

Postpartum Depression Resources

Last updated: June 2023

Postpartum-Specific Providers			
Provider Name & Basic Info	Appointment & Contact Info	Insurance Accepted	About & Other Services
<p><u>Mother Baby Connections at Drexel</u></p> <p>Main Office: Stratton Hall, 2nd Floor 3201 Chestnut St. Philadelphia, PA 19104</p> <p>Website: https://drexel.edu/coas/academics/departments-centers/psychology/clinic/services-offered/mother-baby-connections/</p>	<p>Call: (215) 553-7128</p>	<ul style="list-style-type: none"> - For most services, the PSC operates on a sliding scale fee schedule based on annual gross income and number of people supported by that income. - We DO NOT accept medical insurance and are not on any insurance plans. 	<ul style="list-style-type: none"> - The Mother Baby Connections program helps mothers who are pregnant, or have given birth within the last year, who are feeling stressed, depressed, or anxious. - The program runs two days a week to help mothers to begin to feel better as soon as possible. When needed, mothers may continue with regular individual therapy after the program ends.
<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>Website: https://www.med.upenn.edu/womenswellness/</p>	<p>Call: (215) 573-8886</p> <p>E-mail: pcwbw@med.upenn.edu</p>	<ul style="list-style-type: none"> - Aetna Behavioral Health - Aetna student health (for UPenn and Drexel students only) - Medicare Part A & B - Medicaid (Philadelphia County CBH only) - Penn Care Personal choice (for employees of the University and Health System) - Out of Area Blue Cross Blue Shield - Blue Card Option 	<ul style="list-style-type: none"> - Prenatal counseling of use of certain meds and treatment of psychiatric disorders during pregnancy - Adjustment to parenthood, including pregnancy loss/complication, traumatic deliveries, postpartum psychosis, panic disorder, and repetitive worries and behaviors

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<p><u>Hall-Mercer Child & Parent Center</u></p> <p>Main Office: 245 S 8th St Philadelphia, PA 19106</p> <p>Penn Parenting Resource Center: 700 Spruce Street Garfield Duncan Building, Suite B3 Philadelphia, 19107</p> <p>Website: https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/maternity-care/maternity-care-at-pah/hall-mercerc-child-and-parent-center</p>	<p>Call: (215) 829-5555</p> <p>E-mail: PennParentingU@uphs.upenn.edu</p>	<ul style="list-style-type: none"> - Medical Assistance in Philadelphia County - Self-pay on a sliding-scale 	<p>The Child & Parent Center offers education and support to families with children from birth to three years old through various groups and classes.</p>
<p><u>Hall-Mercer Community Mental Health Center</u></p> <p>Main Office: 245 S 8th St Philadelphia, PA 19106</p> <p>Website: https://www.med.upenn.edu/hall-mercerc/</p>	<p>Call: (215) 829-3461</p>	<ul style="list-style-type: none"> - Medical Assistance in Philadelphia County - Self-pay on a sliding-scale 	<p>Adult Behavioral Health Services:</p> <ul style="list-style-type: none"> - Aftercare/Medication/Intake - Outpatient Services - Resource Coordination Services - Targeted Case Management (adult) - ACCESS Intensive Case Management - Homeless Outreach Services

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<p><u>Council for Relationships</u></p> <p>Center City: 1800 JFK Blvd, Suite 888 Philadelphia, PA 19103</p> <p>University City: 4025 Chestnut Street Philadelphia, PA 19104</p> <p>Wynnewood: 300 East Lancaster Avenue, Suite 211 Wynnewood, PA 19096</p> <p>Bryn Mawr: 625 Montgomery Avenue Bryn Mawr, PA 19010</p> <p>Website: https://councilforrelationships.org/</p>	<p>Call: (215) 382-6680</p> <p>Client Care Team: (215) 382-6680 ext 1</p>	<ul style="list-style-type: none"> - CFR is currently not in network with any insurance plans. - Offers a sliding fee scale based on income - no one is turned away due to financial limitations. - CFR interns provide therapy for \$15 to \$45 per hour. - Fees for staff therapists can start as low as \$50/hour and increase accordingly based on the licensure status, training, and experience level of the staff clinician. 	<ul style="list-style-type: none"> - Women’s Psychological Health Services: Postpartum, Pregnancy, Pregnancy Loss, Fertility, Premenstrual Syndromes, Menopause, Cancer - Other Services Include: Individual Therapy, Couples Therapy, Family Therapy, Specialties
<p><u>Postpartum Stress Center</u></p> <p>Main Office: 1062 Lancaster Ave #2 Bryn Mawr, PA 19010</p> <p>Website: https://www.postpartumstress.com/</p>	<p>Call: (610) 525-7527</p> <p>E-mail: info@postpartumstress.com</p>	<ul style="list-style-type: none"> - Accepts most major insurances. - Please note that the senior therapists do not participate with health insurance plans. They are considered to be an “out-of-network” providers. 	<ul style="list-style-type: none"> - The Center provides support and treatment for the pregnant or postpartum woman and her family as well as guidance for her treating physician or therapist. - List of services offered can be found at: https://postpartumstress.com/about/services/

