

# FREE Telehealth Services

## Tulane Early Childhood Mental Health Consultation



Remote TeleMHC is here to support individuals caring for young children under the age of 13 during this COVID-19 pandemic. We can provide supportive services from early childhood mental health experts in areas such as:

- Child behavior & social emotional issues
- Supporting children during the COVID-10 crisis
- Teacher, Director & Parent support
- Classroom issues
- General stress and coping
- And other concerns related to caring for young children

We are not equipped to offer emergency mental health services. If you are experiencing urgent mental health needs, such as thinking about harming yourself or someone else, please find help that is available in the following places:

- **Call 911**
- Go to your nearest emergency room
- Contact one of the below resources. All are staffed by trained crisis counselors and are free of charge, 24 hours a day, 7 days a week  
**Crisis Text:** TALK to 741741
- National Suicide Prevention Hotline **Call:** 1-800-273-8255  
**Chat:** [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- National Domestic Violence Hotline: **Call:** 1-800-799-7233 **Text:** LOVEIS to 22522
- Child Help National Child Abuse Hotline (support to prevent child abuse):  
**Call:** 1-800-4-A-Child or 1-800-422-4453 **Text:** 1-800-422-4453
- **Chat:** [childhelphotline.org](https://childhelphotline.org)

**Visit the Tulane website for more information**  
<https://medicine.tulane.edu/departments/clinical-sciences/psychiatry/research/tikes>