

The Growing Up Healthy Hotline helps pregnant and parenting people in New York State find the help they need



Let us connect you to:

- Child care and children's needs
 - Family planning
 - Food access
 - Health care
 - Health insurance
 - Mental health care
 - Newborn health
 - Nutrition
 - Pregnancy
- and many other services*

Available 24 hours a day, 7 days a week

Call: 1-800-522-5006 • TTY: 1-800-655-1789

Visit

<https://health.ny.gov/GUHH>



**Department
of Health**