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<p><u>Caring Together Program*</u></p> <p>Department of Psychiatry at Drexel University College of Medicine: 4700 Wissahickon Avenue Building C, Suite 102, Philadelphia, PA 19144.</p> <p>Website: https://drexelmedicine.org/patient-services/the-caring-together-program/</p> <p><i>*This is a program for individuals with current or previous substance use disorders</i></p>	<p>Call: (215) 967-2130</p>	<p>Eligibility requirements:</p> <ul style="list-style-type: none"> - 18+ years old - Participating in Philadelphia Medicaid (unless using private insurance) - Identify as a woman - Must have a substance use disorder, or have used substances in the past and are at risk of relapse 	<ul style="list-style-type: none"> - Caring Together offers a safe recovery environment and is especially beneficial to those who are pregnant or parenting, members of the LGBTQI+ community, and survivors of abuse, as well as anyone experiencing mental health challenges or domestic violence.
<p><u>Postpartum Depression Philly</u></p> <p>On this website you will find resources and tips for dealing with postpartum depression as well as suggestions for how to help a loved one dealing with postpartum depression.</p> <p>Website: https://ppdphilly.com/</p>	<p>N/A</p>	<p>N/A</p>	<ul style="list-style-type: none"> - The “Baby Blues” & PPD - How Can I Get Help? - PPD Resources - Helping a Loved One - PPD Awareness Video

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<p><u>Postpartum Support International</u></p> <p>Provides callers with local resources, including emergency services.</p> <p>Website: https://www.postpartum.net/</p>	<p>Helpline: 1 (800) 944-4773</p> <p>Text Line: “Help” to 800-944-4773</p> <p>Text en Español: 971-203-7773</p>	<p>N/A</p>	<ul style="list-style-type: none"> - Support Volunteer program - Peer Mentor Program - Find trained perinatal mental health providers - Online Support Group - Chat with an Expert - Información en Español
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Other Mental Health Providers (not postpartum-specific)			
Provider Name & Basic Info	Appointment & Contact Info	Insurance Accepted	About & Other Services
<p><u>Community Behavioral Health (CBH)</u></p> <p>Main Office: 801 Market St, 7th Floor, Philadelphia, PA 19107</p> <p>Website: https://cbhphilly.org/</p>	<p>Call Member Services: 1 (888) 545-2600</p>	<ul style="list-style-type: none"> - If you are enrolled in Medicaid, you are likely a Member of CBH. - Call Member Services for assistance. 	<ul style="list-style-type: none"> - CBH is Philadelphia County’s managed care organization for behavioral health. - CBH will assist you with getting connected to a service provider in your network.
<p><u>COMHAR</u></p> <p>COMHAR Central Administration: 100 West Lehigh Avenue Philadelphia, PA 19133</p> <p>Mental/Behavioral Health The Welcome Center: 2055 E. Allegheny Avenue Philadelphia, PA 19134 Phone: (215) 427-5800</p> <p>Children’s Services: 401 East Hunting Park Avenue Philadelphia PA, 19124 Phone: (215) 427-5750</p> <p>Intellectual/Developmental Disabilities</p>	<p>Call Central Registration: (267) 861-4382</p>	<p>Medical Assistance programs</p>	<ul style="list-style-type: none"> - Outpatient Treatment & Counseling Services - Services for Children & Families - Psychiatric Rehab - Targeted Case Management - Intellectual & Developmental Disabilities - Mental Health Residential Services - Latino Treatment Services - LGBTQIA+ & HIV/AIDS

