



Social Emotional
Consultation



Big Feelings? Tough Behaviors?

You do not have to figure it out alone.

Young children are still learning how to share, follow routines, manage big feelings, and play with others. Free support may be available through Michigan Social Emotional Consultation Office Hours.

“
Could
Social Emotional
Consultation
Office Hours
help us support
my child?
”

Office Hours are for quick support with things like:

- Big feelings
- Tantrums or meltdowns
- Biting, hitting, or pushing
- Separation anxiety
- Transitions and routines
- Sharing or playing with others
- Questions about what to try next

What are Office Hours?

Office Hours are brief, one-on-one conversations with a Social Emotional Consultant.

You can talk through what is happening, ask questions, and get another perspective. A consultant can help you consider what may be underlying your child's behavior, explore strategies to try, and decide which next steps might be helpful.

What families should know:

- No cost
- No judgment
- No diagnosis
- Support before concerns grow
- Practical ideas and next steps

Want to learn more?

Talk with your child's provider, teacher, home visitor, or program staff. You can ask: "Could Social Emotional Consultation Office Hours help us support my child?"

Office Hours are offered each month.

- 1st Tuesday at 1:00 p.m.
- 2nd Wednesday at 9:00 a.m.
- 3rd Monday at 1:30 p.m.
- 4th Thursday at 4:00 p.m.

All times Eastern.

Need Immediate Help?

Social Emotional Consultation Office Hours are not a crisis or emergency service. If you or someone else is in immediate danger or needs urgent support:

- Call **911** for an immediate emergency.
- Call or text **988** to reach the Suicide & Crisis Lifeline for free, confidential support, 24 hours a day, 7 days a week.
- For additional behavioral health or crisis support, contact your local Community Mental Health agency.

Office Hours are designed for non-urgent questions and support related to young children's social and emotional development, behavior, relationships, and caregiving.



Register here!

To register for Social Emotional Consultation Office Hours, scan this QR code.

Michigan Department of Health and Human Services

Together, we can help young children feel safe, connected, and ready to learn.