

# Perinatal Depression Resource Guide



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## Screening for Perinatal Depression



"The vast majority of postpartum women with depression are not identified or treated even though they are **at higher risk for psychiatric disorders**... A lot of women do not understand what is happening to them. They think they're just stressed or they believe it is how having a baby is supposed to feel"

*-Dr. Kathrerine Wisner*

*Director of Northwestern University's Asher Centre for Research and Treatment of Depression*

Screening Tool	Number of Items	Time to Complete (Minutes)	Sensitivity and Specificity	Spanish Available
Edinburgh Postnatal Depression Scale*	10	Less than 5	Sensitivity 59-100% Specificity 49-100%	Yes
Postpartum Depression Screening Scale*	35	5-10	Sensitivity 91-94% Specificity 72-98%	Yes
Patient Health Questionnaire 9*	9	Less than 5	Sensitivity 75% Specificity 90%	Yes
Beck Depression Inventory	21	5-10	Sensitivity 47.6-82% Specificity 85.9-89%	Yes
Beck Depression Inventory-II	21	5-10	Sensitivity 56-57% Specificity 97-100%	Yes
Center for Epidemiologic Studies Depression Scale*	20	5-10	Sensitivity 60% Specificity 92%	Yes
Zung Self-rating Depression Scale	20	5-10	Sensitivity 45-89% Specificity 77-88%	No

*Sauce: <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Screening-for-Perinatal-Depression>*

\*Go to: [www.mededppd.org/screening\\_tools.asp](http://www.mededppd.org/screening_tools.asp) to download



## Risk Factors Checklist



- Being under the age of 20
- Alcohol, drug, or tobacco use
- Having an unplanned pregnancy
- Having mixed feelings about the pregnancy
- A history of depression, bipolar disorder, or anxiety disorders
- Having a close family member with depression
- Experiencing a stressful event during the pregnancy or delivery
- A bad relationship with your significant other
- Being single while pregnant
- Money or housing problems
- Poor family supports

If you have checked *any* of the above boxes, you are at risk for developing Perinatal Depression. You are not alone; approximately 800,000 women are diagnosed with Perinatal Depression each year.

## In-Network Experts

Each provider listed below has a staff member who has participated in the Perinatal Depression Training Institute and has completed the 6-12 month specialized training course. They are all considered experts in Perinatal Depression in Philadelphia.



### [Einstein Medical Center](#)

5501 Old York Road – 215-456-7890

### Hispanic Community Counseling

3156 Kensington Avenue #3 – 215-291-8151

### [Intercultural Family Services, Inc.](#)

4225 Chestnut Street – 215-386-1298

### [Progressions Behavioral Health](#)

330 Henry Avenue #302 – 215-924-0684

### [Stop & Surrender Program](#)

2522 W Huntingdon Street – 215-225-4626

Women's Institute for Family Health

5936 Chestnut Street – 215-747-2391

Stephen and Sandra Sheller 11<sup>th</sup> Street Family Health Services (RHD & Drexel)850 N 11<sup>th</sup> Street – 267-769-1100Asociación Puertorriqueños en Marcha (APM)1900 N 9<sup>th</sup> Street – 267-296-7200Esperanza Health Centers2940 N 5<sup>th</sup> Street – 215-221-6633

