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
- LaQuardia Cross Opens Up About Dads & Mental Health