

Postpartum Depression Resources

Last updated: July 2020

Postpartum-specific Providers			
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>....</p>	<p>Dept. of Public Welfare, Medicare, self-pay on sliding scale available for certain zip codes.</p> <p>Call (215) 829-3461 for more case-by-case info.</p>	<p>The Child Parent Center offers education and support to families with children from birth to three years old through various groups and classes. Contact (215) 829-5555/5255 for more info.</p> <p>Range of other services for children and adults. Visit www.med.upenn.edu/hallmercer/treatment.html for a complete list.</p>
<p>TEMPORARILY CLOSED DUE TO COVID-19</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>www.hccsphil.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>TELEMEDICINE ONLY DUE TO COVID-19</p> <p><u>Citywide Community Counseling Service</u></p> <p>533-539 E Allegheny Ave, Philadelphia PA, 19134</p> <p>www.citywideccs.org</p>	<p>(215) 291-9500</p>	<p>N/A</p>	<p>Family therapy, group therapy, social services, and more.</p> <p>Visit www.citywideccs.org/about-us for a complete list.</p>
<p><u>Postpartum Support International</u></p> <p>Provides callers with local resources, including</p>	<p>Helpline - 1 (800) 944-4773</p> <p>Test in English - (503) 894-9453</p>	<p>N/A</p>	<p>Online support groups in English and Spanish every week.</p> <p>Chat With an Expert -</p>

<p>emergency services.</p> <p>www.postpartum.net</p>	<p>Text en Español - (971) 420-0294</p>		<p>call-in sessions that connect you with other moms or dads and experts of postpartum depression. Informational only. Limited to first 15 callers. 1 (800) 944-8766, participant code 73162#. Wednesdays for moms and first Monday of the month for dads.</p>
<p><u>Penn Center for Women's Behavioral Wellness</u></p> <p>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 (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.</p>	<p>Prenatal counseling of use of certain meds, treatment of psychiatric disorders during pregnancy</p> <p>Adjustment to parenthood, including: pregnancy loss/complication, traumatic deliveries, postpartum psychosis, panic disorder, 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>Treatment provided Wednesdays and Fridays.</p> <p>Infant babysitting is provided.</p> <p>Individual therapy, mother-baby interaction therapy, group therapy, couples therapy, dance/art therapy, trauma therapy, medication evaluation, and yoga.</p>
<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, special initiatives include: Voces Trabajadores, Compas de Viaje, Mental health/legal partnership for unaccompanied minors in schools, specialized services to victims of human trafficking</p>
<p><u>COHMAR</u></p> <p>Provides mental health</p>	<p>(215) 425 - 9212</p>	<p>Medical Assistance, Community Behavioral Health, Medicare, Cigna</p>	<p>Mental health and wellness, intellectual and developmental disability</p>

services. 3825 Whitaker Ave Philadelphia, PA 19124 https://www.comhar.org/		Health Springs, Keystone VIP First, Magellan Health Partners	resources, children and family resources, Latino treatment program, HIV/AIDS resources, LGBTQI resources
<u>The Center for Postpartum Depression</u> 148 West Highland Ave Philadelphia, PA 19118 http://www.postpartumcenter.com/	(215) 247 - 2114	N/A	Individual therapy, psychopharmacology, marital and family therapy, in-home visits, risk-assessment and counseling
<u>Postpartum Stress Center</u> 1062 Lancaster Ave #2 Bryn Mawr, PA 19010 https://postpartumstress.com/	(610) 525 - 7527	Aetna, Blue Cross Blue Shield, Keystone, Amerihealth, Highmark, most other major insurances	Currently using telemedicine, planning to re-open office in September 2020.

Non Postpartum-specific Providers

Name/Basic info	Contact Info	Insurance accepted	Other services provided
<u>JFK Behavioral Health Center</u> 112 N Broad St, Philadelphia, PA 19102. Other locations listed online. 907 N Broad St, Philadelphia PA 19123 Counseling/Guidance Center - Health District #6 321 Girard Ave, Philadelphia, PA 19123 Centro de Servicios Para Hispanos - 2742-44 N 5th St, Philadelphia, PA 19133 www.jfkbhc.org	New clients/more info - (215) 828-9418 Main location/112 N Broad St - (215) 568-0860 ext. 3355 Centro de Servicios Para Hispanos - (215) 427-3400	N/A	Substance abuse help.
<u>Community Behavioral Health</u> Organization that helps	(215) 413-3100	You must become a member to receive services. You can become a	Can also connect you to transportation resources, make sure you get the right services, make sure the services you get are

<p>arrange and pay for your behavioral health care (mental health conditions, alcohol/drug challenges).</p> <p>801 Market St, 7th Floor, Philadelphia, PA 19107 (Building currently closed due to COVID-19. Can call for info).</p> <p>www.cbhphilly.org</p>		<p>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>covered.</p>
<p><u>MossRehab Marvin Werman Outpatient Center: Einstein Mental and Behavioral Health</u></p> <p>One provider sees patients with postpartum depression. Currently a waitlist to get an appointment.</p> <p>Medical Office Building, 1200 W Tabor Rd, Philadelphia, PA 19141</p> <p>www.einstein.edu/?id=1622&sid=1</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>
<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 Chestnut Street, Philadelphia, PA 19104</p> <p>https://www.ifsinc.org/</p>	<p>South St location: (215) 468-4673</p> <p>West Philadelphia location: (215) 386-8490</p>	<p>Medicaid and Medicare, or self-pay.</p> <p>No private insurance.</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>(Temporarily closed) 1415 North Broad Street, Suite 224 Philadelphia, PA 19122</p> <p>(Limited hours) 1325</p>	<p>(215) 471-2761</p>	<p>Sliding scale fees available for those without or without enough insurance.</p>	<p>Full list of services here: https://www.spectrumhs.org/services/</p>

South 33rd Street, Suite 300 Philadelphia, PA 19146 https://www.spectrumhs.org/			
<u>Council for Relationships</u> Counseling for individuals, couples, and families. 4025 Chestnut St #1 Philadelphia, PA 19104 https://councilforrelationships.org/	(215) 382 6680	N/A	Counseling and professional education. All services currently online or through phone therapy.

Other resources:

- *Postpartum Depression Philly* - www.ppdphilly.com - More info on postpartum depression
- *Crisis Text Line* - Text “START” to 741-7421 - 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. 1-800-944-4773. <https://pmhapoc.org/>