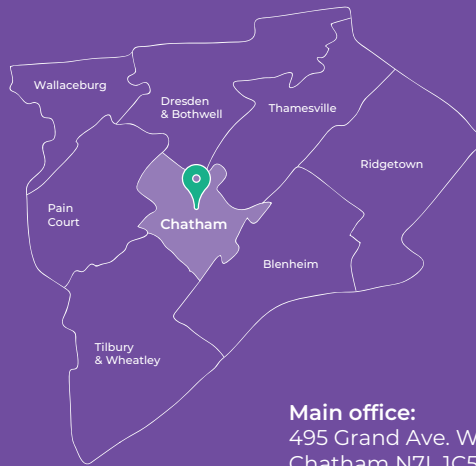


## How do I get Services?

Parents/guardians usually refer their children/youth for service. Community partners (such as doctors, child care providers, etc.) can also refer a child, but only with the family's permission.

Youth can make a self-referral with or without their parents consent.

**Phone** (519) 352-0440  
**Email** mhdevintake@linck.org  
**Website** www.linck.org



**Main office:**  
495 Grand Ave. W.  
Chatham N7L 1C5

## Signs of Mental Health Struggles in Children/Youth

Often, children/youth will present signs of mental health issues in ways that are not quite the same as adults.

You may observe changes in behavior, mood, sleep patterns, appetite and/or interactions with others that are having a negative effect on your child's day to day activities.

**It is important to seek help.**

### Is your child experiencing any of these?

- Extreme outbursts or excessive mood swings
- Worrying so much that they are getting stomach aches or headaches
- Persistent nightmares and a lack of sleep that are affecting your child/youth's day
- Avoiding formerly enjoyable activities, including spending time with friends
- Unusual Change in appetite – eating considerably less, or more.

Accredited by  
**Canadian Centre  
for Accreditation**

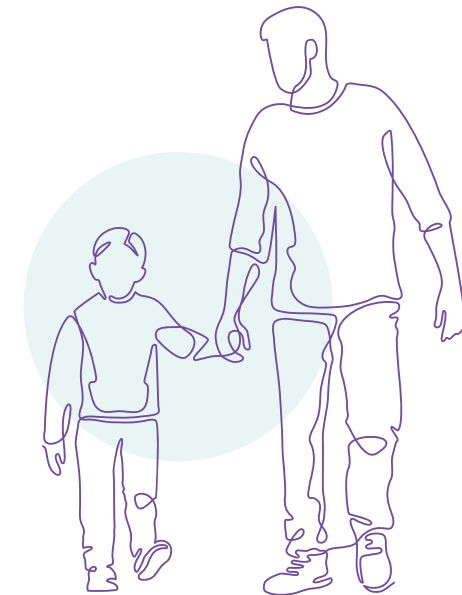


Agréé par  
**Centre canadien  
de l'agrément**

Linck has been recognized by the Canadian Centre for Accreditation as having achieved established quality standards in governance, management, service delivery.



## Linck Mental Health Services



495 Grand Ave W,  
Chatham, ON N7L 1C5

## Intake Mental Health and Development

Intake Mental Health and Developmental program is the first point of contact for families who have questions about or would like to make a referral for services. Intake workers conduct assessments of children/youth from birth to age eighteen years.

*The purpose of the intake process is to determine what agency services best meet the needs of the children/youth and his/her family and to make recommendations for treatment.*

## Brief Services

The Door of Hope Single Session therapy clinic and the Brief in 3 counselling programs are short term counselling options available at Linck. Brief therapies enable children/youth and family members to see trained clinicians at their chosen moments of need and are designed to provide quick access to therapeutic services

## Family Intervention

Families involved in our mental health programs may be offered short term parent support to assist with a range of parenting concerns. Parenting groups are also offered periodically.

## Service Coordination

Service coordination services are offered to assist families of children/youth with developmental disabilities through advocacy, case planning and exploring community service and funding options as needed.

## Early Years Mental Health Services

The Early Years Mental Health program provides children/youth counselling and parenting guidance to support children/youth aged 0-5 yrs with behavioral and emotional needs. Child/Family Consultants offer parenting recommendations, service coordination, children/youthcounseling and advocacy services.

## Parent Consultation

Caregivers can request a private one to one consultation to talk about their parenting challenges. Consultation with a Mental Health Support worker can offer support, problem solving and skill building opportunities. Consultations can occur over the phone, virtually or in person based on preference.

## Counselling and Therapy

The Counselling and Therapy program offers individual, family and group counselling for children ages 5-18 experiencing emotional, behavioral and/or psychological symptoms. These are children/youth who are identified as having a need for ongoing support and counseling, service coordination.

## Crisis services

The Short-Term Assessment and Treatment Program (STAT) offers immediate intervention for children/youth and their families who are experiencing a current crisis such as risk of harm to self or others.

*The goal of the program is to stabilize the crisis situation and determine the need for further service.*

