



# NYC Early Childhood Mental Health Network

## **Mental Health Services for People Who Are Pregnant or Caring for a Newborn**

Are you pregnant or a parent or caregiver of a newborn and experiencing:

- Feelings of depression or anxiety?
- Upsetting thoughts about your baby?
- Stressful and difficult life-challenging events?

The NYC Department of Health and Mental Hygiene's Early Childhood Mental Health Network (ECMHN) now offers therapy remotely or in person for people who are pregnant and for parents or caregivers of newborns throughout NYC.

We offer services in multiple languages and work with Medicaid and other insurances. Families of all cultural backgrounds are welcome.

For more information, visit the NYC ECMHN Training and Technical Assistance Center (TTAC) website at [ttacny.org/clinical-services](http://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 <a href="mailto:pbrzyski@rumsci.org">pbrzyski@rumsci.org</a>
Association to Benefit Children Fast Break — The Bronx	1366 Inwood Ave. Bronx, NY 10452	Carrie Wolleman-Stein 929-288-4320 <a href="mailto:cwolleman-stein@a-b-c.org">cwolleman-stein@a-b-c.org</a>
Northside Center for Child Development	1475 Park Ave. New York, NY 10029	Chenshen Wang 212-426-3400 <a href="mailto:cwang@northsidecenter.org">cwang@northsidecenter.org</a>
University Settlement	184 Eldridge St. New York, NY 10002	Marilus Castellanos 212-453-4522 <a href="mailto:mcastellanos@universitysettlement.org">mcastellanos@universitysettlement.org</a>
The Child Center of NY	150-15B Sanford Ave. 2nd Floor Flushing, NY 11355	Seline Bearman 718-530-6892 <a href="mailto:selinebearman@childcenterny.org">selinebearman@childcenterny.org</a>
The Jewish Board, Brownsville Child Development Center	255 E. 98th St. Brooklyn, NY 11212	Rachel Krutiy 718-372-3300 <a href="mailto:rkrutiy@jbfcs.org">rkrutiy@jbfcs.org</a>
Ohel Children's Home and Family Services	1268 E. 14th St. Brooklyn, NY 11230	Raizel Keilson 718- 382-0045 ext 6302 <a href="mailto:raizel_keilson@ohelfamily.org">raizel_keilson@ohelfamily.org</a>