



INFANT MENTAL HEALTH

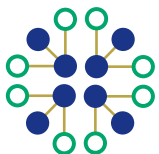
Infant Mental Health services are provided through Community Mental Health for Central Michigan. The program is designed to help parents in the community get off to a good start with their infants and small children. Infant Mental Health Therapists provide support, guidance and information. Infants and children grow and develop in the context of caregiving environments. The early relationships that a child develops with his or her primary caregivers, impacts the child for the rest of his or her life.

Infant Mental Health services help to explore and reduce risks that threatened to weaken the parent child relationship and explore and build on protective factors that strengthen the parent child relationship.

Infant mental health services are offered to families of infants and toddlers, 0 through 3 years of age, when a family member has been diagnosed with a mental illness. Services can begin during pregnancy and are home-based and often involve numerous contacts every month. Infant mental health therapists focus on assisting parents toward a positive relationship with their child, and supporting the parents toward enhancing healthy emotional and physical development of their infant/toddler.

Your Infant Mental Health therapist may provide any or all of the following services:

- Help accessing basic material needs
- Supportive counseling
- Help with life coaching and building stronger social support
- Developmental guidance related to the infant/small child/children
- Infant Parent Psychotherapy – (exploring the parent/caregivers feelings about parenting an about the infant, small child/children)



**Community
Mental Health**
FOR CENTRAL MICHIGAN



989.772.5938 or 800.317.0708