

Perinatal Information and Support

Congratulations on your new bundle of joy!



~Fed is best~

Montefiore Resources

- ◇ To Your Health! Associate Wellness offers free individual counseling with: [Wellbeing Manager](#) (licensed psychologist), [Creative Wellness Program Manager](#) (licensed art therapist), [Nutrition Consultations](#) (registered dieticians). Email ToYourHealth!@Montefiore.org for an appointment
- ◇ WageWorks for Dependent Care (pre-tax option) through HR benefits. Visit www.wageworks.com
- ◇ Care Guidance for assistance with health and medical needs and questions. Call [855-662-9355](tel:855-662-9355) for assistance
- ◇ Lactation services with a Certified Lactation Consultant. Request a free appointment with the on-site Health Educator for a lactation consultation at any of our 22 MMG sites. Visit www.Montefiore.org/MMG

External Resources

- ◇ Confidential [Employee Assistance Program](#) for non-1199 associates. Wellness assistance such as childcare resources and workshops. Call [844-300-6072](tel:844-300-6072)
- ◇ Perinatal and Postnatal support services with [1199 Member Assistance Program](#). Call [646-473-6900](tel:646-473-6900)
- ◇ Telephonic lactation support with a peer counselor: [National Breast Feeding Helpline](#) Call [1-800-994-9662](tel:1-800-994-9662)
- ◇ Perinatal mental health support: [Postpartum Resource Center of New York](#) Call [\(631\) 422-2255](tel:631-422-2255)