

If you are pregnant or a new mom and feeling the blues...



Do you feel:

- sad
- frustrated
- angry
- scared
- lonely
- depressed
- tired
- guilt

Do you have:

- self-doubt
- headaches
- stomach problems
- a hard time concentrating
- rapid mood swings
- low self-esteem
- frightening thoughts

You are Not Alone.



There is help.

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For more information about Depression and Pregnancy, talk to your doctor or call:

Cayuga County

- Cayuga Counseling Services 253-9795
- Community Mental Health Center 253-0341

Madison County

- Health Department 366-2361
- Mental Health Department 366-2327
1-800-721-2327
- Mental Health Crisis Line 366-2215
1-800-721-2215

Onondaga County

- CONTACT (24 hour counseling and referral)
251-0600
- HELPLINE (information and referrals)
435-8300
- Mental Health Association 445-5606

Oswego County

- Oswego Hospital/PCAP 349-5800
- Mental Health Association 349-3533
- Oswego Hospital Behavioral Services 343-8162

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.

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