



## Infant and Early Childhood Mental Health Consultation Network's On-Demand Helpline *Help is Here!*

The Helpline is a toll free number that provides “one-on-one” support to child care and early education providers. Our infant and early childhood mental health specialists or consultants are available for non-emergency guidance.



### The Helpline can support you with:

- Specific questions or concerns related to infant, toddler, and young children’s social, emotional, and behavioral health.
- Meeting the unique developmental, social, emotional, and behavioral health needs of the children in your care.
- Information on local and statewide resources.

### When Can I Call?

Call **1-877-524-2422** Monday through Friday from 8:00 a.m. to 5:00 p.m. to speak to Helpline staff in **English and Spanish**. If a member of our team is unavailable or calls are received after hours, you can expect to receive a call back within 24 hours. **All Helpline calls are confidential.**

It was great to connect with the Helpline; providers are under stress and there are more needs around behavior than there have been in the past. I am happy to see that there is help out there.

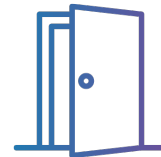
— Administrator



Consultation Services



Helpline



Open-Door Sessions



Communities of Support

For more information about all our services and how to request consultation, please visit the [IECMHC Network website](#).

All services are offered at **no cost** to participants.



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