

Mental Health Services (Maternal Depression)

Postpartum Resource Center (24 hours)-631-422-2255
Mental Health HOTLINE.....504-HELP (4357)
North Shore Child & Family Guidance Center
.....626-1971
South Nassau Mental Health Counseling Center
.....377-5400

Parenting

North Shore Child & Family Guidance Center
.....626-1971

Pregnancy Options

Planned Parenthood of Nassau County.....750-2500
Spence Chapin.....631-979-5863

Safe Sleep/SIDS

New York State Center for Sudden Infant Death
(24 hours).....800-336-7437

Social Services

After Hours Emergency (After 5PM).....572-3143
Customer Service (Commissioner’s Office)..227-7474
General Information.....227-8519

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

STD/Sexually Transmitted Diseases

Ask Your Health Care Provider



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

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

If you have any questions about the
Nassau County Perinatal Services Network
please contact us at
516-227-9456

Funded by:
New York State Department of Health,
Bureau of Women’s Health

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.....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.....663-3010

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

Community Health Worker Program-
(Serving Hempstead & Roosevelt).....572-0934
Healthy Start-Hempstead.....292-9710
North Shore Child & Family Guidance Center:
• Good Beginnings for Babies-
(Serving Westbury).....997-2926
Visiting Nurse Association of Long Island....739-1270

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 Child & Family Guidance Center
.....626-1971
North Shore Hospital Drug/HIV.....562-3010
Oceanside Counseling Center.....766-6283
Phoenix House.....631-306-5711

****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

Círculo de la Hispanidad-Hempstead292-2433
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

Child Care

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

Children's Services

Family & Children's Association.....486-7200
Nassau County Youth Board.....227-7134
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
Rape/Sexual Assault.....222-2293

Educational Services

BOCES/Adult Education Program (GED).....622-6950
BOCES/Teenage & Parenting Program.....608-6400
Long Beach Reach for Teens.....889-2332
Contact Your Local School District

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
Mommas 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.....873-5670
Massapequa Employment Center.....797-4560

Food and Nutrition Services

Cornell Cooperative Extension: Eat Smart NY-
Nutrition Education.....485-9203
Commodity Supplemental Food Program....623-4568
Health & Welfare Council-
Food Referral Program.....483-1110
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

Health Insurance

Health and Welfare Council/Child and Family
Health Plus.....483-1110 x428

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.....571-9033
Legal Aid Society.....560-6400
Nassau/Suffolk Law Services.....292-8100