perinatal Services Network

01/2015

Nassau County Department of Health Perinatal Services Network



FAMILY RESOURCE GUIDE

*The Help You Need,
The Care You Deserve*

All numbers listed are in the 516 area code unless otherwise indicated

****Health Care Providers for Pregnant Women****
(Medicaid Providers)

Mercy Medical Center.....705-1613
Nassau University Medical Center.....572-5126
North Shore/LIJ Health System:
• Glen Cove Hospital.....674-7631
• Long Island Jewish Medical Center...718-470-4400
• North Shore University Hospital-
Great Neck.....622-5148
NuHealth Family Health Centers:
• Elmont.....571-8200
• Freeport-Roosevelt.....571-8600
• Hempstead.....572-1300
• New Cassel-Westbury.....571-9500
Planned Parenthood of Nassau County.....750-2500
South Nassau Communities Hospital.....255-8400
Winthrop University Hospital-Hempstead....663-8878

****Case Management Services for Pregnant Women****

North Shore Child & Family Guidance Center:
• Good Beginnings for Babies-
(Serving Westbury).....997-2926

Adoption

Spence Chapin.....631-979-5863

Alcohol, Drug and Tobacco Treatment Services

Nassau County Drug & Alcohol HOTLINE...481-4000
Nassau County Drug & Alcohol Screening Intake-
Referral Service.....227-7007
New York State Smokers Quit Line.....866-697-8487
North Shore Hospital Drug/HIV.....562-3010
Oceanside Counseling Center.....766-6283
Phoenix House.....631-306-5745

****Baby Safe Haven****

Baby Safe Haven.....877-796-HOPE (4673)

Baby Supplies

AAA Pregnancy Options/Life Center
of Long Island.....408-6300
Ethical Friends of Children.....280-5526
Lutheran Baby Clothes Layette Program.....483-3240

Bilingual Services-Spanish

Círculo de la Hispanidad-Hempstead292-2433
Hispanic Counseling Center.....538-2613
Nassau County Coordinating Agency for Spanish
Americans (CASA).....572-0750

****Breastfeeding****

Lactation Resource Center-South Nassau Communities
Hospital.....377-5300
La Leche League.....800-LA-LECHE
Women, Infants & Children (WIC).....227-9453

Car Seat Safety

Car Seat Safety.....292-7362

Children's Services

Family & Children's Association.....486-7200
Nassau County Coalition Against Child Abuse
and Neglect.....747-2966

Dental Care for Pregnant Women

Ask Your Health Care Provider

Domestic Violence

Nassau County Coalition Against Domestic Violence
HOTLINE (24 Hours).....542-0404
Circulo de la Hispanidad, Inc. /Salva DV Program
Spanish speaking HOTLINE (24 Hours).....889-2849
Long Island Crisis Center HOTLINE
(24 Hours).....679-1111
Domestic Harmony Foundation.....385-8292
Rape/Sexual Assault.....222-2293

Early Childhood Programs

Child Care Council of Nassau (Day Care).....358-9288
Nassau County Department of Social Services-
Day Care.....227-7976
Early Intervention Program (Birth – 3 years).....227-8661
Long Island Early Childhood Direction Center...364-8580

Educational Services

BOCES/Adult Education Program (GED)..... 622-6950
BOCES/Teenage & Parenting Program..... 608-6400
Long Beach Reach-Caring & Sharing for Pregnant
Teens.....889-2332

Emergency Housing

Nassau County Department of Social Services
.....227-8519
Nassau County Department of Social Services-
Emergency Night Services Unit (Weekdays after
5 PM, Weekends &Holidays 24 Hours)
.....572-3143
Mommias House.....781-8637
Regina Residence.....223-7888

Employment/Vocational Services

Economic Opportunity Commission.....292-9710
Education Assistance Corporation.....539-0150
Hempstead Works Career Center.....485-5000
Hicksville Employment Center.....934-8532
Massapequa Employment Center.....797-4560

Food and Nutrition Services

Catholic Charities WIC-Freeport.....377-0157
Commodity Supplemental Food Program....623-4568
Health & Welfare Council-Nutrition Outreach &
Education Program.....505-4425
Interfaith Nutrition Network (INN)-Soup Kitchens:
Freeport, Glen Cove, Hempstead, Hicksville,
Long Beach.....486-8506
Long Island Council of Churches-
Food Pantry.....868-4989
Women, Infants & Children (WIC).....227-9453

Access to Health Services

Health and Welfare Council.....483-1110

HIV/AIDS

AIDS Information.....800-462-6785
Nassau County Department of Health-
HIV Testing & Counseling.....227-9423

Legal Services

Child Support Help Line.....888-208-4485
Family Court.....493-4000
Legal Aid Society.....560-6400
Nassau/Suffolk Law Services.....292-8100