



Social Emotional Consultation



We are
here to
support
you!

Need Another Perspective?

Free support for early childhood professionals.

**Big feelings. Tough transitions.
Challenging behaviors. Classroom stress.
You do not have to figure it out alone.**

Michigan Social Emotional Consultation Office Hours

are brief, one-on-one opportunities for early childhood professionals and families to connect with a consultant for quick support, problem-solving, or another perspective.

Office Hours can help when:

- A child is having frequent meltdowns.
- Transitions or routines are not working.
- Biting, hitting, or pushing keeps happening.
- A teacher or provider feels overwhelmed.
- A classroom feels stressful.
- Partnering with a family feels difficult.
- You want support before concerns grow.
- You are not sure what to try next.

What can happen during Office Hours?

A consultant can help you:

- Talk through what is happening.
- Look for patterns in behavior, relationships, or routines.
- Think about what a child may be communicating through their behavior.
- Explore practical strategies and next steps.
- Support staff well-being and reflective practice.
- Strengthen partnerships with families.
- Connect with additional support or resources when needed.



Register here!

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

What providers should know:

- There is no cost to participate.
- Consultation is supportive, reflective, and practical.
- It is not therapy, an evaluation, or a licensing visit, and participating does not impact your child care license or program evaluation.
- You do not need a crisis or referral to reach out. Office Hours can be used before concerns become bigger.
- No interest form needed.
- No ongoing commitment.

Need more support?

Office Hours are a good place to start.

If more support is needed, a consultant can help connect you to ongoing virtual or in-person Social-Emotional Consultation or another resource, when appropriate.

Office Hours are offered each month.

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| • 1st Tuesday at 1:00 p.m. | • 3rd Monday at 1:30 p.m. |
| • 2nd Wednesday at 9:00 a.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.

Michigan Department of Health and Human Services

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