

Mental Health for Fathers

FACTS

- **1 in 10** father's will experience depression or anxiety during their partner's pregnancy or in the first year of their infant's life.
- Untreated mental health in fathers can have long-term impacts on themselves and their children.
- Men are more likely to talk about physical symptoms before talking about emotional distress.

RISK FACTORS

- If your partner is experiencing anxiety or depression, you are at higher risk.
- Life stress like losing a job or relationship.
- Concerns about the pregnancy or for your infant like medical concerns, feeling unprepared, or concerns for your partner's health and wellbeing.

SYMPTOMS

Can look or feel like:

- Anger, Irritability, Frustration, Aggression
- Changes in your sleeping or eating not related to caring for baby or partner
- Restlessness
- Headaches
- Feeling overwhelmed, invisible, trapped, or helpless

You are Not Alone!

Hear from other dads at: <https://postpartum.net/join-us/ifmhd/>



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Get Help **NOW** for Yourself or Your Partner!

- **Suicide and Crisis Lifeline**
 - Call or text 988, available 24/7
- **National Maternal Mental Health Hotline**
 - For moms and dads, call or text 1-833-853-6262, available 24/7.
 - Interpreters are available for 60 languages
- **Eskenazi Health Crisis Line**
 - Call 317-880-8485
- **St Vincent Stress Center**
 - Call 317-338-4800

Mental Health Resources

- **Postpartum Support International**
 - Go to www.postpartum.net/get-help/help-for-dads/ or Call 1-800-944-4773 or text HELP to 800-944-4773; Para Español, text 971-203-7773
- **Marion County Public Health Department Social Work**
 - Social workers are available for free support around mental health, resources, and referral needs. Call 317-221-2364
- **Bravee Inc.**
 - Free support groups for men in the Indianapolis area. Visit <https://braveeinc.org>
- **Family and Community Partners**
 - Email Dr. Adams at drpadams@familyandcommunitypartners.com for information on free support groups and info sessions focused on men's mental health or visit <https://fcprindy.org/>.

For Additional Dad Support

- www.dopeblackdads.com
- www.lifeofdad.com
- **Fathers & Families**
 - Parenting, job readiness, and education support. Call (317) 921-5935 or go to www.ffcindiana.org

Resources for Parents Experiencing Grief & Loss:

Amos' Anchors

www.amosanchors.org



Home Visiting

Several local home visiting programs can also support dads. Contact My Healthy Baby at 844-624-6667 to be connected with a FREE program that may be a good fit for you and your family. Programs include Healthy Families, Nurse Family Partnership, Healthy Start, Parents as Teachers, and WeCare.