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<p>Vanderwoude Center: 3825 Whitaker Avenue Philadelphia, PA 19124 Phone: (215) 425-9212</p> <p>Latino Treatment Services: 2600 N. American Street Philadelphia, PA 19133 Phone: (215) 739-2669</p> <p>LGBTQI HIV/AIDS Outreach: 100 South Broad Street Suite 1430 Philadelphia, PA 19110 Phone: (215) 569-8414</p> <p>Clubhouse 3147 Emerald Street Philadelphia PA ,19134 Phone: (215) 427-5763</p> <p>Website: https://comhar.org/</p>			
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<p><u>Intercultural Family Services</u></p> <p>Main Office: 4225 Chestnut Street Philadelphia, PA 19104</p> <p>Intercultural Behavioral Health Center – West: 4254-56 Chestnut Street Philadelphia, PA 19104</p> <p>Intercultural Behavioral Health Center – South: 2317 South 23rd Street Philadelphia, PA 19145</p> <p>Website: https://ifsinc.org/</p>	<p>Main Office: (215) 386-1298 24 Hours</p> <p>Intercultural Behavioral Health Center – West: (215) 386-8490 24 hours</p> <p>Intercultural Behavioral Health Center – South: (215) 468-4673</p> <p>E-mail: ifsinc@ifsinc.org</p>	<ul style="list-style-type: none"> - Medicaid and Medicare, other insurance that covers behavioral health services, or self-pay. <p>To check if your insurance plan is accepted, contact the office.</p>	<ul style="list-style-type: none"> - Outpatient Services - Intensive Behavioral Health Services - Family Based Mental Health - Family Functional Therapy - Community Enrichment – Basic Needs Services - Prevention Services - Truancy Prevention & Therapeutic Services - Family Empowerment & Education Initiatives - Intensive Home & School Based Services
<p><u>Center for Families & Relationships (CFAR)</u></p> <p>7901 Bustleton Avenue, Suite 300 Philadelphia, PA 19152</p> <p>Website: https://www.cfarounseling.org/</p>	<p>Call: (215) 537-5367</p> <p>E-mail: cfar@cfarcounseling.org</p>	<ul style="list-style-type: none"> - Medicaid (CBH, Magellan) - CFAR does not take commercial/private insurance - Self-pay options available (\$50 - \$110) 	<ul style="list-style-type: none"> - Services Include: Individual Therapy, Family Therapy, Couples Therapy, Parenting Groups & Co-Parenting Sessions, Group Therapy, Art Therapy, Play Therapy, Psychiatric Evaluations, Medication Management

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<p><u>Citywide Community Counseling Service</u></p> <p>Main Office: 537 E Allegheny Ave, Philadelphia PA, 19134</p> <p>Website: https://citywideccs.org/</p>	<p>Call: (215) 291-9500</p> <p>E-mail: services@citywideccs.org</p>	<ul style="list-style-type: none"> - Contact for more information 	<ul style="list-style-type: none"> - Services Include: Psychiatric Evaluation, Medication Follow-up, Laboratory Services, Individual Therapy, Family Therapy, Group Therapy, Evaluation by Licensed Psychologist, Psychological Testing, Social Services, Sexual Dysfunction Therapy, Depression due to Medical Problems, Dysfunctional Families, Juvenile Delinquency, Anger Management, Domestic Violence Dual Diagnosis
<p><u>Hispanic Community Counseling Service</u></p> <p>1952 E. Allegheny Avenue Philadelphia, PA 19134</p> <p>3219-21 Kensington Avenue Philadelphia, PA 19134</p> <p>Website: https://hccsphila.org/</p>	<p>E Allegheny Ave location: (215) 291-8151/ -8152/ -8154</p> <p>Kensington Ave location: (215) 425-6900</p> <p>Crisis Hotline: (215) 685-6440</p>	<ul style="list-style-type: none"> - Clinic fees are based on a sliding scale. The amount paid depends on your income. - HCCS is an approved provider for Medicaid and Medicare 	<ul style="list-style-type: none"> - Adults & Elderly: individual therapy, family therapy, group therapy, other services - Children, Youth & Families: children’s services (5 – 12 years old), youth services (13 – 17 years old), parent counseling and guidance group
<p><u>La Puerta Abierta*</u></p> <p>Main Address: 2141 N Howard St, Philadelphia, PA 19122</p> <p>Website: https://lpa-theopendoor.org/</p>	<p>Call: 267-245-0145</p> <p>Email: info@lpa-theopendoor.org</p>	<ul style="list-style-type: none"> - Free services, no insurance needed - Eligibility for individual and family counseling: Immigrant community members <u>must meet two or more of the following criteria:</u> 	<ul style="list-style-type: none"> - Individual, Family, and Group Therapy for members of the immigrant community - Youth Programming - Special Initiatives

