Child Mind Institute
Free Parent Helpline for
NYC Health + Hospitals Employees

During this emergency, we know that all of you are facing unprecedented stress and uncertainty, as are your families. In response, the Child Mind Institute and NYC Health + Hospitals are partnering to bring all employees support from child mental health professionals if you are worried about your child's mental health.

To support you during this difficult time, the Child Mind Institute is offering free phone consultations with child mental health professionals so you can receive trusted clinical expertise and guidance on parenting and mental health self-care.

The consultations will help parents navigate ways to foster positive mental health outcomes for your children while also supporting your own mental health.

The Child Mind Institute mental health professionals you can speak to have wide-reaching specialties, with expertise treating children and adolescents with learning difficulties, depression, anxiety, obsessive-compulsive disorder, attention deficit/hyperactivity disorder, autism spectrum disorder, trauma, and behavioral problems.

Available in both English and Spanish, clinicians can provide consultation and advice on topics such as:

- Guidance on parenting and establishing effective routines during sheltering and times of stress
- Improving your child's remote learning experience and academic progress
- Guidance on self-care and mindfulness tools for you and your family
- Staying active and engaged in small spaces to help manage your child's anxiety and mood
- Ways to support your child's social relationships and plan structured virtual social interactions
- Managing disruptive behavior at home
- Guidance and support if children require additional care and treatment

If you are worried about your child's mental health, please call 646-880-6820 or email HH.Helpline@childmind.org or HH.Lineadeayuda@childmind.org

The free helpline will be available Monday through Friday, 8 a.m. to 8 p.m., with flexibility to accommodate work schedules as needed. Employees can request additional phone consultations.

The helpline will launch on May 14 and be available through August 14.