



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

Family, Friends, and Neighbors 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.

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!

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.



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.



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To learn more about the IECMHC Network and the various services available to you, [visit our website](#).

