

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





## Courses tailored to your needs

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

1 HR	<p><b>Building blocks for children's social and emotional wellbeing</b></p> <p>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.</p>
4 HR	<p><b>Supporting parents to promote children's social and emotional wellbeing</b></p> <p>This course explores entry points and opportunities for conversations between practitioners and parents which support children's social and emotional wellbeing.</p>
2 HR	<p><b>Supporting infants and toddlers</b></p> <p>This course explores the impact of mental illness on the family through the antenatal period.</p>

## 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.

	<p><b>Adverse Childhood Experiences (ACEs) Toolkit</b></p> <p>This toolkit contains information, advice and practical tools for individuals and professionals who work with, or care for, children who have had adverse childhood experiences.</p>
	<p><b>The mental health of refugee children in Australia Podcast</b></p> <p>A conversation about the <i>Building a New Life in Australia</i> (BNLA) study and what it explains about the social and emotional wellbeing of children from refugee backgrounds in living in Australia.</p>
	<p><b>While I'm Away App</b></p> <p>The While I'm Away app is designed to help parents support the mental health and wellbeing of their child, should they need to be cared for by someone else.</p>
	<p><b>Supporting parents of children with mild to moderate anxiety Guides</b></p> <p>These practice guides provide information about anxiety in children aged between 4-8 years, and for preteens (9-12 years). It aims to help practitioners in generalist services to better support parents who have a child experiencing mild to moderate anxiety.</p>
	<p><b>Supporting children in families with complex needs: Nine tips for practitioners who feel out of their depth Practice paper</b></p> <p>If you are feeling overwhelmed or out of your depth, this practice paper outlines ways in which you can begin to develop confidence in supporting children in families with complex needs.</p>

To view all e-learning courses and resources visit

[learning.emergingminds.com.au](https://learning.emergingminds.com.au)

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