



## Understanding child mental health and chronic physical conditions e-learning course

Practitioners who work with children in the context of chronic physical conditions can do much to support the mental health and wellbeing of at-risk children and their families.

1HR

Start course

### About this course

This course provides an introduction to the impact of chronic physical conditions on the mental health of children aged 0–12 years. Information on the most prevalent chronic conditions in children is provided, along with interrelated factors that can affect children and families.

The course outlines the continuum of child mental health, and the factors that support it. It also describes approaches that can be used in medical settings to assist practitioners to engage children and their families in ways that support their mental health.

### Why was this course developed?

This course was developed in response to needs assessments carried out with different health professionals that highlighted the challenges they experience in supporting the mental health of children who live with a chronic physical condition and their families.

### How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and families with lived experience of chronic physical conditions.

### Who is this course for?

This course will support a broad range of practitioners to understand the factors that influence the mental health of children living with a chronic physical condition.

This is a foundation course, and as such does not explore practice specific to working therapeutically with a child with physical condition. It does, however, highlight the key considerations and some helpful approaches.

### What is included in the course?

This course features child and family partner interviews, along with reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.