**Brief Mental Health Consultation**

**Childcare providers:**
- Are you providing licensed childcare?
- Are there stressors impacting your wellbeing, your family, your business and the children in your care?
- Would you like support?
- Are you able to meet virtually? (limited in-person options available)

<table>
<thead>
<tr>
<th>Mental Health Consultation focuses on building adult capacity to support children’s social-emotional development and includes a combination of training, supported skill building, active listening, exploration of the childcare provider's/teacher’s attitudes and beliefs about situations, and problem solving.</th>
<th>The service is provided by licensed mental health professionals throughout Minnesota who have training and expertise in early childhood development, early childhood mental health, family systems and consultation. Consultants honor and promote diversity, equity, and inclusion.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five sessions of 1-2 hour duration are offered to licensed childcare sites. To participate beyond five sessions, a childcare site must be enrolled (or become enrolled) in Parent Aware.</td>
<td>Consultations can be Video or Telephone (limited in-person options), and can be scheduled at any mutually agreed upon time.</td>
</tr>
<tr>
<td></td>
<td>There is no cost for this service.</td>
</tr>
</tbody>
</table>
To sign up for Brief Mental Health Consultation, Email: DHS.ECMH@state.mn.us
Provide the name of your child care and license #.
Attention. If you need free help interpreting this document, call the above number.

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Attention. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu nay miễn phí, xin gọi số bên trên.

For accessible formats of this publication or additional equal access to human services, write to YourOpinionMatters.DHS@state.mn.us, call 651-431-2460, or use your preferred relay service. (ADA1 [9-15])

mn.gov/dhs