

## Counseling agencies

### Suffolk County Mental Health Clinics:

Brentwood — 631-853-7300  
Farmingville — 631-854-2552  
Riverhead — 631-852-1440

### Family Service League:

Bay Shore – 631-647-3100  
Central Islip – 631-663-4300  
East Hampton – 631-324-3344  
Huntington – 631-369-2300  
Mastic – 631-924-3741  
Mattituck – 631-298-8642  
Riverhead – 631-369-0104  
Westhampton Beach – 631-288-1954

### New Horizon Counseling Center

Copague — 631-257-5173  
Smithtown — 631-656-9550

### Catholic Charities

Bay Shore — 631-665-6707  
Medford — 631-654-1919

### Federation of Organizations

Wyandanch – 631-782-6200

### La Casita

Brentwood — 631-761-2581

### Parientes

Bay Shore — 631-665-0229

## Additional Support/Resources

### **SCDHS – Maternal and Infant Community Health Collaborative**

631-854-4023 | [healthybabyandme.org](http://healthybabyandme.org)  
Free and confidential home visiting services for child-bearing age women and their children, residing in Amityville, Bay Shore, Brentwood, Central Islip, Copague & Wyandanch.

### **Suffolk County Department of Health Services – Office of Minority Health**

631-854-0378 | [omh@suffolkcountyny.gov](mailto:omh@suffolkcountyny.gov)  
Addresses health disparities and inequities for racial and ethnic minorities in Suffolk County through collaboration and program creation that increases access to health related services and improves health outcomes.

### **HRHCare Federally Qualified Health Centers – Suffolk County**

1 844-HRH-CARE (474-2273) | [www.hrhcare.org](http://www.hrhcare.org)  
Offers medical, dental and behavioral health services, sliding scale, multilingual staff.

### **FSL– Healthy Families of Suffolk Home Visiting Program** 631-647-6635

Free, confidential home visiting services for women who are expecting or have a baby under 3 months, residing in Amityville, Bay Shore, Brentwood, CI, Copague & Wyandanch

### **Long Island Doula Association** 631-574-2205 | [www.lidoula.com](http://www.lidoula.com)

“Families in Crisis Fund” to help support families with serious illness, death, natural disaster, single or teen mothers, and women suffering from postpartum depression who have an accompanying financial hardship.

### **Help Me Grow - Long Island** [www.helpmegrowny.org](http://www.helpmegrowny.org)

Free resource connecting families and providers to community resources and child development information. Bilingual Family Resource Specialist at 516-548-8924  
Dial 2-1-1, select your language, then press 7 for Help Me Grow.

# PERINATAL MOOD AND ANXIETY DISORDERS RESOURCE DIRECTORY



**YOU ARE NOT ALONE  
YOU ARE NOT TO BLAME  
YOU WILL FEEL BETTER AND  
BE WELL WITH HELP**

### SUFFOLK COUNTY OFFICE OF WOMEN'S SERVICES

100 VETERANS MEMORIAL HWY  
3RD FLOOR, DENNISON BUILDING

P.O. BOX 1600  
HAUPPAUGE, NY 11788



**WOMEN'S HELPLINE: 631-853-8222**

## What are Perinatal Mood and Anxiety Disorders?

Perinatal Mood and Anxiety Disorders is a general term used to describe a wide range of mood disorders a woman can experience during and after the birth of a baby.

## Causes of Perinatal Mood and Anxiety Disorders

Researchers are still unsure of what exactly causes Perinatal Mood and Anxiety Disorders. It is most likely caused by a number of factors that vary from individual to individual. Some factors believed to contribute to Perinatal Mood and Anxiety Disorders are:

- Previous pregnancy or postpartum depression/anxiety
- A family history of depression/anxiety
- Psychological stresses of new motherhood
- Dramatic changes in hormone levels
- Marital/relationship conflict

## Symptoms

Perinatal Mood and Anxiety Disorders is a real illness that affects up to one in every ten women during pregnancy and one in every five women after birth. Symptoms may include:

- Crying
- Sleep problems
- Appetite disturbances
- Anxiety
- Loss of enjoyment of activities
- Poor fetal attachment
- Fear of harming baby or yourself

One or two mothers in 1,000 will suffer a rare and severe condition called *Postpartum Psychosis*. Symptoms may include:

- Confusion
- Seeing things and/or hearing things that are not there
- Being distrustful and afraid of others.

**Postpartum psychosis is a medical emergency. If you or someone you know may be experiencing these symptoms, seek medical help immediately.\***

- Educational text is © 2018 The Postpartum Resource Center of New York, Inc. Used with permission. All rights reserved. As with any illness, please seek the advice of your health care provider.

## Seeking Help

Perinatal Mood and Anxiety Disorders are treatable. If you believe you are suffering from a Perinatal Mood and Anxiety Disorder, seek help. Call your healthcare provider, and use the resources listed in this directory.

## Crisis & Emergency Resources

If you have thoughts or are planning to harm yourself, your baby, or others, call your healthcare provider, dial 911, or go to the nearest hospital Emergency Room.

### SUFFOLK COUNTY CRISIS RESPONSE

631-952-3333

- **DASH (Diagnostic, Assessment & Stabilization Hub)**

90 Adams Ave., Hauppauge, NY

A 24 hour, 7 days per week, walk-in crisis center. Provides crisis management, mental health evaluation, and linkage to long term services.

- **MOBILE RESPONSE UNIT**

Where appropriate, a mobile response team may be dispatched for an in-home visit. Provides assessment, crisis management and links to care

### CPEP (Comprehensive Psychiatric Emergency Program) Stony Brook

631-444-6050

## Telephone Helplines, Hotlines, Referral information

Postpartum Resource Center of New York - Website: [www.postpartumny.org](http://www.postpartumny.org)

631-422-2255 or Toll Free State-wide Helpline: 855-631-0001

National Suicide Prevention Lifeline 800-273-TALK (8255)

Response Crisis Hotline 631-751-7500

Association for Mental Health & Wellness - 631-226-3900

## Support Groups

### Mothers' Circle of Hope

Free Pregnancy & Postpartum Depression/Anxiety Support Groups  
Good Samaritan Hospital Medical Center - 631-376-HOPE  
Saint Catherine of Siena Medical Center 631-862-3330

### Perinatal Mood and Anxiety Disorders Support Groups

Hosted by Jennifer L. Giordano, MS, APRN, FNP, IBCLC - 631-255-8234

### Children & Parents Together Program (CAPT) - Family Service League

Free Support Groups for parents experiencing mental health challenges  
FSL in Bay Shore - 631-647-3128 (care provided for preschool children, no fee)