HEALTHY BABIES START WITH HEALTHY RELATIONSHIPS!

INFANT MENTAL HEALTH IS NOT "BABIES ON COUCHES"

INFANT MENTAL HEALTH IS PROMOTING THE SOCIAL AND EMOTIONAL DEVELOPMENT OF A BABY, HELPING THEM DEVELOP THE CAPACITY TO:
- form close and trusting relationships
- experience and manage emotions
- explore their environment and learn

IT CAN ALSO PREVENT AND REPAIR THE DAMAGE TOXIC STRESS CAUSES TO THE DEVELOPING BRAIN.

BUT HERE'S THE PROBLEM:

AWARENESS AND ACCESS TO INFANT MENTAL HEALTH SERVICES ARE LIMITED

ONLY 4 infant mental clinics exist in the Garden State.¹

20 clinicians are endorsed to provide infant mental health services.²

There is inconsistent Medicaid and health insurance coverage for mental health services.

STATE LEADERS CAN USE AMERICAN RESCUE PLAN FUNDING TO SUPPORT INFANT MENTAL HEALTH TO:

- ensure Medicaid and NJ FamilyCare cover necessary infant mental health services.
- grow and develop the infant mental health workforce by offering scholarships and trainings.
- sustain and grow interdisciplinary pediatric primary care models that embed infant mental health in their practice.

Learn more at njvotes4kids.org