

Resources for Fathers

Mental Health Treatment Resources

Behavioral Health Treatment Services Locator can help find local treatment providers by a simple ZIP code search.
<https://findtreatment.samhsa.gov/>

Kansas Community Mental Health Centers (CMHCs) serve as the community-based public mental health services safety net. This means services can be provided regardless of an individual's ability to pay. CMHCs can provide evaluation and diagnostic, medication management, psychotherapy, case management, and 24-hour emergency (crisis) support services. There are 26 CMHCs across the state; view the CMHC Map to find the CMHC in your area.
<http://www.acmhck.org/wp-content/uploads/2018/01/CommunityMentalHealthCentersofKS-Revised-1-10-18.pdf>

If you are feeling overwhelmed, not sure where to start, or are nervous about your first appointment, dedicate some time to reviewing A Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services. While intended for individuals with health insurance, there is helpful information for anyone seeking behavioral health services and supports.

<https://www.cms.gov/files/document/roadmap-behavioral-health-updated-2019pdf>

Support Resources

Bootcamp for New Dads is a best practice workshop to help fathers gain the tools and confidence they need during their fatherhood journey. The online workshops are for men expecting their first child.
<https://www.bootcampfornewdads.org/>

The Center for Men's Excellence, a social network that also offers advice and videos for fathers.
<https://www.menexcel.com/advice-for-new-dads/>

Life of Dad offers fatherhood support groups for all dads, single dads, geek dads, and expectant dads.
<https://www.LifeOfDad.com>

Padre Cadre is a "just for dads" social support network dedicated to connecting fathers with fathers and other resources to help make the most out of the fatherhood journey.
<https://www.padrecadre.com>

Postpartum Men provides information for fathers hosts an online forum for fathers to connect with each other.
<http://postpartummen.com/>

Postpartum Support International (PSI) aims to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide. PSI offers several support services, including the following for dads:

- **Helpline:** You are not alone, and you are not to blame. PSI is here to help. You will get better. Call 1-800-944-4773 or Text 503-894-9453
<https://www.postpartum.net/get-help/help-for-moms/>
- **Chat with an Expert:** "Chat for Dads" is available for fathers, partners, other support people, and professionals to find answers and support from an expert – and from other men. You'll find honest and compassionate talk about the adjustment to parenthood, information about how fatherhood can affect you, and some helpful advice. To participate, call 1-800-944-8766 and use code 73162# at 7:00pm on the first Monday of every month.
<https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

- Support Coordinators are available in all fifty states and in forty other countries. The PSI Kansas Support Coordinators can help guide you through the process of finding a professional near you with expertise and experience in treating perinatal mood disorders, including paternal depression.
<https://psichapters.com/ks/#get-help>
- Tips for taking care of your stress and emotions.
<https://www.postpartum.net/get-help/family/tips-for-postpartum-dads-and-partners/>
- Video testimonials from dads who have experienced postpartum anxiety and depression.
<https://www.postpartum.net/news-and-blog/ifmhd/>

Educational Resources

National Institute of Mental Health (NIMH) offers information about mental health, including a publication on Men and Depression.

https://www.nimh.nih.gov/health/publications/men-and-depression/mendepression-508_142046.pdf

Pacific Postpartum Support Society offers Tips to Help Dads Deal with Postpartum Depression and Anxiety.

<http://postpartum.org/services/dads/tips-help-dads-deal-ppda/>