

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 chronic physical conditions**

1HR

This course will provide you with an introduction to the impact of chronic physical conditions on the mental health of children aged 0–12 years.

**Supporting the mental health of children with higher weight**

2HRS

This course examines practice strategies for supporting the social and emotional wellbeing of children with higher weight.

**Parental chronic physical illness and child-aware practice**

4HRS

Parental chronic physical illness can have a direct impact on children's social and emotional wellbeing. Professionals working with parents experiencing physical illness are well placed to have preventative conversations to reduce the negative impacts for children.

**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.



**Parental physical illness PERCS Conversation Guide**

Parental physical illness can have a direct impact on children's social and emotional wellbeing. This guide is designed to help health professionals working with parents experiencing chronic physical illness to hold preventative conversations that help reduce the negative impacts for children.



**Family perspectives on childhood physical illness – Parts one + two Podcasts**

Child and family partners share how they manage their children's social and emotional wellbeing alongside the challenges of chronic physical illness and describe the ways that practitioners have been able to support their children.



**Higher weight and neurodivergence in childhood Podcast**

Annie Crowe, a proud Autistic ADHD-er with 20+ years of lived experience of an eating disorder shares perspectives and insights she has gained from the significant advocacy work she has undertaken.



**Supporting the social and emotional wellbeing of children with higher weight Webinar**

Co-produced with the Mental Health Professionals' Network (MHPN), this webinar discusses practice approaches to support practitioners to explore the perception of children with higher weight and their hopes, preferences and choices for a healthy, balanced and happy life.



**Higher weight and mental health and wellbeing in childhood Practice Paper**

This resource aims to improve practitioners' understanding of the connections between higher weight and mental health in childhood. It provides guidance on how practitioners can support the physical and mental health and wellbeing of children with higher weight.