

# Let's keep in touch.

## You help young children rise to their full potential. We're here for you. Reach out for support.

We all have mental health – even babies! And just as we take care of our children's physical health with healthy food, plenty of sleep, and regular check-ups – we must also take care of their mental health by supporting their social and emotional development.

Physical health enables us to have the energy we need to work and live our lives, while mental health allows us to have positive relationships with others, cope with life's challenges, and manage our emotions.

**Being a parent is hard!** We understand that all children act out sometimes by interrupting others, throwing tantrums, and may struggle with following rules. However, when these challenges become severe, we have supports in place to help.

Families in First Class Pre-K have access to a mental health support system. If you are a parent/caregiver of a child attending First Class Pre-K, and you are struggling with behavior challenges, we are here for you.

Mental health consultation is a FREE and confidential resource for you and your child.

## Contact us to see how we can best support you.

Tami Nelson, MA, LPSC

Dallas Rabig, Ph.D., LPC-S, IMH-E® (Clinical Mentor)

Phone: 334-224-3171

OR submit a request using the following link or QR code:

<https://laserfiche.alabama.gov/Forms/ADECE-PGBSR>





**They count on you, and  
you can count on us.**



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