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