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.

Understanding child mental health and disability
1HR

This course explores mental health for children aged 0–12 years who are living with disability.

Child-centred and family-focused practice with children with disability
1.5HR

This course looks at how child-centred and family-focused practice can help you to understand and respond to children with disability (aged 0–12 years) in ways that support their social and emotional wellbeing.

Child-centred and communication-focused practice with children with disability
1.5HRS

This course explores how a communication-focused approach can support children with disability to overcome any communication challenges that may be impacting their mental health.

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.

Child mental health and disability In focus
Learn how disability relates to child mental health, and how best to support the wellbeing of the children and families you're working with.

The team around the child: A mum's story of her son's neurodiversity Podcast
Listen as Bec Edser shares the benefits of establishing a team around the child, along with practical examples of child-centred engagement.

Autism, neurodiversity and child-centred practice part one and part two Podcast
Hear what Autism is from an Autistic psychologist, and learn why early diagnosis for Autistic girls tends to get missed.

Overcoming communication challenges to engage children Webinar
This webinar discusses the strengths and vulnerabilities which influence the mental health of children with complex communication needs, and practices that can support engagement and support of these children.

Practice strategies for working with children with disability Webinar
This webinar discusses practice approaches that help you support the agency of children living with disability and identify their strengths, interests and know-how.

It's time to do more about the mental health of children with intellectual disability Short article
This article provides a brief overview of the prevalence and impact of mental health difficulties in children with intellectual disability.

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