

Postpartum Depression Resources

Last updated: June 2021

| Postpartum-specific Providers | | | |
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| Name/Basic info | Contact info | Insurance accepted | Other services provided |
| <p><u>Hall-Mercer Community Mental Health Center</u></p> <p>Providers see parents with postpartum depression.</p> <p>245 S 8th St Philadelphia, PA 19106</p> <p>www.med.upenn.edu/hallmercer</p> | <p>To make an appointment - (215) 829-3461</p> | <p>Dept. of Public Welfare, Fee for service Medicare available for certain zip codes, and self-pay on sliding scale.</p> <p>Call (215) 829-3461 for more case-by-case info.</p> | <p>The Child and Parent Center offers education and support to families with children from birth to three years old through various groups and classes. Contact (215) 829-5555 for more info. All classes are currently being held virtually due to COVID-19.</p> <p>Range of other services for children and adults. Visit www.med.upenn.edu/hallmercer/treatment.html for a complete list.</p> |
| <p><u>Hispanic Community Counseling Service</u></p> <p>1952 E Allegheny Ave, Philadelphia, PA 19134</p> <p>3221-25 Kensington Ave Philadelphia, PA 19134</p> <p>BOTH LOCATIONS ARE TELEMEDICINE ONLY DUE TO COVID-19.</p> <p>www.hccsphila.org</p> | <p>E Allegheny location: (215) 291-8151/8152</p> <p>Kensington location: (215) 425-6900/6901</p> | <p>Call for info about specific insurance.</p> <p>Self-pay on sliding scale.</p> | <p>Parent Counseling & Guidance Group, family therapy, group therapy, and more.</p> |
| <p><u>Citywide Community Counseling Service</u></p> <p>537 E Allegheny Ave, Philadelphia PA, 19134</p> <p>TELEMEDICINE ONLY DUE TO COVID-19</p> <p>https://citywideccs.org/</p> | <p>(215) 291-9500</p> | <p>N/A</p> | <p>Family therapy, group therapy, social services, and more.</p> <p>Visit http://citywideccs.org/pages/our-resources for a complete list.</p> |

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| <p><u>Postpartum Support International</u></p> <p>Provides callers with local resources, including emergency services.</p> <p>www.postpartum.net</p> | <p>Helpline - 1 (800) 944-4773</p> <p>Text “Help” to 800-944-4773 for English.</p> <p>Text “Help” to 971-203-7773 for Spanish.</p> | <p>N/A</p> | <p>Online support groups in English and Spanish every week.</p> <p>Chat with an Expert – call-in session that connects you with other moms or dad and experts of postpartum depression. Informational only. Limited to first 15 callers. 1-800-944-8766, participant code 73162#. Wednesdays for moms and the first Monday of the month for dads.</p> |
| <p><u>Penn Center for Women’s Behavioral Wellness</u></p> <p>Main Office: 3535 Market St, 3rd Floor Rm 3079A Philadelphia, PA 19104</p> <p>www.med.upenn.edu/womenswellness</p> | <p>To make an appointment – (215) 573-8886</p> | <p>Aetna Behavioral Health, Medicare Part A & B, Medicaid (Philadelphia County CBH only), Penn Care Personal choice (University and Health system employees), Out of Area Blue Cross Blue Shield - Blue Card Option, Aetna student health (UPenn and Drexel students only)</p> <p>Self-pay options vary by provider and service. Contact the office for more information.</p> | <p>Prenatal counseling of use of certain meds and treatment of psychiatric disorders during pregnancy</p> <p>Adjustment to parenthood, including: pregnancy loss/complication, traumatic deliveries, postpartum psychosis, panic disorder, and repetitive worries and behaviors</p> |
| <p><u>Mother Baby Connections at Drexel</u></p> <p>Postpartum mental health clinic</p> <p>Stratton Hall, 2nd Floor 3201 Chestnut St. Philadelphia, PA 19104</p> <p>https://drexel.edu/cnhp/practices/mother-baby-connections/</p> | <p>To make an appointment - (215) 553-7128</p> | <p>N/A</p> | <p>Currently using Telehealth due to the pandemic.</p> <p>Treatment provided Wednesdays and Fridays.</p> <p>Infant babysitting is provided.</p> <p>Services include: Individual therapy, mother-baby interaction therapy, group therapy, interpersonal therapy, women’s wellness, couples therapy, dance/art therapy, trauma therapy, medication evaluation, and yoga.</p> |

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| <p><u>La Puerta Abierta</u></p> <p>Provides access to mental health care for Latino immigrant and refugee communities.</p> <p>P.O. Box 534 Narberth, PA 19072</p> <p>https://lpa-theopendoor.org/</p> | <p>(610) 745 - 1952</p> | <p>Free of cost; insurance not needed</p> | <p>Bilingual counseling support, educating mental health providers to work with this community, peer-mentor training program, community-based groups.</p> <p>Special initiatives include: Voces de Trabajadoras, Compas de Viaje, Mental health/legal partnership for unaccompanied minors in schools, specialized services to victims of human trafficking</p> |
| <p><u>The Center for Postpartum Depression</u></p> <p>148 West Highland Ave Philadelphia, PA 19118</p> <p>http://www.postpartumcenter.com/</p> | <p>(215) 247-2114</p> | <p>N/A</p> | <p>Individual therapy, psychopharmacology, marital and family therapy, in-home visits, risk-assessment and counseling, and Skype evaluations.</p> |
| <p><u>COMHAR</u></p> <p>Provides mental health services.</p> <p>2055 E. Allegheny Ave Philadelphia, PA 19134</p> <p>Telemedicine offered due to the COVID-19 pandemic.</p> <p>https://www.comhar.org/</p> | <p>New patients can contact Central Registration to set up an initial appointment: (267)-861-4382</p> <p>Current patients: (215) 427-5800</p> | <p>Medical Assistance, Community Behavioral Health, Medicare, Cigna Health Springs, Keystone VIP First, Magellan Health Partners</p> | <p>Mental health and wellness, intellectual and developmental disability resources, children and family resources, Latino treatment program, HIV/AIDS resources, LGBTQI resources</p> <p>Full list of offered services at https://www.comhar.org/services</p> |
| <p><u>Postpartum Stress Center</u></p> <p>1062 Lancaster Ave #2 Bryn Mawr, PA 19010</p> <p>Currently using telemedicine services.</p> <p>https://postpartumstress.com/</p> | <p>(610) 525 - 7527</p> | <p>Aetna, Blue Cross Blue Shield PPO, Personal Choice, Keystone, Amerihealth, Highmark, most other major insurances</p> <p>Sliding fee scale offered. Contact the office for case-by-case information.</p> | <p>List of services offered can be found at https://postpartumstress.com/about/services/</p> |

