

Learn more about postpartum depression from these organizations:

- [Mayo Clinic](#)
- [National Institutes of Health](#)
- [WebMD](#)
- [Centers for Disease Control](#)

What can you do if you are experiencing postpartum depression?

If you think you are in need of support because of postpartum depression, you can find local support coordinators and support groups from:

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

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

Postpartum depression defined:

According to PubMed Health, Postpartum depression is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 3 months after delivery. PsychCentral reports that PPD affects 10-15% of moms. An update has been made to the DSM-V, which no longer recognizes postpartum depression as a separate diagnosis; rather, patients must meet criteria for a major depressive episode, as well as criteria for the peripartum-onset specifier. Thus, one must have a depressive episode with the onset in pregnancy or within about four weeks of delivery.