



Brief Service

Information for Families

Who is this service for?

This service is for children and youth with mental health difficulties. Those difficulties could be with emotions, socializing, behaviour, or self-regulation.

Brief Service also supports caregivers.

The children and youth are 0 to 17 years of age (referred before their 18th birthday). They live in Guelph Wellington.

Support is weekly service up to 10 sessions.

What supports do we offer in this service?

- We help children and youth to:
 - Understand their emotions and mental health
 - Learn better ways to manage their mental health struggles
- We provide individual and group support for caregivers to understand and help their children/youth.
- We help families connect with other community services and resources if needed.
- We work in a team that could include these service providers at CMHA WW:
 - Mental Health Clinician
 - Family Consultation Worker
 - Support Coordinator
- The child/youth, caregivers, and service providers develop goals and a treatment plan together. The plan identifies which supports will be involved.
- Brief Service might be the only help that a child/youth needs. It can also identify that a child/youth needs further support.

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Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

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How do I access this service?

Start with a Single Session.

A Single Session is an opportunity for a family to meet once with a Mental Health Clinician to explore the need for services.

- If your child is 0 to 5 years of age (referred before their 6th birthday):
Phone Here4Kids to book a Single Session: 1-844-454-3711.
- If your child/youth is 6 to 17 years of age (referred before their 18th birthday):

In Guelph:

Attend the Children's Walk-In Service for a Single Session.

The Walk-In Service is every Tuesday from 10:00 a.m. to 3:30 p.m.

The location is the CMHA WW office at 737 Woolwich Street, Guelph.

In the County:

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

The Single Session will be at a CMHA WW office in the County.

For more information about Services for Children, Youth, and Families, visit:

<https://cmhaww.ca/services/children-youth-families/>

“CMHA WW” means Canadian Mental Health Association Waterloo Wellington.

“Caregiver” means parent, caregiver, guardian.