

## 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	<b>Understanding child mental health</b> 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	<b>Intergenerational mental health</b> This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories and impacts of family disadvantage.
1 HR	<b>The impact of trauma on the child</b> This course introduces key understandings about trauma and adversity, and their impact on children.
4 HR	<b>Supporting children who have experienced trauma</b> This course aims to use trauma-informed practice to study the detail and skills of therapeutic engagement.
2 HR	<b>Engaging with parents</b> This course focuses on ways to actively and effectively engage with parents about their children's social and emotional wellbeing.
1 HR	<b>Engaging with children</b> 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	<b>Working with First Nations families and children - A framework for understanding</b> 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	<b>Building blocks for children's social and emotional wellbeing</b> 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.
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## 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.

	<b>Working with Aboriginal and Torres Strait Islander families and children Toolkit</b> This toolkit has been developed with support and guidance from Aboriginal and Torres Strait Islander peoples, to support non-Aboriginal practitioners in mainstream organisations to engage with First Nations families.
	<b>The mental health of refugee children in Australia Podcast</b> 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> .
	<b>The effects of adverse experiences on children webinar Webinar</b> A discussion about the impact of adverse experiences on children. This webinar is a joint production of the Mental Health Professionals' Network (MHPN) and Emerging Minds.
	<b>Supporting trans and gender diverse children and their families Practice paper</b> This resource provides an overview of ways to support a child who is questioning their gender identity or who has come out as trans or gender diverse.
	<b>What is infant and child mental health (and why is it important)? In focus</b> 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](https://learning.emergingminds.com.au)