

Start your learning here

Mental health is a vital component of a child's development and lifelong wellbeing. These courses have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

1 HR	Understanding child mental health This course explores mental health for children aged 0-12 years. It will help practitioners to identify the facts that support positive mental health in children.
3 HR	Intergenerational mental health This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories and impacts of family disadvantage.
1 HR	The impact of trauma on the child This course introduces key understandings about trauma and adversity, and their impact on children.
4 HR	Supporting children who have experienced trauma This course aims to use trauma-informed practice to study the detail and skills of therapeutic engagement.
2 HR	Engaging with parents This course focuses on ways to actively and effectively engage with parents about their children's social and emotional wellbeing.
1 HR	Engaging with children This course introduces the concepts of engaging children as partners in practice, as a foundation for responding to child mental health concerns.
1.5 HR	Working with First Nations families and children - A framework for understanding This course is designed to assist non-Aboriginal practitioners to develop the skills and understanding to build genuine partnerships.

Courses tailored to your needs

These courses introduce practice-based learning and application to match the specific challenges your sector faces.

1 HR	Building blocks for children's social and emotional wellbeing This course explores important concepts and ideas related to child mental health and development, and investigates the child's social and emotional wellbeing within the context of their family, community and networks.
3 HR	Engaging with children: Good beginnings This course seeks to develop practitioner confidence in utilising a range of practice skills in beginning to work with children in relation to their mental health and social and emotional wellbeing.
2 HR	Engaging with children: Rich pictures This course focuses on range of practice skills for beginning to develop a rich picture of children's strengths, skills, know-how and values.
2 HR	Engaging with children: Shrinking problems This course focuses on developing practitioner confidence to work with children, understand their perspective on their problems and begin to reduce the impact of those problems on the child's mental health.

Supporting resources

The following resources are specific to your practice setting and support the knowledge gained throughout the courses we've recommended. Make sure to save your favourite resources by adding them to My List when you're logged in.

	Community Trauma Toolkit This toolkit contains resources to help and support adults and children before, during, and after a disaster or traumatic event.
	The power of play Podcast Occupational therapist Sarah Seekamp talks about the importance of play for child social and emotional wellbeing.
	What is infant and child mental health and why is it important for all practitioners to think about it Webinar This webinar described how Emerging Minds works across sectors to identify effective practice, and to support practice development that improves the early identification and prevention of child mental health issues.
	Engaging children as partners in practice to support their mental health and wellbeing Webinar This webinar discussed practices that can contribute to practitioners creating genuine partnerships with children and their families.
	Parent-child play: A mental health promotion strategy for all children Practice paper This resource provides practical information on the use of play to strengthen child-parent relationships and promote children's mental health.
	Child mental health literacy: What is it and why is it important? Short article This article discusses the landscape of child mental health literacy in Australia, which refers to adult knowledge and beliefs about mental health problems for children under 12 years of age.

To view all e-learning courses and resources visit

learning.emergingminds.com.au

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