

Torresdale Pediatrics
Resources for Postpartum Depression



Emergency	National Suicide Prevention Lifeline	Suicide Prevention Hotline	National Postpartum Depression Hotline
911	1-800-273-8255	1-800-SUICIDE	1-800-PPD-MOMS
Philadelphia Area Centers	Locations	Contact Information	Additional Information
Penn Center for Women’s Behavioral Wellness University City and Washington Square	3535 Market St., Rm 3079A, Philadelphia, PA 19104 and Maternal Fetal Medicine 800 Walnut Street Philadelphia, PA 19107	Phone: 215-573-8886 Fax: 215-573-8881 Email: pcwbw@med.upenn.edu www.med.upenn.edu/womenswellness	Aetna , Medicare, Medicaid (Philadelphia county only): Community Behavioral Health, Keystone First, Health Partners, United Healthcare, United Community Plan, Aetna Better Health
The Center For Postpartum Depression	8611 Germantown Ave, 2nd Floor, Philadelphia, PA 19118 and 2400 Chestnut Street Apt. 2203, Philadelphia, PA 19103	Phone: 215-247-2114 Phone: 215-561-6381 www.postpartumcenter.com	Provide free phone consultation and referral. Provide services to parents, regardless of ability to pay. Also has an online assessment tool to see if professional assistance is needed.
The Postpartum Stress Center Rosemont Plaza and Mainline	1062 Lancaster Ave, Ste. 2, Rosemont, PA 19010 and 237 Lancaster Ave, Ste. 231, Devon, PA 19333	Phone: 610-525-7527 Fax: 610-525-3997 www.postpartumstress.com	Accept Personal Choice PPO, Keystone, Aetna, Amerihealth PPO/IBC
La Salle University Community Center for Psychological Services	1900 West Olney Avenue Philadelphia, PA 19141	215-951-1006 www.lasalle.edu/counselingservices	Community mental health clinic operated through the Clinical Psychology Doctoral Program of La Salle University. Fee range \$10-\$25.
Women’s Mental Health Associates	255 South 17th Street, Ste. 2701 Philadelphia, PA 19103	215-732-5590 www.womensmentalhealthassociates.com	Postpartum Depression/Anxiety Therapy Group. Mondays, 11am – 12pm
Bucks County Centers	Locations	Contact Information	Additional Information
Mother Bachmann Maternity Center	2546 Knights Road, Bensalem, PA 19020	215-245-4334	Most insurance coverage, including Medical Assistance, Keystone First and several HMOs.
Penndel Mental Health Center (Bucks County residents who are Medical Assistance-eligible)	1517 Durham Road Penndel, PA 19047	Appointments: 215-752-1541 Mental Health Crisis: 215-785-9765 1-877-769-9784 (24 hours toll-free) www.penndelmhc.org	Providers usually accept HealthChoices, Medicare, and other insurance.
Creekwood Center	3941 Commerce Drive Willow Grove, PA 19090	215-481-5450 www.abingtonhealth.org/services-specialties/psychiatry/creekwood-center	Outpatient psychiatric department for Abington Memorial Hospital offers one-on-one individual counseling and psychiatric support.
Postpartum Support International	PA State Co-Coordinators	1-800-944-4PPD www.postpartum.net Erin Saddic, MS 610-931-5547 Yaritza Zayas, MS MFT 856-308-5650	PSI Coordinators provide support, encouragement, and information about perinatal mood and anxiety disorders and can help you connect to your community or internet resources.
Online PPD Support Group		www.ppdsupportpage.com	Offers information, support and assistance to those dealing with postpartum mood disorders, their families, friends, physicians and counselors.