

Supporting MENTAL HEALTH IN CHILDREN

Understanding and addressing our Mental health is as important as our physical health

What are the Mental Health goals?

To support a child in developing their capacity for experiencing, expressing and regulating their emotions, forming supportive relationships and optimizing healthy learning environments

What can impact mental health in children?

A child's mental health can be impacted by trauma experiences, lack of acceptance in their environment and feeling not good enough or isolated in their emotions.

How to help children have good mental health?

Make Children Feel Comfortable

by providing a sense of comfort children are able to grow with a sense of courage and good social interaction



play with children

Play can develop social and communication skills



Express their feelings

try to express feelings to the closest person by communicating well





Mental Health Consultation is available through the Headstart and Early Headstart Programs.



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The Importance of Mental Health

Promoting resilience and protective factors can increase the success of healthy brain development, establishment of safe and secure relationships and ensuring healthy patterns of positive behavior.

What do we offer you?

The Mental Health Consultant is available to address concerns pertaining to the child and family. Services can include observation, meetings with family and program staff, education and resources, and referral.

