

**NYC**

**Perinatal  
and Early  
Childhood**



**Mental Health Network**



**Helping Families Thrive**

**In New York City, one in five children under the age of 5 has a parent or caregiver with concerns about their emotional or behavioral development.<sup>1</sup>**



## **Act Early**



**Identifying and addressing emotional and behavioral challenges earlier promotes lifelong healthy development and success.**

**Contact a perinatal and early childhood mental health clinic near you. Clinics will provide services to support you and your child during their early years. All families are welcome, and services are available in various languages.**

<sup>1</sup> New York City Department of Health and Mental Hygiene. NYC KIDS Survey, 2021.

**The Perinatal and Early Childhood Mental Health Network** provides expert mental health services to pregnant and postpartum people, children under 5, and their families, as well as training opportunities for professionals.



## **The network is made up of:**

- **Five Perinatal and Early Childhood Mental Health Clinics that:**
  - **Serve all five boroughs**
  - **Provide culturally sensitive services in several languages**
  - **Offer short wait times for appointments**
  - **Accept Medicaid and other types of insurance**
- **A citywide Training and Technical Assistance Center, which is a collaboration between the New York Center for Child Development and the McSilver Institute for Poverty Policy and Research at New York University**

# What Perinatal and Early Childhood Mental Health Clinics Offer

## **Clinical services for pregnant and postpartum people, children, and families:**

- Family, parent-child, and individual therapies
- Comprehensive assessment and care planning
- Parent education

## **Family peer support services for pregnant and parenting people:**

- Help advocating for parent, caregiver, and child needs
- Emotional support
- Connection to community-based resources

## **Consultation services:**

- Partnerships with professionals supporting pregnant and parenting people and children under 5
- Program-wide workshops and staff training

# What the Training and Technical Assistance Center Offers

The Training and Technical Assistance Center builds the skills of perinatal and early childhood professionals to support mental health and well-being across multiple generations through:

- Specialized training in evidence-based models and best practices
- Workshops about perinatal and early childhood mental health and social-emotional development
- Learning forums and resource sharing

For more information, visit **[ttacny.org](https://ttacny.org)**.



**To request  
information or make  
an appointment,  
contact your  
nearest clinic:**



Serving	Organization
<b>Bronx</b>	<b>Phone: 646-459-6165</b> Association to Benefit Children
<b>Manhattan</b>	<b>Phone: 212-426-3400</b> Northside Center for Child Development
<b>Queens</b>	<b>Phone: 718-530-6892</b> The Child Center of New York
<b>Brooklyn</b>	<b>Phone: 800-603-OHEL (800-603-6435)</b> Ohel Children's Home and Family Services
<b>Staten Island</b>	<b>Phone: 718-818-6570</b> Staten Island Mental Health Society, a division of Richmond University Medical Center

**For more information,  
visit [ttacny.org](http://ttacny.org).**