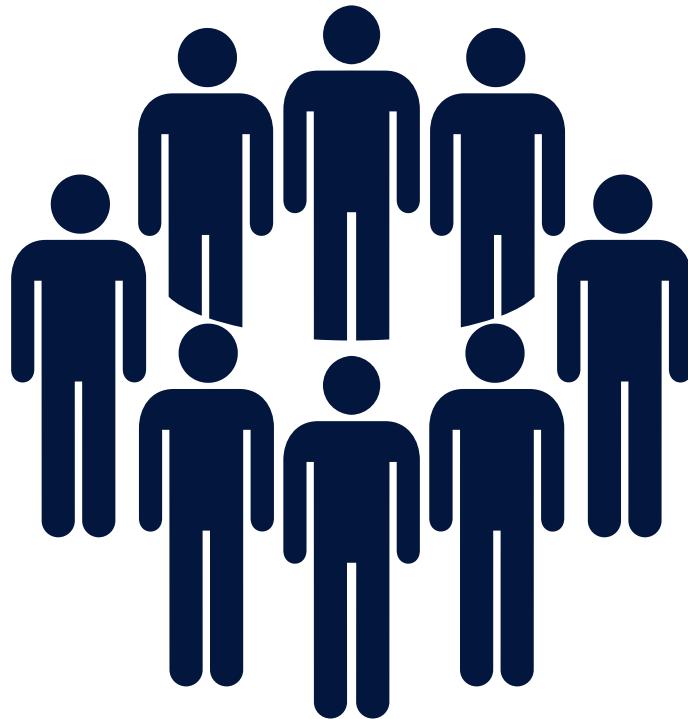


# **Community Resources: Paternal Mental Health**



Provided by  
Lone Peak Hospital Social Work Department  
11925 State Street, Draper, UT 84020  
801-545-8446

# Local and National Crisis Resources

If you feel unsafe or in danger, it is important to call 911 for emergency assistance.

Postpartum Support International (PSI) Help Line:

(800) 944-4773

Services are available in English and Spanish. On this HelpLine, you can text OR call to leave a confidential message at any time, and a trained and caring volunteer will return your call or text. Volunteers are available to listen, answer questions, offer encouragement and connect you with local resources as needed.

Text en Español: 971-203-7773

National Maternal Mental Health Hotline

1-833-852-6262 (TLC-MAMA)

24/7, free, confidential hotline for pregnant/new moms and their support system (including dads!). They offer support in English and Spanish, and have interpreter services in over 60 languages. Call or text.

University Of Utah Neuropsychiatric Unit Crisis Line

Call: (801) 587-3000

Free confidential support, including a mobile crisis team (MCOT), who are able to come to a residence when needed.

National Suicide Prevention Lifeline

Call or text: 988

Provides 24/7, free and confidential services for people who are in a suicidal crisis or emotional distress.

Crisis Text Line

Text: "HOME" to 741-741 at anytime, from anywhere in the United States. A trained counselor will respond on a secure platform.

## Crisis Hospitals

If you are in a crisis and feel you need additional support, please visit your local/nearest emergency room or call 911.

Huntsman Mental Health Institute (HMHI)

Services: HMHI provides comprehensive mental health services and psychiatric care, including acute (immediate) mental health issues or crises to individuals on an inpatient basis. During the hospital stay, the goal of HMHI providers is to monitor patients for safety, clarify/determine diagnoses, and create a treatment plan and medication schedule (if appropriate). If you are experiencing/noticing any of the following, please contact HMHI immediately, or call 911

Address: 501 Chipeta Way, Salt Lake City, UT 84108

Phone: (801) 583-2500

LDS Hospital Access Center

Services: The Access Center is an Intermountain Healthcare walk-in center for individuals experiencing a mental health crisis. During your visit, you can expect treatment from licensed behavioral professionals, who will determine and ensure placement at the appropriate level of care, while reducing overall care costs.

Address: 324 9th Avenue, Salt Lake City, Utah 84143

Phone: 801-408-8330

# Local & Virtual Support Groups

## Dad Support Group

Time: Every Friday, time varies

Location: Virtual

Info: [postpartum.net/group/dad-support-group/](https://postpartum.net/group/dad-support-group/)

Postpartum Support International offers a FREE support groups for dads with newborns and toddlers. This group was designed to help dads process their experience together and relate to each other as they navigate the complexities of fatherhood. This group will also provide you with tools/resources.

## The Man Cave- A Man's Group for Perinatal Years

Time: This group will meet on the 2nd Wednesday of each month at 8:00pm, with an additional quarterly meet up.

Location: Zoom online conferencing (Video call optional)

Registration: Call 801-305-3171 to speak to our Client Care Coordinator, or submit an online request to [info@thehealinggroup.com](mailto:info@thehealinggroup.com)

A monthly online meet up for men to improve their ability to support their partner and new baby through understanding postpartum depression and anxiety.

## Perinatal (Pregnancy & Postpartum) Mood Support for Parents

Time: Everyday except Saturdays

Location: Virtual

Info: [postpartum.net/group/perinatal-support-for-parents/](https://postpartum.net/group/perinatal-support-for-parents/)

Postpartum Support International offers this FREE group, led by peer facilitators. The purpose of this group is to help you connect to others parents, talk about your experience and gain helpful tools and resources to help you navigate parenthood.

