

DadCare

SELF-CARE GUIDE FOR DADS

DadCare is a self-care guide for fathers featuring local and national resources for dads and their kids related to physical and mental health, wellness, fitness, and nutrition.

STATE & LOCAL RESOURCES

[Men's Health](#) | [Florida Department of Health](#)

[Guide to Outdoor Fitness](#) | [Florida Department of Health - Pinellas Pinellas County Trail](#) | [Pinellas County](#)

[YMCA Fitness Programs](#) | [YMCA of Greater St. Petersburg](#)

[YMCA Fitness Programs](#) | [YMCA of the Suncoast](#)

[Mental Health Support & Local Therapists for Men](#) | [Psychology Today](#)

NATIONAL RESOURCES

[Health Facts for Men](#) | [Men's Health Network](#)

[Health Facts & Tips for Men](#) | [Men's Health Resource Center](#)

[Health & Science for Dads](#) | [Fatherly](#)

[Men's Health Stats](#) | [Centers for Disease Control](#)

[Mental Health for Dads](#) | [Fatherhood.gov](#)

[Ultimate Guide to Dads' Health](#) | [Daddilife](#)

[Chat with An Expert for New Dads](#) | [Postpartum Support International](#)

[Substance Abuse & Mental Health Services](#) | [SAMSA](#)

[Suicide Prevention & Support](#) | [Suicide Prevention Lifeline](#)

[Health Tips for Dads](#) | [Huffington Post](#)

[Fathers' Mental Health Needs Webinar](#) | [University of Texas at Austin](#)

[LaGuardia Cross Opens Up About Dads & Mental Health](#)

