

Mental Health Consultation News

September 2026

What is First 5 Alabama?

First 5 Alabama (also known as the Alabama Association for Infant and Early Childhood Mental Health, or AL-AIMH) is a professional organization that supports professionals who care for infants, young children, and their families.

Core Focus and Goals

Early Development: Promotes the healthy social, emotional, cognitive, and physical development of children from birth through age five.

Professional Support: Equips pediatricians, child care workers, home visitors, and mental health providers with training, specialized in-service education, and resources.

Collaboration: Fosters interdisciplinary cooperation and coordination among individuals working to improve early childhood mental well-being across all 67 counties in Alabama.

Endorsement: Offers a culturally sensitive, relationship-focused professional Endorsement* program modeled after the Alliance for the Advancement of Infant Mental Health guidelines.

**You can learn more and view training or membership options directly on the [First 5 Alabama Official Website](#).

Trainings We Offer & Consultant Near You

How To Make A Referral

Please scan our QR code to be contacted by a consultant in your area.

We serve the whole state of Alabama! Check out our map to see who is in your catchment area.



Or Visit first5alabama.org to make a direct referral

Training Topics

Challenging Behaviors
Self Regulation
Social-Emotional Development
Learning
Friendship Skills
Emotions
Resiliency
Self-Care/Stress Management
Mindfulness
Death & Grief
FLIP IT!
Milestones
Transitions
The Growing Brain

This list is not all inclusive. We can always discuss trainings based on needs of licensed centers/or home daycares

