

# MENTAL AND BEHAVIORAL HEALTH RESOURCES

FOR MEN & FATHERS

Resource list for:

- Fatherhood Practitioners
- Human Services Agencies
- Staff of Health
- Clinicians
- Researchers
- Fathers



National Responsible  
Fatherhood Clearinghouse



FATHERS  
INCORPORATED



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**  
Office of Family Assistance



This resource list is for fatherhood practitioners, fathers, clinicians, researchers, staff of health and human services agencies, and others who are interested in providing support for people with mental health or substance use challenges. The list was compiled based on presentations and discussions at the 2023 National Responsible Fatherhood Clearinghouse (NRFC) Virtual Event.

## GIVING HOPE: SERVING AND SUPPORTING FATHERS WITH MENTAL HEALTH CHALLENGES

The rising epidemic of mental and behavioral health challenges faced by men and fathers has been called a “silent” crisis. Because men’s mental health problems have been stigmatized due to myths and misperceptions, there is often an “empathy gap” that leads to a lack of compassion for the challenges men and boys face. Left untreated, men’s mental health challenges often result in dire consequences for not only fathers but also for the mental health and well-being of their partners and children.

The 2023 event sessions helped attendees understand how mental health challenges impact fathers and families and encouraged practitioners to use recommended resources and strategies to provide culturally responsive treatment for fathers. The list of recommended mental and behavioral health resources is presented here in 6 sections:



- 1 RESOURCES FOR BEHAVIORAL AND MENTAL HEALTH SCREENING**
- 2 CRISIS HELPLINES, SUPPORTIVE HELPLINES, AND TREATMENT FINDER TOOLS**
- 3 RESOURCES FOR MEN AND FATHERS**
- 4 FEDERAL AND NRFC RESOURCES**
- 5 RESOURCES FROM NONGOVERNMENTAL ORGANIZATIONS**
- 6 RESOURCES FOR SPECIFIC HEALTH CONDITIONS**

**IMPORTANT NOTE:** *These screening tools can help fatherhood practitioners and other family support workers identify potential mental health and substance abuse problems, but they are not meant to provide a diagnosis on their own. Most can be self-administered or used by non-health professionals, but they are most effective when administered by a mental health professional. We recommend consultation with a mental health professional for a full assessment and diagnosis.*

### Center of Excellence for Integrated Health Solutions

Provides evidence-based resources, tools, and support for organizations working to integrate primary and behavioral health care.

### Mental Health America

Provides links to [screening tools](#) for [depression](#), [post-traumatic stress disorder \(PTSD\)](#), and [addictions](#), among other mental health conditions. [The MHA test for depression is based on the Patient Health Questionnaire (PHQ-9) and designed for self-screening.]

### National Institute on Drug Abuse

Recommends various evidenced-based [substance use screening and assessment tools](#).

### University of Washington Addictions, Drug & Alcohol Institute

Provides information on [various substance use screening and assessment instruments](#).



## COMMONLY USED SCREENING TOOLS

Several screening tools are commonly used to identify mental health and substance abuse problems among male adults, including fathers. Here are some recommended tools:

### Patient Health Questionnaire (PHQ-9)

A reliable and valid screening tool for depression. It includes nine questions on the frequency of symptoms of depression over the last two weeks and an instruction manual to code, score, and interpret responses. The PHQ-9 can be self-administered.

### Alcohol Use Disorders Identification Test (AUDIT)

A reliable and valid screening tool for alcohol use disorders.

### CAGE

A 4-question nonintrusive screener for alcohol and substance abuse.

### CRAFFT

A substance use screening tool with nine questions for youth ages 12 through 21.

### Drug Abuse Screening Test (DAST)

A reliable and valid screening tool for drug use disorders. It is a 28-item self-report scale that consists of items that parallel those of the Michigan Alcoholism Screening Test (MAST).

### Generalized Anxiety Disorder 7-item (GAD-7) scale

A reliable and valid screening tool for anxiety disorders. It is a seven-item instrument that is used to measure or assess the severity of generalized anxiety disorder. Each item asks the individual to rate the severity of symptoms on a scale of 0 to 3 over the past two weeks. The GAD-7 is designed to be administered by a clinician.

### Michigan Alcohol Screening Test (MAST)

One of the oldest and most accurate alcohol screening tests available, effectively identifying dependent drinkers with up to 98 percent accuracy. Questions on the MAST test relate to the patient's self-appraisal of social, vocational, and family problems frequently associated with heavy drinking. The MAST test can be self-administered and consists of 22 questions.

