

Support for Dad

Did you know?

- 1 in 10 dads experience postpartum depression
- 5-15% develop an anxiety disorder at some point during the pregnancy or the first year postpartum

You are not alone

If you need immediate mental health help, call 988 or go to the nearest emergency room.



Where can I get help?

-Talk to your medical provider about options

-Postpartum Support International offers a free virtual Dad Support Group every Friday! This online group offers support for dads from pregnancy through toddler years. Here you will find encouragement, practical tools, and a reminder that you're not alone.

-Amos' Anchors offers support to fathers experiencing pregnancy loss, stillbirth, and infant loss. This group offers in person men's group meetings in Indianapolis and Greenwood as well as monthly ZOOM meetings.

- If you are a dad who is looking for support and a way to make memories with your child, try Dad Camp. With multiple locations throughout Indiana, they offer a supportive atmosphere with fathers of all backgrounds.

*Eligible for children in grades 1-5

*Does have an associated cost for the program

