



IECMHC Network

Infant and Early Childhood Mental Health Consultation Network

Connect. Reflect. Grow.

For more information, call our Helpline at 1-877-524-2422 or email us at IECMHCNetwork@wested.org

Connect with a Consultant and other Caregivers!

Consultation can help you increase your understanding of children’s behavior and development, strengthen your relationship with the family, access community connections, and care for yourself.

Why Should I Seek Consultation?

- ▶ Are you feeling burnt out?
- ▶ Do you need additional support in understanding and responding to children’s behavior?
- ▶ Would you like to develop more skills to support children’s social, emotional, and mental health?
- ▶ Do children in your care need help coping with stress and trauma?

Areas of Support

- Focusing on your relationships with the children and families in your care
- Responding to behavior that you may find concerning or challenging
- Caring for children with specific developmental needs
- Promoting your mental health and well-being

How Will Consultation Be Provided?

Virtually, over three months, through a combination of individual and group sessions, with an IECMHC Network consultant.



Am I a Family, Friend, or Neighbor (FFN) Caregiver?

Do you care for the children of a family member, friend, or neighbor on a regular basis? Then you are an FFN!



HELP IS HERE!

The IECMHC Network services are offered at **no cost!** FFNs who participate in our consultation services are eligible to receive a **stipend up to \$175** and a **Connect. Reflect. Grow. Kit.**

To sign up for consultation, [submit a new request form](#). A member from our team will contact you.



To learn more about the IECMHC Network and the various services available to you, visit our website.

