



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

# Children's Mental Health 0-6 Information for Families

## Who is this service for?

This service is for young children with mental health difficulties and their caregivers.

The difficulties occur in daily life at home and in the community (such as at school or child care).

The children are 0 to 6 years of age (referred before their 6th birthday). They live in Guelph Wellington.

## What supports do we offer in this service?

We support a healthy and secure relationship between a child and their caregiver:

- We assess a child's mental health needs.
- We learn about the parenting needs and caregiver-child relationship.
- We help caregivers understand their child's needs and ways to support them.
- We provide counselling for the child and caregiver.

## How do I access this service?

Phone Here4Kids: 1-844-454-3711

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

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

*"Caregiver" means parent, caregiver, guardian.*