



## Quick Tips for Staff

Use formal and informal opportunities to ask questions, discuss concerns and learn through ongoing training, groups and seminars. Reflect on your own views about mental health. Consider how your views affect your ability to support your own mental health and promote mental health for infants, toddlers and their families.

If your HS/EHS program offers an Employee Assistance Program (EAP) or other similar programs or services, take advantage of the opportunity for personal help, growth, and learning.

Develop partnerships with mental health providers by forming a Mental Health Advisory Committee (MHAC) composed of community providers, representatives from the Health Advisory Committee, and HS/EHS staff. The benefits are two-fold because committee members have a chance to network with each other and learn about other community resources, and HS/EHS staff have contacts for referrals within these agencies.