

## 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>Understanding child mental health and disability</b> This course explores mental health for children aged 0-12 years who are living with disability.
3 HR	<b>Engaging with children: Good beginnings</b> 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	<b>Engaging with children: Rich pictures</b> 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	<b>Engaging with children: Shrinking problems</b> 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.
1 HR	<b>Practice strategies for assessment and engagement</b> This course focuses on strategies that help children consider the relationships, routines and activities that nourish and support them.
1 HR	<b>Practice strategies for formulation</b> This course looks at strategies to help incorporate children's participation into your existing case formulation practices.
1 HR	<b>Practice strategies for implementation</b> This course covers skills and strategies for providing early identification and prevention responses to children's mental health concerns.

## 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>Supporting parents of children with mild to moderate anxiety Guides</b> 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.
	<b>Working with trans and gender diverse children Podcast</b> Dr Michelle Telfer paints a picture of what it's like to work in the Gender Service at the Royal Children's Hospital in Melbourne and how practitioners can support children who identify as trans or gender non-conforming.
	<b>Trauma-informed care In focus</b> Learn more about the effect of trauma on children and what it can do for their long-term mental health, and how you can take a trauma-informed approach to engaging.
	<b>How does preteen bullying affect young people's mental health? Short article</b> A rapid evidence assessment (REA) conducted by the Parenting Research Centre (PRC) highlights the association between bullying experiences in preteen years and a range of negative mental health outcomes for preteens and adolescents.
	<b>Depression, anxiety, and peer victimisation during the transition from childhood to adolescence Short article</b> This study aimed to answer several questions, including whether peer victimisation, depression and anxiety predict each other, and whether any of these domains have unique relationships with negative wellbeing outcomes.