### Modified Mini Screen (MMS)

Can be administered by a clinician or filled out by patients to screen for various mental health conditions, including depression, anxiety, and PTSD.

### Parental Stress Scale (PSS)

A tool for assessing parental stress levels. The 18-item questionnaire assesses parents' feelings about their parenting role, exploring both the positive and the negative aspects of parenthood.

### Short Michigan Alcohol Screening Test (SMAST)

A 13-item questionnaire that requires a 7th-grade reading level and only a few minutes to complete. It was developed from the Michigan Alcoholism Screening Test.



**1in6**

Provides a 24/7 online ([online.rainn.org](http://online.rainn.org)) and phone (800-656-4673) helpline for men who have had unwanted or abusive sexual experiences. Online support groups are available for men who have experienced sexual abuse or assault, and guidance is also available for their family and friends. The organization name represents the fact that at least 1 in 6 men have been sexually abused or assaulted.

**988 Suicide & Crisis Lifeline**

Connects individuals with crisis counselors for emotional support and other services. People in crisis can dial 988 to talk via web chat, phone call, or text. They can also call 1-800-273-8255.

**American Psychiatric Association**

Provides resources for psychiatrists, individuals, and families, including a [Find a Psychiatrist](#) tool. Psychiatrists are medical doctors specializing in mental health, substance use disorders, and the complex interrelation between mental and physical health.

**American Psychological Association**

Provides resources for practitioners and the public, along with a [Psychologist Locator](#) for anyone seeking psychological services. Unlike psychiatrists, psychologists are not medical doctors, although many hold doctorate degrees, and most cannot prescribe medications.

**Crisis Text Line**

Provides trained crisis counselors to help individuals in moments of need (text HOME to 741741).

**Don't Call the Police**

Provides an online directory of national and local resources that people can contact as alternatives to calling the police or 911 when they face a situation that is best managed by a community-based organization or service. The website includes local mental health alternatives.

**National Drug Helpline**

Provides a free, confidential 24/7 helpline (844-289-0879) to help people suffering from addiction and their loved ones find treatment options.

**National Maternal Mental Health Hotline**

Provides confidential support and resources for expecting and new parents in English and Spanish via the 833-TLC-MAMA (833-852-6262) hotline. Interpreter services are available in over 60 languages and there is a free [Partner Toolkit](#) with social media and print materials to promote awareness and use of the Hotline.

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

Provides tools to help people overcome substance abuse and heal from mental illness. These tools include:

- **[FindSupport.gov](#)**  
Links to help people find resources, explore unbiased information about various treatment options, and learn how to get support for issues related to mental health and substance use disorders.
- **[FindTreatment.gov](#)**  
A confidential and anonymous resource for people seeking treatment for mental and substance use disorders in the United States and its territories.
- **[MentalHealth.gov](#)**  
Basic information about mental health conditions, early warning signs and symptoms, mental health myths and facts, and recovery.
- **[SAMHSA's National Helpline](#)**  
1-800-662-HELP (4357), is a confidential, free information service in English and Spanish for individuals and family members facing mental and/or substance use disorders. The service also provides referrals to local treatment facilities, support groups, and community-based organizations.

### **Black Men Heal**

A website that connects men of color with therapists, life coaches, and other sources of support.

### **Brother, You're on My Mind**

A toolkit by the National Institute on Minority Health and Health Disparities and Omega Psi Phi Fraternity to promote mental health for Black men.

### **Black Emotional and Mental Health Collective**

A national training and grant making institution dedicated to the healing and wellness of Black and marginalized communities. They provide resources such as [Black Masculinity Reimagined](#), a community and skills building program that trains and supports Black men to address mental health and community violence, and [Dear Black Men Affirmations](#), which includes community programs, skill-based trainings, and wellness tools.

### **Face It**

An organization founded in 2009 to help men understand and overcome depression and reduce the rate of male suicide. The organization provides men's support groups, one-on-one peer support, outreach events, public education, and training for mental health professionals.

### **The Good Men Project**

A diverse community of 21st century thought leaders who actively participate in a conversation about how men's roles are changing in modern life—and how those changes affect everyone.

### **HeadsUpGuys**

A website that offers tips and tools to help men manage depression, including a [self-check depression screening tool](#).

