



# Perinatal and Early Childhood Mental Health Network

New and expecting parents can face a lot of challenges. Positive mental health supports your well-being and the well-being of your baby.

Do you have a concern about your emotions, behaviors, or relationships during or after pregnancy? **Reach out for support.**

Contact a perinatal and early childhood mental health clinic near you. Clinics will provide services to support you and your child during their early years.

The NYC Perinatal and Early Childhood Mental Health Network offers therapy remotely and in person for people who are pregnant and for parents and caregivers of infants throughout NYC.

All people and families are welcome, and services are available in various languages.

## To contact your nearest clinic, call:

### Bronx

**646-459-6165**

Association to Benefit Children

### Manhattan

**212-426-3400**

Northside Center for Child Development

### Queens

**718-530-6892**

The Child Center of New York

### Brooklyn

**800-603-OHEL (800-603-6435)**

Ohel Children's Home and Family Services

### Staten Island

**718-818-6570**

Staten Island Mental Health Society,  
a division of Richmond University  
Medical Center

