

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.

The impact of parental substance use on the child

1HR

This course explores the impact of parental alcohol and other drugs (AOD) use, or substance use, on children's relationships, physical health, and social and emotional wellbeing.

Honouring Aboriginal & Torres Strait Islander voices in healing family violence

1.5HRS

This course explores the impact of parental alcohol and other drugs (AOD) use, or substance use, on children's relationships, physical health, and social and emotional wellbeing.

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.



AOD and the parent-child relationship In focus

Read about some simple shifts that can help practitioners 'bring children into the room' and improve outcomes for the whole family.



Working with substance affected parents PERCS Conversation Guide

A free psychosocial discussion tool for professionals working with parents that supports collaborative, respectful conversations around the impact of substance use and other adversities on children's daily lives.



Substance use and child-aware practice - Parts one and two Podcast

Practitioners discuss how children are impacted by parental substance use, and how to having supportive conversations with parents about their children is helpful in harnessing motivation for clients to make positive changes.



Overcoming adversity in work with mothers and children - Parts one and two Podcast

This two-part series explores working with women and children who have experienced trauma and disadvantage throughout their lives.



Working with parents affected by AOD use: Considering the needs of children Webinar

This webinar discussed how practitioners working with parents where AOD use is a presenting concern can engage parents in having child-focused and parent-sensitive conversations.



Understanding the impacts of Fetal Alcohol Spectrum Disorder on child mental health Paper

The ability of practitioners to engage mothers with co-existing issues in conversations about the wellbeing of their children without further stigmatising disadvantaged mothers is an increasingly necessary skill.