

Maternal Mental Health Resources

1 in 5 moms suffer from a perinatal mental health disorder. Help is available:

**Mental Health Association of
Nassau County (MHANC)
(516) 504-HELP (4357)**

**Zucker Hillside Hospital –
Perinatal Psychiatry Services
(516) 470-4MOM (4666)**

**Postpartum Resource Center of
New York (PRCNY)
1 (855) 631-0001**

**Nassau County Behavioral
Health Helpline
(516) 227-TALK (8255)**

**National Maternal
Mental Health Hotline
1 (833) 943-5746**

**988 Suicide & Crisis Lifeline
Call or Text: 988**

**Postpartum Support
International (PSI) Helpline
(800) 944-4773**

You are not alone.



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

