

# The Pennsylvania Key IECMHC Virtual Office Hours

Are you looking for support with:  
Helping your child who is struggling with behavior,  
friendships, or managing their feelings?  
Helping your child with challenging behavior in child care or  
at home, but not sure what to do next?

The Pennsylvania Key Infant-Early Childhood Mental Health Consultation (IECMHC) Program is offering a new service for families: IECMHC Virtual Office Hours



IECMHC Virtual Office Hours is now available to families across Pennsylvania. IECMH Consultants are available by appointment via telephone or video conference. We can offer a listening ear and professional guidance to help you find next steps for:

Child Social-Emotional Concerns | Child Behavioral or Developmental Concerns  
Emotional Well-Being of Caregivers | Parent-Child Care Partnerships

## Who can request IECMHC Virtual Office Hours?

Services are available at no cost to parents, families, child care professionals, and specialists who work with caregivers of children from birth-5 (ex: Early Intervention, Mental or Behavioral Health, Home Visitors).

## How can IECMHC Virtual Office Hours help you and your family?

IECMH Consultation can help caregivers figure out what's really going on when a child has challenging behavior or social-emotional difficulties. Our consultants will help you problem-solve and identify how to respond to challenging behavior in a positive, nurturing way.

- Figure out what your child is trying to communicate through their behavior
- Build your confidence and reduce your stress level
- Encourage partnerships with other adults in your child's life
- Discover community resources
- Consider your next steps and where to go from here



**Scan me!**

## How can you request an IECMHC Virtual Office Hours appointment?

Appointments are held on the first and third Fridays of the month, or other days/times by request.

**[To schedule an appointment, register here.](#)**

IECMH Virtual Office Hours is not a crisis hotline. If your question or situation is urgent and requires immediate assistance, dial 911 or contact one of these resources:

- PA Crisis Text Line: Free, 24/7 support for those in crisis. Text "PA" to 741741 to text with a trained Crisis Counselor
- SAMHSA National Helpline: Confidential, free 24/7 helpline. Call 1-800-662-HELP (4357)
- PA Support & Referral Helpline: Call 1-855-284-2494 or click [Pennsylvania County Crisis Lines for the Crisis Hotline in your county.](#)

