



# 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.