### **InnoPsych**

A searchable directory of therapists of color who specialize in men's mental health.

### **Man Therapy®**

An organization that takes a creative approach by using humor to break down social stigmas around seeking help and provides resources for handling stress, anxiety, depression, and trauma. The focus is on preventing suicide for the highest-risk men who often don't seek or receive support.

### **McLean Hospital**

A hospital that provides mental health services in Massachusetts and coastal Maine, along with [informative articles and screening tools](#). One comprehensive article, [Let's Face It, No One Wants to Talk About Mental Health](#), discusses the family's role in mental health stigma, how gender impacts mental health stigma, and what people can do to reduce mental health stigma.

### **Men and Healing: Theory, Research, and Practice in Working with Male Survivors of Childhood Sexual Abuse**

A guidebook for service providers that shares tips and information based on lessons learned from a clinical counseling service for male survivors of sexual abuse or assault in Canada.

### **MensGroup**

Online discussion forums and men's groups that focus on topics such as divorce, depression, and being a parent. There is a fee for participation.

### **Men's Health Network**

A national nonprofit organization that provides resources for men, boys, and their families to promote physical and mental health awareness. The Network also manages [Men's Health Resource Center](#), a website that provides information on mental health and well-being, nutrition, fatherhood, and various health conditions.

### **Movember**

A nonprofit organization focused on raising awareness about men's health issues, helping men cope, and sharing resources to help them live happier, healthier, longer lives.

### **Postpartum Support International**

A Helpline (800-944-4773) for parents, includes a webpage with [Help for Dads](#), and sponsors an annual [International Fathers' Mental Health Day](#) to raise awareness and decrease the stigma that dads often face.

### **Psychology Today**

A search tool that helps men find online or in-person support groups and mental health professionals.

### **SAMHSA**

Various [free resources and brochures](#) for men.

### **Therapy for Black Men**

An organization that works to break the stigma that asking for help is a sign of weakness. They provide a nationwide directory of therapists and coaches who provide judgment-free, multiculturally competent care to Black men.

### **YBMen Project**

A project that sets private, culturally sensitive social media groups on Facebook and Instagram to provide mental health education and social support for young Black men.



## FEDERAL RESOURCES

### [Centers for Disease Control and Prevention](#)

A major operating component of the U.S. Department of Health and Human Services that provides information and resources to help people understand and cope with stress and other mental health concerns.

### [Indian Health Service](#)

A federal health program for American Indians and Alaska Natives that works to ensure that comprehensive, culturally appropriate personal and public health services are available and accessible to American Indian and Alaska Native people.

### [The National Institute of Mental Health](#)

The lead federal agency for research on mental disorders that provides information and resources to help people find help for mental illnesses.

### [U.S. Department of Veteran's Affairs](#)

A federal department that provides information, resources, and counseling services for former and current military service members with posttraumatic stress disorder, depression, grief, anxiety, and other needs.

## NATIONAL RESPONSIBLE FATHERHOOD CLEARINGHOUSE (NRFC) RESOURCES

### [NRFC mental health page](#)

Provides tips and resources for practitioners and fathers who want to learn more about mental health. Resources include the following:

- [Applying Trauma-Informed Care Practices in Fatherhood Programs](#) (2023, forthcoming)
- [Incorporating Trauma-Informed Principles in Fatherhood Research](#) (2023, forthcoming)
- [Giving Hope: Serving and Supporting Fathers with Mental Health Challenges](#) (Virtual Event, 2023)
- [Dealing with Stress and Depression](#) (DADication Mini Discussion Guide, 2022)
- [Depression among Urban Fathers](#) (Research Report, 2016)
- [Understanding trauma-informed programming](#) (Webinar, 2016)
- [Healthy Fathers, Healthy Families](#) (Information Brief, 2015)
- [Let's Talk About Mental Health](#) (Webinar, 2015)
- [Let's Talk About Mental Health](#) (Blog, 2015)



### **Active Minds**

Works to reduce the stigma surrounding mental health and offers information to help people understand signs and symptoms and find help. The website has a page of resources on supporting [Black men's mental health](#).

### **American Foundation for Suicide Prevention**

Works with local chapters to fund research, raise awareness, and provide helpful resources for those affected by suicide. They provide a list of specific resources for [underrepresented communities](#).

### **American Association of Suicidology**

Provides information and resources for researchers, mental health clinicians, public health specialists, school districts, survivors of suicide loss and suicide attempt, and the general public. The website includes a nationwide directory of survivor support groups and suicide prevention and crisis centers.

