



COVID-19,



CHILDCARE &



STRESS

Brief Mental Health Consultation (COVID-19 response)

Childcare providers:

- Are you providing licensed childcare for children whose parents are essential workers?
- Is the stress of the pandemic impacting your wellbeing, your family, your business and the children in your care?
- Would you like support?

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.

During the pandemic, **five sessions of 1-2 hour** duration are offered to any licensed childcare sites. To participate beyond five hours, a childcare site must be enrolled (or become enrolled) in Parent Aware.

Consultations can be **Video or Telephone**, 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 teya.dahle@state.mn.us.
Provide your name and license #.

