



# WALK-IN COUNSELLING CLINIC



## CMHS WALK-IN COUNSELLING PROVIDES

- Immediate access to mental health services for children, youth (under 18 years of age), parent and families;
- Counsellors provide single-session counselling to help identify issues and develop strategies;
- Users can attend the walk-in clinic more than once;
- No referral process, no appointment necessary and free of charge;
- Family members directly involved in the concern are encouraged to attend (please note: childcare is not provided).



## COMMON CONCERNS WE HELP!

- Child or youth 's emotional state
- Child or youth's behaviour
- Child or youth's self-harm
- Child or youth's struggle with peers
- A family conflict
- School related issues Other
- parenting challenges

## LOCATION

Children's Mental Health Services  
3 Applewood Dr., 3rd floor  
Belleville, ON

## HOURS

Wednesdays 12p.m. to 6p.m.  
(last appt starts at 4:30)



\* Some same-day reserved spots are available **Call 613-966-3100**

# JUST WALK IN!