### **Asian American Psychological Association**

Provides various resources and initiatives to support the education and training of Asian American psychologists and improve mental health services for Asian Americans.

### **Asian Mental Health Collective**

Works to normalize and de-stigmatize mental health within the Asian community and raise awareness about the importance of mental health care.

### **Black Emotional and Mental Health Collective**

Helps remove systemic barriers that Black people experience in accessing or staying connected with emotional health care and provides resources and links to Black therapists across the U.S.

### **Black Mental Health Alliance**

Develops and promotes culturally relevant educational forums, trainings, and referral services that support the health and well-being of Black people. The website includes a database of culturally competent and patient-centered mental health practitioners and behavioral health specialists committed to serving Black communities.

### **Bring Change to Mind (BC2M)**

Works to fight the stigma that surrounds mental illness. The organization creates multimedia campaigns, curates storytelling movements, and develops youth programs to encourage a diverse cultural conversation around mental health.

### **Child Mind Institute**

Provides evidence-based care, delivers educational resources, and trains educators in underserved communities to help children with mental health and learning disorders and their families.

### **HelpGuide**

Provides evidence-based information and self-help tools to help people empower themselves and take the next steps in their mental health journey.

### **Melanin & Mental Health®**

Provides an easy to navigate directory to connect diverse individuals with resources and culturally competent clinicians.

### **Mental Health America**

Includes an extensive, community-based network of mental health organizations and provides mental health information and support..

### **National Alliance for Hispanic Health**

Works with national partners and community-based members who provide services to improve the health and well-being of Hispanics throughout the U.S.

### **National Alliance on Mental Illness**

Provides advocacy, education, and support to help individuals and families affected by mental illness. The website includes a free [HelpLine](#) that provides information and resource referrals.

### **National Asian American Pacific Islander Mental Health Association**

Provides mental health and behavioral services for Asian Americans, Native Hawaiians, and Pacific Islanders.

### **National Child Traumatic Stress Network**

Works to improve access to services for traumatized children and provides online resources for professionals and families who want to learn more about child traumatic stress.

### **National Latino Behavioral Health Association**

Provides a unified national voice for Latino populations in the behavioral health arena and works to bring attention to the significant disparities in access, utilization, practice-based research, and adequately trained personnel.

### **Partnership to End Addiction**

Provides access to a diverse community of researchers, advocates, clinicians, communicators, and others dedicated to addiction prevention, treatment, and recovery.

### **South Asian Mental Health Initiative & Network**

Addresses the mental health needs of the South Asian community in the United States.

### **The Mental Health Coalition**

Shares resources and information to end mental health stigma and change how people talk about and care for mental illness.

### **Therapy for Latinx**

Provides an online database to help Latinx people find mental health professionals in their communities.

### **Anxiety & Depression Association of America**

Helps people learn about and overcome anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and co-occurring conditions.

### **Depression & Bipolar Support Alliance**

Supports people with mood disorders. DBSA provides life-improving education, support, help, and hope for more than 21 million people with depression and bipolar disorder.

### **International OCD Foundation**

Provides resources and support for people living with obsessive-compulsive disorder as well as their loved ones.

### **National Association of Anorexia Nervosa & Associated Disorders (ANAD)**

Provides national assistance and referrals to local resources via the [Eating Disorder Helpline](#) (630-577-1330). The initial call is an intake, and the helpline operator will return calls generally within 24 hours with information relevant to the caller's situation. ANAD also provides other free services, information, and resources for anyone whose lives are touched by eating disorders.

### **National Eating Disorders Association**

Supports people with eating disorders and their family members. The organization helps make care more accessible and seeks to prevent and cure eating disorders. The website includes a screening tool, helpline, and treatment finder.

### **National Institute of Alcoholism and Alcohol Abuse**

Conducts and funds research on alcohol use to improve the diagnosis, treatment, and prevention of alcohol problems and improve people's quality of life.

### **National Institute on Drug Abuse**

Provides reliable information about commonly abused drugs.

### **PTSD Alliance**

Helps people find treatment, resources, and support for post-traumatic stress disorder.

### **Rape, Abuse & Incest National Network**

Operates the National Sexual Assault Hotline (800-656-HOPE).

### **Schizophrenia & Related Disorders Alliance of America**

Works to improve the lives of Americans living with psychotic disorders.