

# Perinatal Mental Health Services Expansion

The New York City Early Childhood Mental Health (ECMH) Network is pleased to announce that clinics are now providing mental health services to pregnant persons, as well as parents or caregivers of newborns throughout New York City.

Clinicians are trained to provide Interpersonal Psychotherapy (IPT) and/or Perinatal Child-Parent Psychotherapy (P C-PP). These therapies can be offered remotely or in-person and focus on helping individuals who are expecting or have recently given birth by addressing traumatic stress, adverse life experiences, or other challenges that may affect them and their baby.

Clinicians conduct screenings to measure the level of anxiety, depression, stress, and trauma experienced by the caregiver. Based on the individualized needs of the parent or caregiver, clinicians design an appropriate treatment plan to address Perinatal Mood and Anxiety Disorders (PMADs). Services are offered in multiple languages with multicultural and multilingual clinicians.



Please contact the program closest to you for more detailed information or to make a referral.

CLINIC NAME	MAIN ADDRESS	CONTACT	E-MAIL ADDRESS
Association to Benefit Children Fast Break the Bronx	1366 Inwood Avenue Bronx, NY 10452	Carrie Wolleman-Stein	cwolleman-stein@a-b-c.org
Northside Center for Child Development	1475 Park Avenue New York, NY 10029	Dr. Hazel Guzman	hguzman@northsidecenter.org
University Settlement	184 Eldridge Street New York, NY 10022	Marilus Castellanos	mcastellanos@universitysettlement.org
The Child Center of NY	150-15B Sanford Ave-2 <sup>nd</sup> floor Flushing, NY 11355	Seline Bearman	selinebearman@childcenterny.org
The Jewish Board Brownsville Child Development Center	255 East 98th Street Brooklyn, NY 11212	Renee Antoine	rantoine@jbfcs.org
Ohel Children's Home and Family Services	1268 East 14th Street Brooklyn, NY 11230	Deborah Fung	Deborah_fung@ohelfamily.org

For general referrals to the Early Childhood Mental Health clinics, please see: <https://www.ttacny.org/clinical-services/>.  
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