

Mental health is a vital component of a child's development and lifelong wellbeing. These **online courses** have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

Intergenerational mental health

3HRS

This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories of family disadvantage and positively influence parent-child relationships and children's mental health.

Parental mental illness and child-aware practice

4HRS

This course includes a guide to help practitioners hold conversations with parent-clients about the impact of parental mental illness on their children's lives.

Supporting resources

The following resources support the knowledge gained throughout the courses we've recommended. Make sure to save your resources by adding them to your Favourites when you're logged in.



Talking with parents about their children **In focus**

This resource provides tips for adult-focused professionals for developing skills in hearing and honouring a child's voice in absentia and in turn, improving outcomes for Australian children with mental health concerns.



Keeping in Touch: Supporting parents in residential and inpatient mental health settings **Guide**

The Keeping in Touch with Your Children (KIT) Menu has been designed to provide practical ways to promote parent-child connectedness during periods of separation.



Parental mental health: A 'double-storied' approach **Practice paper**

This resource aims to help practitioners who work with parents affected by mental illness. It identifies ways to support parents to examine 'double stories', which include their histories of adversity and challenges as well as their resilience, hopes and know-how.



Parenting with a mental illness **In focus**

This resource was developed to share with parents experiencing mental health difficulties. It offers strategies including reflecting on the potential impacts for their children, and for recognising when further support may be needed, to ensure the parent can manage the more difficult times with strength and resilience.