Utah Department of
Health & Human Services
Family Health

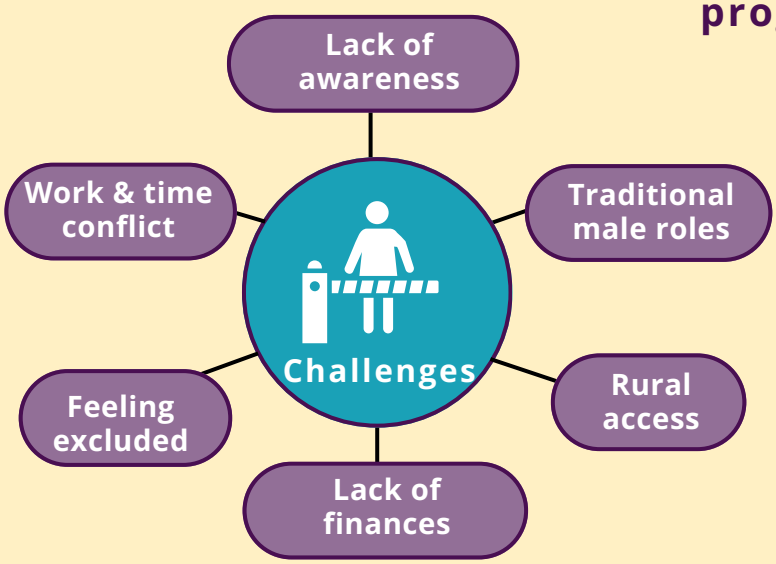
V10.15

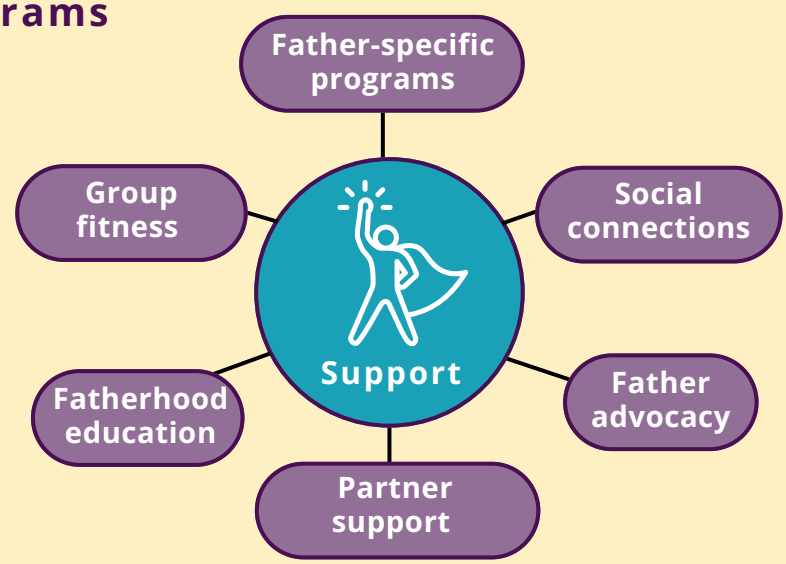
Uplifting fatherhood:

Being a parent isn't easy—and no parent has all the answers or does it right all the time. We're here to help you through fatherhood and support your mental health every step of the way.

1. 1 in 10 fathers experience depression or anxiety during their partner's pregnancy or the first year after the birth of their baby.[1]
2. Soon-to-be and new fathers who experience anxiety or depression often say they feel invisible or unnecessary.[1]
3. About 8-14% of men experience depression at some time during their partner's pregnancy or within the first year after the birth (called postpartum).[2]
4. Up to 18% of new fathers experience anxiety in the weeks before and after the birth of their baby.[2]

Factors that challenge or support father engagement in parenting programs





1. Fact Sheet—Paternal Mental Health. (n.d.). Maternal Mental Health Leadership Alliance: MMHLA. retrieved from https://www.mmhla.org/paternal-mental-health-fact-sheet
2. Parents Under Pressure. (n.d.). Office of the Surgeon General (OSG). (2024). Parents Under Pressure: The U.S. Surgeon General's Advisory on the Mental Health & Well-Being of Parents. US Department of Health and Human Services (US). http://www.ncbi.nlm.nih.gov/books/NBK606667/
3. Seymour, M., Peace, R., Wood, C. E., Jillard, C., Evans, K., O'Brien, J., Williams, L. A., Brown, S., & Giallo, R. (2021). "We're in the background": Facilitators and barriers to fathers' engagement and participation in a health intervention during the early parenting period. Health Promotion Journal of Australia: Official Journal of Australian Association of Health Promotion Professionals, 32 Suppl 2, 78–86. https://doi.org/10.1002/hpja.432

Support for dads:

Head Start
Supports fathers in being active and involved in their children's learning by providing tools and resources for strong family involvement.
https://headstart.gov/

4Kira4Dads
Educates men on maternal health to improve health outcomes and support the mental health of both parents.
https://www.4kira4dads.com/

National Fatherhood Inititative
Provides programs and training to help fathers develop parenting skills.
https://www.fatherhood.org/

Office of Family Assistance
Helps dads build strong relationships with their kids and families and promote financial stability.
https://acf.gov/ofa/programs/healthy-marriage/responsible-fatherhood

Postpartum Support International
Offers support groups, peer mentors, and expert help from trained mental health professionals.
https://postpartum.net/get-help/help-for-dads/