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<p><i>*Provides access to mental health care for members of the Latino immigrant and refugee community.</i></p>		<ul style="list-style-type: none"> - Spanish/non-English speaking - Lack insurance, legal documents to access counseling services elsewhere - Unable/unwilling to access counseling services in the larger service delivery system due to a variety of other factors. 	
<p><u>Einstein: Mental & Behavioral Health Services</u></p> <p>Einstein Medical Center: Philadelphia 5501 Old York Road Philadelphia, PA 19141 Phone: 215-456-7890</p> <p>Einstein Healthcare Network: Germantown 5753 Wayne Avenue Philadelphia, PA 19144 Phone: 215-848-8800</p> <p>Einstein Crisis Response Center: 5501 Old York Road Philadelphia, PA 19141 Phone: 215-951-8300</p>	<p>Main Number: 1-800-Einstein</p> <p>Outpatient Services: 215-456-9850</p> <p>Inpatient Admissions: 215-456-3209</p> <p>LGBTQ+ outpatient care: 215-420-0989</p> <p>24-Hour Emergency Care: 215-951-8300</p>	<p>Call 1 (888) 400-5717 for information and assistance from the Patient Accounts and Healthcare Access Department.</p>	<ul style="list-style-type: none"> - Wide range of outpatient mental and behavioral health services. - Specialties include: Anxiety, Bipolar Disorder, Borderline Personality Disorder, Depression, Geriatric Mental Health, OCD, PTSD, Schizophrenia, ECT, PE, Neuro Mental Health Clinic, Pride Program LGBTQ+

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<p>Website: https://www.einstein.edu/mental-health</p>			
<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>Website: http://www.jfkbhc.org/</p>	<p>Main Office: (215) 568-0860 Ext. 3342</p> <p>Centro de Servicios Para Hispanos: (215) 427-3400</p> <p>E-mail: JFKInfo@JFKBHC.org</p>	<p>- N/A</p>	<ul style="list-style-type: none"> - Community Integrated Recovery Centers (CIRC) - Outpatient Services - Emergency Services - Case Management Services - Residential Services - Medication Assisted Treatment - Support Groups
<p><u>Spectrum Health Center</u></p> <p>Spectrum Community Health Center (SCHC):</p>	<p>Appointments & Patient Services: (215) 471-2761</p>	<p>- Spectrum Health Center has a Sliding Fee Discount Program</p>	<p>- Various services including: Prenatal services, postpartum exams, prenatal and postpartum massage therapy,</p>

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<p>5201 Haverford Avenue Philadelphia, PA 19139</p> <p>Broad Street Health Center (BSHC): 1415 North Broad Street, Suite 224 Philadelphia, PA 19122</p> <p>Reed Street Health Center (RSHC): 1325 South 33rd Street, Suite 300 Philadelphia, PA 19146</p> <p>Cottman Avenue Health Center (CAHC): 3525 Cottman Avenue Philadelphia, Pa 19149</p> <p>Website: https://spectrumhs.org/</p>		<ul style="list-style-type: none"> - The program can cover you for up to 12 months— a new application is required yearly or when your family size and income changes, whichever is sooner. - This program allows you to see providers at any SHS Community Health Center and offers access to lab, x-rays, and prescriptions at a discount. 	<p>breastfeeding support, & behavioral health services</p>
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Other Resources:

- Philly Loves Families: <https://www.phillylovesfamilies.com/>
- Healthy Minds Philly: <https://healthymindsphilly.org/postpartum-resources/>
- Perinatal Mental Health Alliance for People of Color: <https://pmhapoc.wordpress.com/>
- Black Mamas Matter Alliance (BMMA): <https://blackmamasmatter.org/>
- The Village Connect by Maternal Wellness Village: <https://redcap.templehealth.org/redcap/surveys/?s=4PRHXKKXD3>

HOT & CRISIS LINES:

- Crisis Text Line: Text “START” to 741-741
- Suicide and Crisis Lifeline: Dial 988
- Philadelphia’s Mental Health Delegate Line: 215-685-6440
- NAMI Philadelphia WARMLine: 267-687-4381 and dial 1 **Available Monday – Friday, 4:00 pm – 7:00 pm.*

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Adult Crisis Response Centers in Philadelphia:

- Temple/Episcopal Hospital
215-707-2577
100 E. Lehigh Avenue, Philadelphia, PA 19125
- Einstein Medical Center (Germantown Community Center)
215-951-8300
1 Penn Boulevard, Philadelphia, PA 19144
- Friends Hospital Crisis Response Center
215-831-2600
4641 Roosevelt Boulevard, Philadelphia PA 19124
- Mercy Hospital
215-748-9525
501 S. 54th St. Philadelphia, PA 19143
- Pennsylvania Hospital
215-829-5433
8th and Locust Street, Philadelphia, PA 19107
(Hall Mercer CMH/MRC)