

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.

2 HR	Supporting infants and toddlers This course explores the impact of mental illness on the family through the antenatal period.
1.5 HR	Child aware practice This course aims to enhance understanding of the impacts adult problems may have on children.
3 HR	Child aware supervision This is a training resource for supervisors and managers of frontline staff in health and social services.
8 HR	Let's talk about children (Let's Talk) Let's Talk is a brief, evidence-based method that trains professionals to have a structured discussion with parents who experience mental illness.
15 HR	Family Talk The Family Talk intervention aims to support families to develop a shared understanding of the impact of depression/anxiety on the family, and to develop strategies that strengthen child and family wellbeing.
4 HR	Parental mental illness and child-aware practice This course includes a guide to assist practitioners hold conversations with clients who are parents about the impact of mental illness on their children's lives.

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.
	Child-focused practice in adult-focused services Podcast 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.
	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.
	Aboriginal children and the effects of intergenerational trauma Webinar This webinar explores the effects of intergenerational trauma on Aboriginal and Torres Strait Islander children and families, and outlines current research on the importance of cultural competence.
	Talking with parents about their children In focus Practitioners who work in adult-focused services can make a positive difference in children's lives by adopting child-aware practice, whilst working with parents on their presenting issues.
	Parental mental health and parenting: How are they related? Short article This article explores how a parent's mental health relates to their parenting, and why mental health problems do not necessarily lead to poor parenting.