



# 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)

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.

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.

**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.

Consultations can be **Video or Telephone** (limited in-person options), and can be scheduled at any mutually agreed upon time.

There is **no cost** for this service.

To sign up for Brief Mental Health Consultation, Email: [DHS.ECMH@state.mn.us](mailto:DHS.ECMH@state.mn.us)  
Provide the name of your child care and license #.



08/2021

# Department of Human Services

651-431-2460

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

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ဝတ်သည့်ဝတ်သားဘဉ်တက့်. ဝဲန့မုလိဉ်ဘဉ်တက့်မၤစၢကလီလၢတက့်ကျိးထံဝဲဒဉ်လံာ် တီလံာ်စီတခါအံၤန့ဉ်,ကိးဘဉ်လီတဲစီနီဂံၢ်လၢထးအံၤန့ဉ်တက့်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງໂທໂທໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bibili.

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Digniim. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, lambarka kore wac.

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