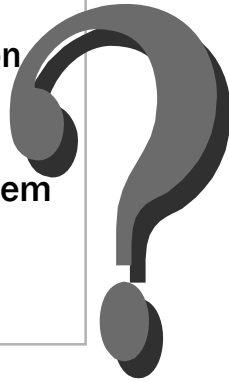


## Do you feel:

- ◆ 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](http://www.postpartumny.org)

### Online PPD Support Group

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

### PSI: Postpartum Support International

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

[www.postpartum.net](http://www.postpartum.net)

### For Fathers:

<http://postpartumdads.org>

[www.postpartummen.com](http://www.postpartummen.com)

## Cayuga County

### Cayuga Counseling Services

253-9795

### Cayuga County Community Mental Health Center

253-0341

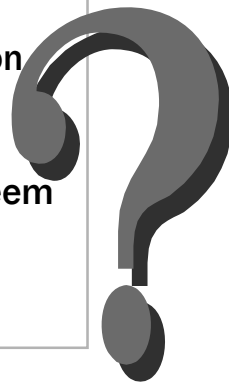
Other Counties ►►

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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



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## 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. ▶▶**

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