#### **DOES YOUR CHILD SEEM...**

- □ angry or aggressive
- □ sad, withdrawn
- □ anxious and/or worried
- □ irritable/upsets easily

#### DO THEY...

- □ have problems at preschool/ childcare
- □ hurt themselves or others (hitting, biting, etc.)
- □ have trouble calming down
- □ have severe temper tantrums
- □ cry uncontrollably

#### ARE YOU...

- □ tired all the time
- □ missing appointments
- □ not interested in playing, interacting with your child
- □ nervous, stressed, worried
- □ overwhelmed
- concerned about changes in your child's behavior

Many of these behaviors are normal. When the behavior becomes frequent and/or difficult to cope with your daily life, this is a concern. Providing emotional support and teaching children how to express and control their feelings can prevent these problems from getting worse.

If you checked one or more boxes above, please contact one of the many resources available in our community for help.

IT'S OK TO ASK.

Still have questions or need additional help?

CALL Connecting Point 316.267.3535



www.RainbowsUnited.org

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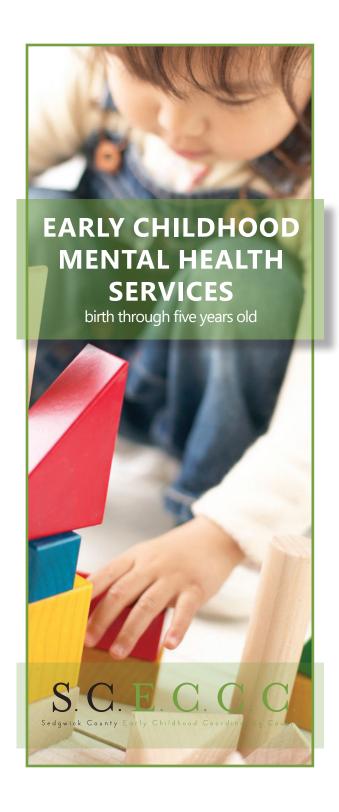
SUPPORTING CHILDREN AND FAMILIES
THROUGH COMMUNITY COLLABORATIONS

#### **Early Childhood Mental Health Committee**

A workgroup of the Sedgwick County Early Childhood Coordinating Council

For more information on early childhood mental health, please visit:

zerotothree.org childtrauma.org kaimh.org



#### **Parenting Education & Groups**

**Cana Counseling Center** 263.6941 **FCS Counseling** 264.8317

Kansas Children's **Service League** 

942.4261

**Wesley Medical Center Family Life Education** 

962,2290

Complete listing: supportgroupsinks.org

For more resource and referral options, call Connecting Point 267.3535. United Way 2-1-1, or 1.800.children



## **Early Childhood Mental Health**

CENTER ON FAMILY LIVING friends.edu/center-family-living 295.5638

Therapeutic services

Ages Served: 2-5-years-old\*

#### COMCARE CHILDREN SERVICES sedgwickcounty.org/comcare

660,9600

Therapy, medication evaluations, psychosocial groups, case management, attendant care, Proud of Me therapeutic preschool, parent support services •

Ages Served: 3 to 5-years-old\* (SED waiver at 4)

# KANSAS CHILDREN'S SERVICE LEAGUE

Therapy, medication management, psychological evaluations •

Ages Served: prenatal to 5-years-old

Support groups for grieving children Ages Served: 3 to 5-years-old\*

# **Early Childhood Mental Health,**

# MENTAL HEALTH ASSOCIATION mhasck.org

685,1821

Therapy, medication evaluations, case management, attendant care, parent support services ♦

Ages Served: 3 to 5-years-old\*

#### PRAIRIE VIEW, INC. prairieview.org

634,4700 or 729,6555

Outpatient therapy, medication evaluations and management, schoolbased services, case management, parent support services, psychological evaluations, developmental screens, summer preschool ♦ ■

Ages Served: birth to 5-years-old\*

### Rainbows United, Inc. Rainbows United.org

Mental Health

558.3420

Assessment, therapy, child care consultation, parent support ♦ Ages Served: birth to 5

• Connecting Point/ Screen for

**Success** (sponsored by Rainbows United & USD 259)

267.3535

Developmental + Behavioral screening

Ages Served: birth to 5

- Other Ages Served
- Home-Based Services Available
- Interpreter or Bilingual Services