

Emerging Minds.

National
Workforce
Centre for Child
Mental Health

Resource summary: Supporting families experiencing parental mental illness



We would like to thank you for your interest in the *Supporting families experiencing parental mental illness* national forums.

Emerging Minds offers a range of free, easy-to-use tools to support practitioners working with children and families experiencing mental illness and other adversities. You can get started with the selection of resources below, or visit our website to find out more www.emergingminds.com.au



[Emerging Minds Families](#)

Emerging Minds Families is a free online resource hub to help all families access the right information, at the right time. Here you'll find a suite of resources that have been developed to meet the needs of parents and families looking for information and support regarding infant and child mental health.

The goal is to strengthen families' capacity to support positive mental health, to activate self-guided supports when required, and to know when further support from a professional is required. Practitioners can share and use these resources with the parents and families they work with.

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- Parent-child relationship
- Emotions and behaviours
- Routines
- Communication and meaning-making
- Support networks.



[Online course: Parental mental illness and child-aware practice](#)

Many parents with mental illness will have the capacity, strengths and supports to help their children thrive. However, without the right support, parental mental illness can have long-term impacts on children's mental health, development and wellbeing.

This course acknowledges the resilience and values of parents with mental illness, while recognising that mental illness can place great stress on the family. Parental stress can affect a child's ability to develop positive mental health; impact on the parent-child relationship; and disrupt the family's daily routines, relationships and connections.



[PERCS Conversation Guide](#)

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[Practice paper: Supporting families while they wait for a health care service](#)

Primary health care practitioners in Australia often refer children and their families to services for allied health or specialised care. Wait times for these services can be long, ranging from weeks to years. This resource explores the impacts of long waiting times on children and families' mental health, and provides guidance on how to support families who are waiting for a service.



[Learning pathway: Engaging children](#)

This practical and insightful pathway focuses on the core principles and practice skills that meaningfully and collaboratively engage children in your work together. If you work mostly with parents, but working with children is within the scope of your practice, then this pathway will give you a grounding in essential skills to effectively engage with children in a therapeutic setting. If you already work with children, this series will present you with the ideas, understandings, and the skills-in-action of experienced peers, to support and further your practice.



[Learning pathway: Practice strategies for working with children](#)

This suite of courses examines practice skills and strategies that help support collaborative engagements with children and their families.

It is designed for practitioners who work with children and their families to implement mental health interventions. This includes accredited mental health professionals, such as psychiatrists, psychologists, paediatricians, mental health social workers, mental health nurses, mental health speech therapists and mental health occupational therapists.



[Learning pathway: Infant mental health](#)

This pathway is designed for anyone who works with infants, toddlers, parents of young children, and families. It invites practitioners to broaden their working context from being solely adult-focused or solely infant-focused, to considering the whole family.



[Learning pathway: Interpersonal trauma](#)

The courses and resources in this learning pathway have been created in collaboration with practitioners, academics, child and family services, child mental health experts, and family members with lived experience of trauma and adversity.



[Online course: Parental substance use and child-aware practice](#)

This course examines preventative opportunities and entry points to promote children's mental health with parents in the context of parental substance use. It provides examples of conversations with parent-clients who are using substances in ways that affect the social and emotional wellbeing of their children.

The course will provide an overview of the PERCS conversation guide, which is easily incorporated into your current practice, to assist your work with parents who are affected by substance use.

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