

## Start your learning here

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

1 HR	<b>Understanding child mental health</b> This course explores mental health for children aged 0-12 years. It will help practitioners to identify the facts that support positive mental health in children.
3 HR	<b>Intergenerational mental health</b> This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories and impacts of family disadvantage.
1 HR	<b>The impact of trauma on the child</b> This course introduces key understandings about trauma and adversity, and their impact on children.
4 HR	<b>Supporting children who have experienced trauma</b> This course aims to use trauma-informed practice to study the detail and skills of therapeutic engagement.
1.5 HR	<b>Working with First Nations families and children - A framework for understanding</b> This course is designed to assist non-Aboriginal practitioners to develop the skills and understanding to build genuine partnerships.






## Courses tailored to your needs

These courses introduce practice-based learning and application to match the specific challenges your sector faces.

6 HR	<b>A GP framework for infant and early childhood mental health assessment (0-5 years)</b> This course is for GPs who wish to increase their skills in assessing, managing and supporting infants and young children (0-5 years) with mental health difficulties.
6 HR	<b>A GP framework for child mental health assessment (5-12 years)</b> This course is for GPs who wish to increase their skills in assessing, managing and supporting children (5-12 years) with mental health difficulties.
1 HR	<b>Supporting children and families in general practice after a natural disaster or community trauma</b> This course is for GPs working with families and children affected by natural disasters.
3 HR	<b>Supporting children's resilience in general practice</b> This course provides GPs with a conversation guide to assist their work with patients as parents.

## Supporting resources

The following resources are specific to your practice setting and support the knowledge gained throughout the courses we've recommended. Make sure to save your favourite resources by adding them to My List when you're logged in.

	<b>Adverse Childhood Experiences (ACEs) Toolkit</b> This toolkit contains information, advice and practical tools for individuals and professionals who work with, or care for, children who have had adverse childhood experiences.
	<b>Community Trauma Toolkit</b> This toolkit contains resources to help you support adults and children before, during, and after a disaster or traumatic event. It will help you understand some of the impacts of disaster and how you can help lessen these.
	<b>Key skills in engaging children during a child mental health assessment Podcast</b> In this episode, discover what it means to 'walk with the family over time' and the key skills involved in engaging children as part of a child mental health assessment.
	<b>Supporting child mental health in general practice Podcast</b> In this episode, discover how to effectively use the GP-patient relationship to start conversations with parents about their children's social and emotional wellbeing.
	<b>Child360 App</b> This app has been designed as a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing and identify areas where action can be taken to strengthen resilience.
	<b>Supporting parents of pre-teen children with mild-moderate anxiety Guide</b> This practice guide provides information about anxiety in the pre-teen years (9-12 years). It aims to help practitioners in generalist services to better support parents who have a child experiencing mild to moderate anxiety.