

The New York City (NYC) Department of Health and Mental Hygiene’s Early Childhood Mental Health Network (ECMHN) clinics are now providing perinatal mental health services – focusing on the time before and after giving birth – to people who are pregnant and to parents or caregivers of newborns throughout NYC.

ECMHN clinic staff are trained to provide Interpersonal Psychotherapy and Perinatal Child-Parent Psychotherapy. These therapies are offered remotely or in person and focus on helping individuals address anxiety, depression, traumatic stress and adverse life experiences that may affect them and their baby.

Our clinicians conduct screenings to measure the levels of anxiety, depression, stress and trauma experienced by the pregnant person or new parent or caregiver, and design an appropriate treatment plan to address their individual mental health needs. Services are offered in multiple languages, and clinicians have experience working with families of all cultural backgrounds.



To make a referral or for more information, visit the NYC ECMHN Training and Technical Assistance Center (TTAC) website at ttacny.org/clinical-services or contact the clinic closest to you:

Clinic Name	Address	Contact Information
Staten Island Mental Health a div. of Richmond University Medical Center	657 Castleton Ave. Staten Island, NY 10310	Pilar Brzyski 718-818-6727 pbrzyski@rumsci.org
Association to Benefit Children, Fast Break — The Bronx	1366 Inwood Ave. Bronx, NY 10452	Carrie Wolleman-Stein 929-288-4320 cwolleman-stein@a-b-c.org
Northside Center for Child Development	1475 Park Ave. New York, NY 10029	Chenshen Wang 212-426-3400 cwang@northsidecenter.org
University Settlement	184 Eldridge St. New York, NY 10002	Marilus Castellanos 212-453-4522 mcastellanos@universitysettlement.org
The Child Center of NY	150-15B Sanford Ave. 2nd Floor Flushing, NY 11355	Seline Bearman 718-530-6892 selinebearman@childcenterny.org
The Jewish Board, Brownsville Child Development Center	255 E. 98th St. Brooklyn, NY 11212	Rachel Krutiy 718-372-3300 rkrutiy@jbfcs.org
Ohel Children’s Home and Family Services	1268 E. 14th St. Brooklyn, NY 11230	Raizel Keilson 718-382-0045 ext 6302 raizel_keilson@ohelfamily.org