

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.
4 HR	Supporting parents to promote children's social and emotional wellbeing This course explores entry points and opportunities for conversations between practitioners and parents which support children's social and emotional wellbeing.
2 HR	Supporting infants and toddlers This course explores the impact of mental illness on the family through the antenatal period.
1 HR	Understanding child mental health and chronic physical conditions This course will provide you with an introduction to the impact of chronic physical conditions on the mental health of children aged 0-12 years.

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.

	Adverse Childhood Experiences (ACEs) Toolkit 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.
	The mental health of refugee children in Australia Podcast How are children from refugee backgrounds faring in terms of their social and emotional wellbeing? This podcast discusses the project <i>Building a New Life in Australia: The Longitudinal Study of Humanitarian Migrants</i> .
	While I'm Away App 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.
	Supporting parents of children with mild to moderate anxiety Guides 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.
	What is infant and child mental health (and why is it important)? In focus Practitioners are in a unique position to provide support to parents and help plan for children's social and emotional development and mental health at the earliest possible stage. Learn more about infant and child mental health in Australia.

To view all e-learning courses and resources visit

learning.emergingminds.com.au

The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

April 2022