

Post-partum resources

Support groups

- **Depression After Delivery**
Call 1-800-944-4773 for a list of groups near you.



Counseling

- **Community Healthcare Network**
Ask your doctor about CHN's counseling services.
Or call 866-246-8259 to sign up.

Call or text

- **Depression After Delivery**
Call 1-800-944-4773 to talk to someone for free.
- **Postpartum Resource Center of NY**
Free and private phone support.
Call 855-631-0001. Hablamos Español.
- **NYC Well**
Free and private counseling over text messages. You can text or call 24/7. Text WELL to 65173 or call 1-888-692-9355.
- **Text 4 Baby**
You will get 3 free texts each week. The texts will give you tips to help you with stress and help you find services in your area. Text BABY to 5114111. Envía BEBE al 5114111 para Español.

If you think you may hurt yourself, your baby, or other people, call 911 or go to the emergency room (ER).