

# 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

YOU CAN CALL:

(516) 504-HELP (4357)

Mental Health Association of Nassau County

(718) 470-4MOM (4666)

The Zucker Hillside Hospital Perinatal Psychiatry Service

Phone (Toll Free): (855) 631-0001

Postpartum Resource Center of New York

Website: [www.postpartumny.org](http://www.postpartumny.org)

(516) 626-1917 ext. 318

North Shore Child and Family Guidance Center

Diane Goldberg Maternal Depression Program

(516) 227-9456

Nassau County Perinatal Services Network