Non-Postpartum-specific Providers

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| <p><u>JFK Behavioral Health Center</u></p> <p>Main Office: 112 N Broad St, Philadelphia, PA 19102. Other locations listed online.</p> <p>Satellite Office: 907 N Broad St, Philadelphia PA 19123</p> <p>Poplar Counseling/Guidance Center: Health District #6 321 Girard Ave, Philadelphia, PA 19123</p> <p>Centro de Servicios Para Hispanos: 2742-44 North 5th St. Philadelphia, PA 19133</p> <p>www.ifkbhc.org</p> | <p>New clients/more info - (215) 828-9418</p> <p>Main Location: 112 N Broad St (215) 568-0860 ext. 3355</p> <p>Centro de Servicios Para Hispanos - (215) 427-3400</p> | <p>N/A</p> | <p>Various support groups, outpatient behavioral health services, and substance use help offered.</p> |
| <p><u>Community Behavioral Health</u></p> <p>Organization that helps arrange and pay for your behavioral health care (mental health conditions, alcohol/drug challenges).</p> <p>801 Market St, 7th Floor, Philadelphia, PA 19107</p> <p>(Building currently closed due to COVID-19. Can call for info).</p> <p>www.cbhphilly.org</p> | <p>(215) 413-3100</p> | <p>You must become a member to receive services.</p> <p>You can become a member if you are a Philadelphia resident and have Medicaid.</p> <p>Call 1-(888) 545-2600 for more info on how to become a member.</p> | <p>Can connect you to transportation resources, make sure you get the right services, and make sure the services you get are covered.</p> |
| <p><u>Einstein Medical Center Philadelphia: Outpatient Behavioral and Mental Health Services</u></p> <p>One provider sees patients</p> | <p>(215) 456-9850</p> <p>Press 1 to make a new patient appointment.</p> | <p>Call (215) 456-9850.</p> <p>Press 6, then 2 to speak to the office about insurance accepted and payment options.</p> | <p>Wide range of outpatient mental and behavioral services.</p> |

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| <p>with postpartum depression. Currently a waitlist to get an appointment.</p> <p>Medical Office Building 1200 W Tabor Rd, Philadelphia, PA 19141</p> <p>https://www.einstein.edu/mental-health</p> | | | |
| <p><u>Intercultural Family Services</u></p> <p>Aims to deliver a variety of health and behavioral services in a culturally competent manner.</p> <p>2317 South 23rd Street, Philadelphia, PA 19145</p> <p>4254-56 Chestnut Street, Philadelphia, PA 19104</p> <p>https://ifsinc.org/</p> | <p>South St location: (215) 468-4673</p> <p>West Philadelphia location: (215) 386-8490</p> | <p>Medicaid and Medicare, other insurance that covers behavioral health services, or self-pay.</p> <p>To check if your insurance plan is accepted, contact the office.</p> | <p>Full list of services here: https://www.ifsinc.org/our-services/outpatient-services/</p> |
| <p><u>Spectrum Health Center</u></p> <p>5201 Haverford Avenue Philadelphia, PA 19139</p> <p>(Limited hours) 1415 North Broad Street, Suite 224 Philadelphia, PA 19122</p> <p>(Limited hours) 1325 South 33rd Street, Suite 300 Philadelphia, PA 19146</p> <p>https://www.spectrumhs.org/</p> | <p>Call for an appointment or more information: (215) 471-2761</p> | <p>Sliding scale fees available for those without, or without enough, insurance.</p> <p>Contact the office with any questions.</p> | <p>Full list of services here: https://www.spectrumhs.org/services/</p> <p>Telehealth appointments available.</p> |
| <p><u>Council for Relationships</u></p> <p>Counseling for individuals, couples, and families.</p> <p>4025 Chestnut St #1 Philadelphia, PA 19104</p> <p>https://councilforrelationships.org/</p> | <p>(215)-382-6680</p> | <p>N/A</p> | <p>Counseling and professional education. Most services are currently online or through phone therapy.</p> |

Other resources:

- *Postpartum Depression Philly* - www.ppdphilly.com - More info on postpartum depression
- *Crisis Text Line* - Text "START" to 741-741 - Available 24/7 to provide emotional support and resources for any type of crisis
- *Perinatal Mental Health Alliance for People of Color* - Support services for communities of color around perinatal mood and anxiety disorder. <https://pmhapoc.org/>. 1-800-944-4773.
- *Healthy Minds Philly*- <https://healthymindsphilly.org/postpartum-resources/> - More information and resources for postpartum depression