

# Resources for Depression

Learn more information about depression from these leading organizations:

- [National Alliance on Mental Illness](#)
- [National Institutes of Mental Health](#)
- [American Psychological Association \(APA\)](#)
- [WebMD](#)

What can you do if you or someone you know is experiencing depression?

Seeking help if you are experiencing depression is an important step towards getting better. Up to 80% of those treated for depression show an improvement in their symptoms, usually within four to six weeks of beginning medication, psychotherapy, support groups or a combination of these approaches, according to the National Network of Depression Centers.

Use the locators listed below to find a behavioral health professional:

- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [National Network of Depression Centers \(NNDC\)](#)

**Emergency situations:** If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

**National:**

National Suicide Prevention Lifeline..... 800-273-8255  
National Hopeline Network.....800-784-2433

**Local:**

Philadelphia Suicide and Crisis Intervention Hotline .....215-686-4420  
Chester County Crisis Intervention Service .....877-918-2100  
Delaware Co. Emergency Psychiatric Crisis Service.....610- 447-7600  
Montgomery County Crisis Hotline.....610-279-6100  
Contact Greater Philadelphia....888-855-5525

## Depression defined:

The National Institute of Mental Health (NIMH) defines depression as a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for weeks or longer. Depression can change or distort the way you see yourself, your life, and those around you. According to the National Alliance on Mental Illness (NAMI), depression affects 5-8% of adults in the United States in any given year. This means that about 25 million Americans could have an episode of major depression this year alone.

## Disorder types:

- Major depressive disorder (MDD)
- Persistent depressive disorder
- Bipolar disorder
- Disruptive mood dysregulation disorder
- Premenstrual dysphoric disorder