

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

1HR

Explore what mental health looks like for children aged 0-12 years, and learn how to identify the factors that support positive child mental health and wellbeing.

Understanding children's mental health in culturally diverse communities

2HR

This course explores practice considerations that support culturally responsive and inclusive practice with families. It introduces four key areas to consider when working with families from a culture different to your own.

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.



Creating culturally responsive practice and services to support the mental health of children from culturally and linguistically diverse (CALD) backgrounds **Practice guide**

This guide explores the barriers and modes of access to mental health support for children (aged 0-12 years) from CALD backgrounds and provides a first step in understanding and applying culturally responsive practice.



Reflections on culturally competent practice with Mthobeli Ngcanga **Podcast**

Hear from Mthobeli Ngcanga who reflects on practices of engagement with children and their parents, as well as what's important to consider at the organisational level to support culturally competent practice.



Approaches to support child mental health in culturally and linguistically diverse communities **Webinar**

This webinar focuses on working with children and families from non-humanitarian migrant communities and supporting their mental health.



Culturally informed ways to support mental health in refugee and asylum seeker children **Practice paper**

This resource aims to provide practitioners with information about culturally informed ways to support the mental health of refugee and asylum seeker children.



Racism, children's mental health, and anti-racist practice **Short article**

This resource provides a starting point for practitioners to understand racism's harmful affects on children's mental health and wellbeing, while introducing ways to support children through anti-racist practice.