

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.

1.5 HR	Understanding childhood bullying and mental health This course covers the five key aspects that can influence a practitioner's understandings of childhood bullying, while building an understanding of how children experience bullying and the impacts on mental health outcomes.
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.
2 HR	Supporting primary students following a disaster or community trauma This course provides primary school educators with a foundational understanding of their role in the recovery process following a disaster or community trauma.
2 HR	Supporting secondary students following a disaster or community trauma This course provides secondary school educators with a foundational understanding of their role in the recovery process following a disaster or community trauma.

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 educators: Community Trauma Toolkit A list of resources for educators including fact sheets, videos, workshops, and podcasts
	How educators can help in the classroom following a traumatic event Fact sheet This fact sheet outlines how educators can help children in the classroom following a traumatic event.
	Child360 App This app has been designed as a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing and identify areas where action can be taken to strengthen resilience.
	Strathewen community: A bushfire recovery story 10 years in the making Video How does a community recover from the devastating impact of a bushfire? What role can the school and the community play in supporting children, young people and families on that path? Hear from staff at Strathewen Primary School.
	Prejudice-motivated bullying and its impact on child mental health and wellbeing Practice paper This paper aims to raise awareness of and build practitioner confidence in directly addressing prejudice-motivated bullying with children and their parents and carers.
	Child mental health literacy: What is it and why is it important? Short article This article discusses the landscape of child mental health literacy in Australia, which refers to adult knowledge and beliefs about mental health problems for children under 12 years of age.

To view all e-learning courses and resources visit

learning.emergingminds.com.au