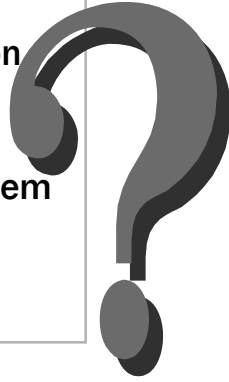


Do you feel:

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

Do you have:

- ◆ self-doubt
- ◆ headaches
- ◆ lack of concentration
- ◆ rapid mood swings
- ◆ low self-esteem
- ◆ frightening thoughts



There is help. ►►

New York State & Online Support National Perinatal Hotline (24 hour line)

1-800-PPDMOMS (773-6667)

Growing up Healthy (statewide 24 hour referral)

1-(800)-522-5006

Postpartum Resource Center of New York, Inc.

1-631-422-2255

www.postpartumny.org

Online PPD Support Group

www.ppdsupportpage.com

PSI: Postpartum Support International

1-(800)-944-4773 (4PPD)

www.postpartum.net

For Fathers:

<http://postpartumdads.org>

www.postpartummen.com

Cayuga County

Cayuga Counseling Services

253-9795

Cayuga County Community Mental Health Center

253-0341

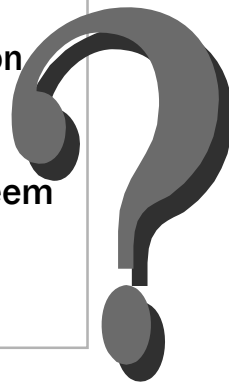
Other Counties ►►

Do you feel:

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

Do you have:

- ◆ self-doubt
- ◆ headaches
- ◆ lack of concentration
- ◆ rapid mood swings
- ◆ low self-esteem
- ◆ frightening thoughts



There is help. ►►

New York State & Online Support National Perinatal Hotline (24 hour line)

1-800-PPDMOMS (773-6667)

Growing up Healthy (statewide 24 hour referral)

1-(800)-522-5006

Postpartum Resource Center of New York, Inc.

1-631-422-2255

www.postpartumny.org

Online PPD Support Group

www.ppdsupportpage.com

PSI: Postpartum Support International

1-(800)-944-4773 (4PPD)

www.postpartum.net

For Fathers:

<http://postpartumdads.org>

www.postpartummen.com

Cayuga County

Cayuga Counseling Services

253-9795

Cayuga County Community Mental Health Center

253-0341

Other Counties ►►

Madison County

Madison County Health Department/PCAP

366-2361

Madison County Mental Health Department

366-2327, 1-(800)-721-2327

Madison County 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 of Onondaga County

445-5606

Oswego County

Oswego Hospital/PCAP

349-5800

Mental Health Association of Oswego County

349-3533

Oswego Hospital Behavioral Services

343-8162



This card was produced by REACH CNY 1-888-295-8662. 9/2008



Pregnant?

“Why don't I feel happy?”

New mom?

“I have a hard time being around the baby.”



“What's wrong with me?”

You are not alone. ▶▶

Madison County

Madison County Health Department/PCAP

366-2361

Madison County Mental Health Department

366-2327, 1-(800)-721-2327

Madison County 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 of Onondaga County

445-5606

Oswego County

Oswego Hospital/PCAP

349-5800

Mental Health Association of Oswego County

349-3533

Oswego Hospital Behavioral Services

343-8162



This card was produced by REACH CNY 1-888-295-8662. 9/2008



Pregnant?

“Why don't I feel happy?”

New mom?

“I have a hard time being around the baby.”



“What's wrong with me?”

You are not alone. ▶▶