

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 supportings 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	The impact of parental substance use on the child This course provides an introduction to the impact of parental alcohol and other drugs (AOD) use, or substance use, on children.
4 HR	Parental substance use and child-aware practice This course examines preventative opportunities and entry points to promote children's mental health with parents in the context of parental substance use.
3 HR	Engaging with children: Good beginnings This course seeks to develop practitioner confidence in utilising a range of practice skills in beginning to work with children in relation to their mental health and social and emotional wellbeing.
2 HR	Engaging with children: Rich pictures This course focuses on range of practice skills for beginning to develop a rich picture of children's strengths, skills, know-how and values.
2 HR	Engaging with children: Shrinking problems This course focuses on developing practitioner confidence to work with children, understand their perspective on their problems and begin to reduce the impact of those problems on the child's mental health.

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.

	AOD and the parent-child relationship In focus Read about some simple shifts that can help practitioners 'bring children into the room' and improve outcomes for the whole family.
	Working to support children and families living with Fetal Alcohol Spectrum Disorder Webinar This webinar describes how Fetal Alcohol Spectrum Disorder (FASD) affects children and families, and offers some best practice support and referral processes for families living with the disorder.
	Working with mothers affected by substance use: Keeping children in mind Practice paper More than ever, practitioners are tasked with engaging mothers with co-existing issues in conversations about their children's mental health. This paper explores conversational approaches that focus on the child's needs, as well as challenges practitioners may face.
	Fetal Alcohol Spectrum Disorder (FASD) Research papers Working with practitioners, researchers and child and family partners, author Dr Sara McLean has produced five research papers to support people working with children and families affected by FASD: <ol style="list-style-type: none"> 1. <i>What is Fetal Alcohol Spectrum Disorder (FASD)?</i> 2. <i>Understanding the impacts of Fetal Alcohol Spectrum Disorder (FASD) on child mental health</i> 3. <i>How to support children living with Fetal Alcohol Spectrum Disorder (FASD)</i> 4. <i>How to support caregivers and families living with Fetal Alcohol Spectrum Disorder (FASD)</i> 5. <i>Systems and service supports for children and families living with Fetal Alcohol Spectrum Disorder (FASD).</i>