Canadian Mental Health Association Waterloo Wellington | **Association canadienne pour la santé mentale** Waterloo Wellington

Counselling and Treatment for 6 to 18 Year Olds
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.

They are 6 to 17 years of age (referred before their 18th birthday). They live in Guelph Wellington.

What supports do we offer in this service?

- We assess a child's/youth's mental health needs.
      In this service, we do not give a diagnosis.

- We provide one-to-one counselling for the child/youth.
      We give the child/youth opportunities to talk with a Mental Health
      Clinician in a safe space.
      We include their caregivers as needed.

- We help caregivers understand their child's/youth's needs.

- We share ways for the child/youth and caregivers to manage the mental health difficulties.

- We refer a family to other services if that might be helpful.

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How do I access this service?

Start with a Single Session.

A Single Session is an opportunity for a child/youth (6 to 17 years of age) to meet once with a Mental Health Clinician to explore the need for services.

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.

You can also talk with others in the community who support the health of children and youth.

Examples are:
- Your family's primary care provider (Physician, Pediatrician, Nurse Practitioner)
- The Child and Youth Worker at your school

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.