



Children's Mental Health of Leeds & Grenville



Brief Service

Intake, Single Session, Intervention and Crisis Response

Brief Service program counsellors provide mental health service to children and their families 0 – 18. We are the “front-end” team, receiving referrals, providing timely intervention, crisis response and support. We work collaboratively with children and their families to achieve their desired goals. Children 12 and over can self-refer.

How do I make a referral to CMHLG?

Just call! When you call our agency an Administrative Assistant will take your call, ask you some questions, where you live for example, to open your file on our database. Once this is complete, the Administrative Assistant will forward your call to a counsellor who will discuss your concerns and complete the intake process. You will then be scheduled for a meeting with a counsellor. This usually happens within two weeks. This meeting will focus on your most pressing concern. It is an intervention that works with your strengths and those of your family, to help reach desired goals.

Many families feel that a single meeting is all they need. We are okay with this. You can always come back if you feel you need our service again. We also know there are some families who feel that just a few more sessions might be useful. Brief Service counsellors will provide up to 4 more sessions over a period of six weeks if you feel you need it.

We also know there are times when children and/or their families might want a different type of counselling or intervention. At the end of the initial meeting we will discuss with you what service might be most beneficial. We will decide together how to proceed.

Other Services Offered by Children's Mental Health of Leeds & Grenville:

- Early Years
- Middle Years
- Triple P
- Psycho-Educational Group Therapies
- Counselling Therapy
- Adolescent Services

Crisis Support:

Brief Service counsellors also deal with children and families who are in crisis and who are new to our agency. We will help you to access supports you need, including psychiatric assessment for your child if necessary. We will assist your family to deal with the crisis in a respectful and non-judgmental way.

The Brief Service program serves all of Leeds & Grenville with counsellors in Brockville, Gananoque (also serving North Leeds), Kemptville and Prescott.

For More Information:

**Children's Mental Health
of Leeds & Grenville
779 Chelsea St., Suite BU
Brockville, ON
K6V 6J8**

**www.cmhlg.ca
1.800.809.2494
reachus@cmhlg.ca**