

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.

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.

	Resources for first responders from the Community Trauma Toolkit This resource summary provides a list of resources for first responders from the Community Trauma Toolkit including short articles, videos, workshops, podcasts and fact sheets.
	Trauma responses in children aged 0-24 months, 2-4 years and 5-12 years Fact sheets Hear insights on how screening, assessment, practice policy, recruitment and supervision all have a role to play in ensuring that children's social and emotional wellbeing is at the forefront of all adult-focused service delivery.
	Psychological First Aid Tip card Psychological First Aid (PFA) for children is an internationally accepted strategy that can be used anytime, but is most widely used in the first hours, days and weeks following a traumatic event. This tip card includes some practical ways that PFA for children can be applied.
	First responders community trauma Workshop This workshop delivers professional development training to first responders to develop their knowledge and understanding of the impact of trauma on children; the role first responders can play in children's recovery; self-care for first responders; and the role of first responders as parents.
	Supporting child and family preparedness for disaster Guide As a first responder it is also important to prepare yourself and your family psychologically. This is key to supporting the social and emotional wellbeing of all members of the community, including its children.
	Supporting children immediately following a disaster Guide In the immediate aftermath of a disaster or other traumatic event, first responders are vital to their communities' recovery. Those around them look to them for guidance, reassurance and advice about what to do, and what is going to happen next.
	Supporting children in the short term after a disaster or community trauma Guide This guide provides a basic understanding of how events can affect children, and what sorts of responses and behaviours can help support children's wellbeing and reduce the chances of them having ongoing difficulties.

To view all e-learning courses and resources visit

learning.emergingminds.com.au

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