**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

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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 County …….516-942-458

STD/Sexually Transmitted Diseases
Ask Your Health Care Provider

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**TEXT4BABY**
Text BABY to 511411
Text BEBE a 511411

It is free—Es gratis

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**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)

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Nassau County Health Department
Perinatal Services Network

01/2015
**Ethical Friends of Children** .................................................280
**AAA Pregnancy Options/Life Center** ................................877
**Baby Safe Haven** .........................................................877
**Phoenix House** ................................................................631
**Oceanside Counseling Center** ...........................................766
**North Shore Hospital Drug/HIV** ...........................................562
**New York State Smokers Quit Line** .................................866
**Nassau County Drug & Alcohol Screening Intake** ..............622-5148
**Nassau County Drug & Alcohol HOTLINE** .....................481

**North Shore Child & Family Guidance Center:**
- Winthrop University Hospital
- South Nassau Communities Hospital ..................255

**NuHealth Family Health Centers:**
- Hempstead.................................................................572
- Elmont......................................................................571
- North Shore/LIJ Health System:
  - Nassau University Medical Center ....................572
  - Mercy Medical Center ........................................705-1613
  - Long Island Jewish Medical Center...718-470-4400
  - North Shore University Hospital-Great Neck ........622-5148
- Nassau County Drug & Alcohol Screening Intake
- Nassau County Drug & Alcohol HOTLINE ................481

**Lutheran Baby Clothes Layette Program** .........................483

**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
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**Referral Service** ................................................................227

**Long Island Early Childhood Direction Center** ...............364
**Nassau County Department of Social Services**
- Domestic Harlem Foundation.................................385
- Long Island Crisis Center HOTLINE (24 Hours) ......697-0404
- Nassau County Department of Social Services
- Domestic Violence
- 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 Hispriadad-Hempstead .........................292-2433
- 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-LECHE

**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

**Regina Residence** ..........................................................781-8637
**Mommas House** ..............................................................781-8637

**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 ..................868-9498
- 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