



# The Pennsylvania Key Infant-Early Childhood Mental Health Consultation (IECMHC) IECMHC Virtual Office Hours

## For Early Childhood Education Professionals!

Are you an early childhood education (ECE) professional, looking for support with:  
Helping a child who is struggling with behavior, attachment, peer relationships or emotion regulation?  
Helping teachers and families with self-care, stress, and coping, but not sure what to do next?

IECMH Consultants are available by appointment to provide IECMHC Virtual Office Hours consultation via telephone or video conference to ECE professionals. IECMHC Virtual Office Hours is a short-term, collaborative, problem-solving conversation to help you find next steps for:  
Child Social-Emotional Concerns | Child Behavioral or Developmental Concerns  
Emotional Well-being of Teachers and Caregivers | Partnering with Families

### Who can request *IECMHC Virtual Office Hours*?

Services are available at no cost to families, child care professionals and specialists supporting Keystone STARS child care programs. We invite:

- Teachers, directors, and staff in center, family, and group-based child care programs
- Families with children attending child care programs
- Early Intervention (Birth-3 & 3-5) professionals
- Keystone STARS Quality Coaches
- Mental Health/Behavioral Health agencies
- Home Visiting and Family Support Programs

### How can *IECMH Virtual Office Hours* help your program?

IECMH Consultation helps adults strengthen their relationships with young children and build capacity to respond to children's social-emotional needs. IECMHC can help reduce caregiver stress, as well as increase caregivers' reflective practice skills.

- Figure out what's really going on when a child exhibits challenging behaviors
- Reflect and respond to problem behaviors with the power and impact of nurturing relationships
- Build partnerships with families
- Share community resources
- Consider your next steps and where to go from here

### How can you request an *IECMHC Virtual Office Hours* appointment?

Appointments are held on the first and third Fridays of the month, or other days/times by request. To schedule an appointment, [register here](#) or scan the QR Code.



IECMH Virtual Office Hours is not a crisis hotline. If your question or situation is urgent and requires immediate assistance, dial 911 or contact one of these resources:

- PA Crisis Text Line: Free, 24/7 support for those in crisis. Text "PA" to 741741 to text with a trained Crisis Counselor.
- SAMHSA National Helpline: Confidential, free 24/7 helpline. Call 1-800-662-HELP (4357)
- PA Support & Referral Helpline: Call 1-855-284-2494 or click [Pennsylvania County Crisis Lines](#) for the Crisis Hotline in your county.



Pennsylvania's Infant and Early Childhood Mental Health (IECMH) Consultation is a free resource that supports children's social-emotional development from birth through age five within early learning programs participating in Keystone STARS. [Learn more about Pennsylvania's Infant/Early Childhood Mental Health Consultation Program.](#)

