

Paternal Mental Health Resources



ACCESS CENTER

If you're a father feeling overwhelmed or struggling with your mental health, you're not alone. Call **1-800-854-7771**—available **24/7**—for immediate support, including crisis teams, referrals, interpreter services, transportation, and access to psychiatric care.

Postpartum Support International (PSI)

PSI offers free, confidential support for fathers and partners. Call **1-800-944-4773** (#1 for Spanish, #2 for English, 8 AM–11 PM EST) or text “Help” to **800-944-4773** (English) or **971-203-7773** (Spanish). You're not alone—your mental health matters.

Fathers Support Hub

Offers support groups, workshops, self-care strategies, and connections to mental health professionals tailored for fathers. ([Link](#))

Love, Dad

A project of Community Partners, Love, Dad promotes inclusive, family-centered programs and practices in mental health, education, and child welfare. ([Link](#))

Black Infants & Families

Engages Black fathers through initiatives like the Black Daddy Dialogue and Expecting Fathers Group, aiming to reduce maternal and infant mortality rates in the Black community. ([Link](#))

Fundamentals of Fatherhood

Works to improve father child bonding, co-parenting, economic stability and mobility. It offers Life Coaching, the Nurturing Fathers parenting program in 10 weekly sessions and employment development. ([Link](#))

Children's Institute

Project Fatherhood: Provides free support groups and parenting education for fathers, with multiple locations across LA County. ([Link](#))

SHIELDS for Families Fatherhood Program

Offers culturally responsive support groups and educational services for fathers in Lynwood. ([Link](#))

Friends Outside Los Angeles County (FOLA)

Focuses on rebuilding father-child relationships for formerly incarcerated fathers in Huntington Park ([Link](#))

Eisner Health Fatherhood Program

It is a free and confidential 12-week program for fathers, stepfathers, relative caregivers and foster parents of children of any age. ([Link](#))
