



Walk-in Clinic/Single Session Information for Families

Who is this service for?

This service is for children and youth with mental health difficulties.

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

What supports do we offer in this service?

- A Mental Health Clinician explores the need for services:
 - With the child/youth and caregiver, or
 - With a youth alone if the youth is accessing support by themselves, or
 - With a caregiver if the child/youth will not participate
- In that meeting, we provide some suggestions and resources.
For example, we share short term ways of managing emotions and behaviours that a child, youth, or caregiver can try.
- If needed, we put the child/youth on a wait list for services at CMHA WW.
- If needed, we provide information about other services in the community.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

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How do I access this service?

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 Here 24/7 to book a Single Session: 1-844-437-3247.

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

The Children's Walk-In Service is **not** a Crisis Service or a Psychiatry appointment.

When you arrive at the Walk-In in Guelph, if there is a wait for an appointment, we will try to give you an approximate time when a Clinician will be available to see you.

Based on demand, sometimes the Walk-In in Guelph will be full and we may have to ask you to return the following Tuesday.

Please bring any available previous assessments and/or custody agreements with you.

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.