



## Early Childhood Mental Health Consultation Services (ECMH)

The ECMH team with North Range Behavioral Health wants to be a resource to you during this difficult time, as we are all feeling the impacts of COVID-19. Our team works with families, caregivers, and childcare providers of young children birth to age 6.

### ***We are available by phone or video chat to talk about:***

- **Ways to talk to children about COVID-19**
- **Questions or concerns that are arising in the classroom or home**
- **Stress, worries, or difficulties that you or the children in your care may be experiencing**
- **Support around challenging behaviors, creating routines, and social-emotional development**
- **Resource referral**
- **Any other areas of stress or concern that they would like to talk with someone about.**

***This is an unimaginably stressful situation, and we want you to know that we are here for you.. It is important to remember to be kind and take care of ourselves and we'll get through this together.***

**These services are available to you at no cost.**

**Please do not hesitate to call or email us!**

### **ECMH Team**

Phone: 970-302-0221

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