



# Infant Mental Health

## Strengthening young families

Infant mental health (IMH) is about how babies and young children from birth to age 4 feel, grow, and connect with others. It also supports parents and caregivers, including pregnant people, as they care for their child.

MCCMH's IMH program is designed to build strong bonds between babies and their caregivers. These early bonds help children feel safe and supported. When children feel secure, they are better able to learn, form healthy relationships, and handle challenges as they grow.

## Signs a family may need extra support

### In babies and young children:

- Trouble sleeping
- Problems with feeding
- Crying often and hard to calm
- Not gaining enough weight

### In parents or caregivers:

- Postpartum depression, anxiety, or other mental health concerns
- Worries about bonding with the baby



## MCCMH's IMH services include:

- Emotional support during challenges like premature birth or illness
- Therapy for parents and babies together to build strong bonds
- Information about how babies and toddlers grow and learn
- Guidance to support healthy development
- Help finding and getting needed services
- Connections to community resources

Through MCCMH's IMH program, caregivers are taught simple, positive ways to respond to their child's needs. Sessions include both the caregiver and child so they can better understand each other and grow trust. IMH services can also help families find other supports, such as medical care, education services, childcare, and job training.

**To learn more about the program, call 855-99-MCCMH (855-996-2264).**

**For 24/7 support, call our Crisis Line at 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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