

Supporting New York State professionals
in delivering quality mental health care.

Maternal Mental Health Support Services

Consultations

by phone with a psychiatrist or psychologist with potential for a virtual, psychiatric evaluation of your patient.

Referral and Linkage

to therapy and services that support pregnant and postpartum patients.

Education

In-person and virtual trainings with CME and CEU and scholarships to national certification programs.

1.855.227.7272

Monday - Friday • 9:00 am - 5:00 pm

Project TEACH services are offered to medical and mental health clinicians as well as front line professionals who support pregnant and postpartum patients. Reach out and let us help. Our team of maternal mental health experts can provide:

- Medication review or recommendations for safety prior to and during pregnancy or breastfeeding.
- Assistance with mental health assessment and suggestions for next steps in treatment.
- Connections to local therapy and support services.
- Specialized consultations for concerns related to substance use or lactation.
- Training events that meet your personal and/or team's educational needs.

All services are offered at no cost and provided by reproductive psychiatrists, perinatal psychologists and liaison coordinators who are located at seven academic medical centers across the state.



**Office of
Mental Health**

Project TEACH is funded by NYS OMH



Learn More or
Request a Service at
www.ProjectTEACHny.org



No matter where you are in New York State, our team of maternal mental health specialists can help.

Our team of Maternal Mental Health (MMH) experts includes Reproductive Psychiatrists (RP), Perinatal Psychologists and Liaison Coordinators (Perinatal Mental Health Certified) who are based at seven academic medical centers in New York State:

- University at Buffalo
- University of Rochester
- SUNY Upstate Medical University
- Albany Medical Center
- Montefiore Medical/Albert Einstein College of Medicine
- Columbia University/NY State Psychiatric Institute
- Zucker Hillside Hospital, Northwell Health.

Our toll-free warmline is open to all clinicians and allied professionals that serve pregnant and postpartum individuals. We can provide support that is specific to a case or answer any general questions that you may have regarding maternal mental health.

We proudly offer the following services to professionals across the state:

NYS-based Provider	Toll-free Warmline	Training Programs	Consultation with a Psychiatrist	Consultation with a Psychologist	Evaluation Support	Referral Support	Patient Linkage ¹
Ob/Gyn & Midwife Prescribers	●	●	●	●	●	●	●
Family Practice Prescribers	●	●	●	●	●	●	●
Psychiatric Prescribers	●	●	●	●	●	●	●
Pediatrician	●	●	●	●		●	
Pharmacist	●	●	●	●		●	
Psychologist	●	●		●		●	
Therapist	●	●		●		●	
Social Worker - Case Manager	●	●		●		●	● ²
Doula	●	●		●		●	
Nurse	●	●		●		●	
Lactation Counselor	●	●		●		●	
Home Health Aids and Community Health Worker	●	●		●		●	
Allied Health Professionals ³	●	●				●	

1 - These services will begin in December, 2025.

2 - Patient linkage services only available to case management social workers imbedded in medical offices (ob/gyn or family practice).

3 - Allied Health Professionals, ie. LPN, Nurse aid, peer counselor, social service staff, early intervention, physical therapists, clergy and professionals serving perinatal individuals.

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Call Us: Monday - Friday ○ 9:00 am - 5:00 pm

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