3156 Kensington Avenue – 215-831-1100

4417 6<sup>th</sup> Street – 215-302-3600Warren E. Smith Health System

1315 Windrim Avenue – 215-455-3900

Thomas Jefferson - Family Center

1233 Locust Street – 215-955-8577

COMHAR

100 W Lehigh Avenue – 215-203-3000

Best Behavioral Healthcare

5043 Frankford Avenue – 215-744-4343

Consortium

5501 Chestnut Street – 215-596-8100

Pan American

2561 N Front Street – 215-425-8909

## City Health Centers

Health Center 3  
555 S. 43<sup>rd</sup> Street – 215-685-7504

Health Center 4  
4400 Haverford Avenue – 215-685-7601

Health Center 5  
1900 N 20<sup>th</sup> Street – 215-685-2933

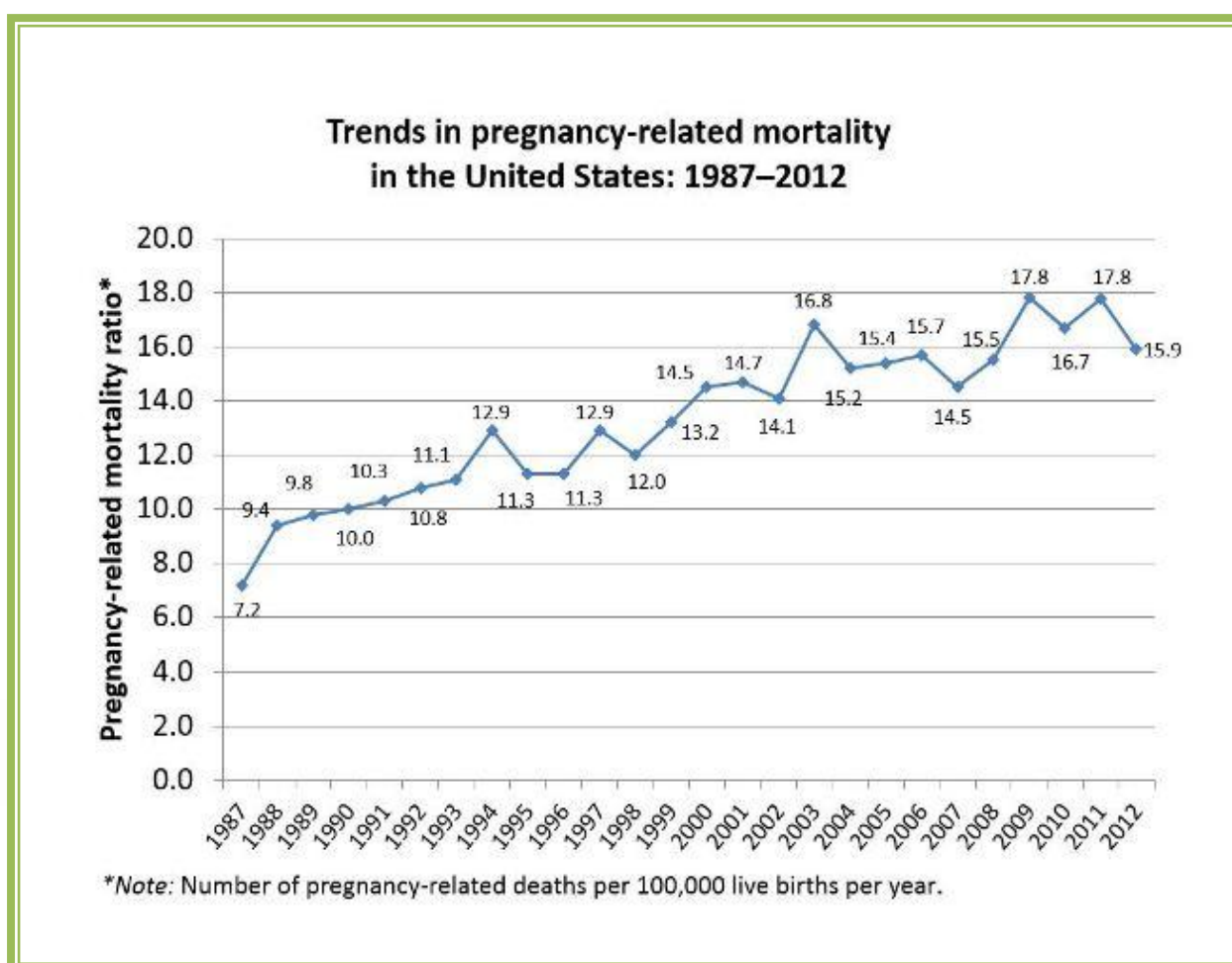
Health Center 6  
301 West Girard Avenue – 215-685-3808

Health Center 9  
131 E. Chelton Avenue – 215-685-5701

Health Center 10  
2230 Cottman Avenue – 215-685-0639

## Why It's Important: Facts about Perinatal Depression

National Survey of Drug Use and Health (NSDUH) data show that "women suffering from depression are at increased risk of substance abuse, developing chronic diseases, and having poorer health" (*Creanga et. Al, 2014*)



"Suicide accounted for about 20 percent of postpartum deaths and is the second most common cause of mortality in postpartum women" *-www.upi.com*



## Resources: During Pregnancy

National Child & Maternal Health Education Program:

<https://www.nichd.nih.gov/ncmhep/MMHM/Pages/index.aspx>

2020 Mom Project: <http://www.2020mom.org/>



Centers for Disease Control and Prevention:

<http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/PMSS.html>

Maternity Care Coalition: [www.MaternityCareCoalition.org](http://www.MaternityCareCoalition.org)

*Cribs for Kids, Early Head Start, Healthy Families America, Healthy Start, HMO Outreach Program, MoMobile, NPhila Breastfeeding Program, Parenting Collaborative Groups, Safe Start for Moms*

## Resources: After the Baby is Born

Postpartum Support International: <http://www.postpartum.net/>

Postpartum Progress: <http://www.postpartumprogress.com/>

The Benefit Bank: [www.thebenefitbank.com](http://www.thebenefitbank.com)

*online resource to help families link to public benefits*

Parent University: [www.philasd.org/parentuniversity](http://www.philasd.org/parentuniversity)

*classes and workshops for parents through the School District*

Community Legal Services: [www.cls.phila.org](http://www.cls.phila.org)

*Free legal services*

Greater Philadelphia Coalition Against Hunger: [www.hungercoalition.org](http://www.hungercoalition.org)

*Emergency food resources and other food programs*

Smoke Free Philly: 215-683-LIVE

Text for Baby: [www.text4baby.org](http://www.text4baby.org)

*Free weekly text messages to help mothers through pregnancy and through baby's first year. Text BABY to 511411 or BEBE for Spanish*

Take Control Philly: [www.takecontrolphilly.org](http://www.takecontrolphilly.org)

*Information on STDs and safe sex*



**Baby Blues****OR Postpartum Depression**

Weepiness/crying for no  
apparent reason

Difficulty sleeping, insomnia,  
exhaustion

Feeling "I'm not like myself" or  
"this isn't me"

Lack of energy

Impatience

Low sex drive

Irritability

Changes in appetite, weight  
loss, weight gain

Restlessness

Weepiness, excessive worry,  
agitation, anxiety

Anxiety

Feelings of inadequacy,  
hopelessness, despair

Sadness

Guilt, sadness, fear of being  
alone

Mood changes

Irritability

Poor concentration

Difficulty concentrating,  
panic, anger

Scary thoughts about baby,  
over-concern for baby's  
health