



Brief Service

For Children, Youth, and their Families

What is Brief Service?

Brief Service supports children and youth with mental health difficulties. Those difficulties could be with emotions, socializing, behaviour, or self-regulation. Brief Service also supports parents/caregivers. Support is time-limited.

Brief Service might be all the treatment needed. It can also identify that a child/youth needs further treatment.

What supports do we offer in Brief Service?

- Support for children 0 to 6 years of age and their parents/caregivers
- One to one counselling for children/youth who are 6 to 18 years of age, including their parents/caregivers as needed
- Support for parents/caregivers to understand and help their children/youth
- Group and individual supports
- Help for families to connect with other community services and resources if needed

The child/youth, parents/caregivers, and service providers develop goals and a treatment plan together. The plan identifies which supports will be involved.

Who can access Brief Service?

Brief Service is for children/youth birth to 18 years of age (starting before their 18th birthday) and their parents/caregivers.

As a parent or caregiver, you know your child or youth. You recognize that behaviour might be a sign that your child or youth needs support for their mental health.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

How do I access this service?

Your child is 0 to 5 years of age (before 6th birthday):

- Phone Here4Kids to book a Single Session: 1-844-454-3711

Your child/youth is 6 to 17 years of age (before 18th birthday):

- Phone Here24/7 to book a Single Session: 1-844-437-3247