## Parenting Classes- Just for Dads

Time: Offered periodically, typically on Saturdays (check website listed below for more details on next upcoming class)

Location: Virtual

Info: [menexcel.com/parenting-classes-in-san-diego-for-dads/](https://menexcel.com/parenting-classes-in-san-diego-for-dads/)

The Center for Mens Excellence is based in California, but offers parenting classes for expectant dads. This class is designed to help you connect with other expectant dads around the nation and connect with a "veteran dad" who has been through the class and brings his infant with him. This provides fathers with direct experience in diapering, swaddling, soothing and burping the baby. \$75.00/class.

## Chats for Dads

Time: First Monday of every month- 5pm Pacific, 7pm Central, 8pm Eastern

Location: Virtual by phone call

Info: [postpartum.net/get-help/chat-with-an-expert/](https://postpartum.net/get-help/chat-with-an-expert/)

Dr. Dan Singley is a psychologist who has dedicated research and practice focus on men's mental health during the transition to fatherhood. His goal with providing Chats for Dads is to provide FREE space for dads, partners, extended family members, etc., to find some answers and support from an expert and from other men.

Chat Number: [1-800-944-8766](tel:1-800-944-8766)

Participant Code: 73162#

# Individual Therapists

Anj Lineback, LCSW

Anj has specialized training in perinatal mental health.

She offers in-person and virtual appointments.

(385) 410-4529

[rippleeffectcounseling.com/](http://rippleeffectcounseling.com/)

Geoff Steurer, LMFT

Geoff's focuses in the therapeutic setting include working through men's issues. He is located in St. George, but offers virtual appointments.

(435) 625-1985

[geoffsteurer.com/](http://geoffsteurer.com/)

Jeff Hicken, AMFT

Jeff has training in depression, anxiety, and men's issues, with expertise in parenting and pregnancy, prenatal and postpartum. He offers in-person and virtual appointments.

(385) 213-0247

[arcadiacounseling.com/](http://arcadiacounseling.com/)

Takoma Lindsay, PhD, LAMFT

Takoma has specialty in marital, premarital, trauma and PTSD, and depression with expertise in men's issues and parenting. He is located in Logan, but sees anyone virtually in the state of Utah.

(435) 201-8905

[azurecounseling.com/takoma-lindsay](http://azurecounseling.com/takoma-lindsay)

Travis Sanderson, CMHC

Travis has specialized training in working with men's issues and parenting. He is based out of Kamas and sees clients virtually only.

(801) 797-3679

[expansivehorizons.net/](http://expansivehorizons.net/)

Clair Mellenthin, LCSW, RPT-S

Clair's expertise includes depression and relationship issues with an emphasis in men's issues and parenting. She is based out of Salt Lake City and sees clients in-person and virtually.

(801) 895-4343

[wasatchfamilytherapy.com/](http://wasatchfamilytherapy.com/)

Becky Ivory, LMFT

Becky specializes in trauma/PTSD, marital and premarital, and anxiety with expertise in men's issues and parenting. Based out of Sandy, she sees clients in-person and virtually.

(385) 279-4606

[whitepeakstherapy.com/](http://whitepeakstherapy.com/)

Therapist information was retrieved from [www.psychologytoday.com/us](http://www.psychologytoday.com/us). To find a specialized therapist in your area, visit their website.



# Free Online Support Groups

800-944-4773 | [postpartum.net](http://postpartum.net)



## Mood & Mental Health Support for Moms/Birthing People

- Bipolar Support for Perinatal Moms & Birthing People
- Birth Trauma Support
- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Mood Support for Moms
- Military Moms
- Perinatal Mood Support for Returning Members Only
- Perinatal OCD Support for Moms
- Pregnancy & Postpartum
- Psychosis Support for Survivors (Moms & Birthing People)
- Pregnancy Mood Support Group
- Birth Moms Support Group
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Mindfulness for Pregnant & Postpartum Parents

## Post - Abortion Support

- Post-Abortion Support

## Parenting

- Adoptive & Foster Parent Support for the Early Years
- NICU Parents
- Pregnant & Postpartum Parents of Multiples
- Queer & Trans Parents Support Group
- Single Perinatal Parent Support
- Support of Parents of One to Four-Year-Old Children
- Support for Parents of High Needs Babies
- Dads Group
- Perinatal ADHD Support Group
- Support for Families Touched by Postpartum Psychosis

## Spanish Groups

- Grupo de apoyo gratuito papas
- Grupo de Apoyo para el Embarazo
- Grupo de Apoyo para el Posparto
- Grupo de Apoyou para Padres con Ninos con Necesidades Especiales
- Grupo de Apoyo "Peridida y Duelo"
- Grupo de Apoyo Perinatal
- Grupo de Apoyo "Retos de la Crianza"
- Grupo de Apoyo "Retos de la Fertilidad"
- Grupo para Madres
- Independientes

## BIPOC Groups

- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Black Moms in Loss

## Loss & Grief Support

- Black Moms in Loss
- Early Pregnancy Loss Support for Moms
- Fertility Challenges
- Parenting After Loss
- Pregnancy After Loss Support
- Pregnancy After Stillbirth & Early Infant Loss
- Pregnancy & Infant Loss Support for Moms
- Pregnancy & Infant Loss Support for Parents
- Stillbirth & Infant Loss Support for Parents
- Termination for Medical Reasons
- Pregnancy and Parenting After Termination for Medical Reasons