

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.

Practice strategies for assessment and engagement

2.5HRS

This course focuses on strategies that help children consider the relationships, routines and activities that nourish and support them.

Practice strategies for formulation

2.5HRS

This course looks at strategies to help incorporate children's participation into your existing case formulation practices.

Practice strategies for implementation

2.5HRS

This course covers skills and strategies for providing early identification and prevention responses to children's mental health concerns.

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.



Practical strategies for engaging children in a practice setting **Practice paper**

This resource introduces practitioners to practical strategies and ideas to consider when engaging children (aged 0–12 years) in a practice setting, including the importance of effectively engaging children in practice in order to facilitate decision-making activities.



Child mental health implementation strategies part one and two **Podcast**

In this two-part series, we explore ways of working with children that combine their experience and expertise with practitioners' own wisdom and strategies.



Helping children to live their 'best life' part one and two **Podcast**

In this two-part series, we discuss how the 'best life' approach can help practitioners to better understand the 'whole child' and the problems that affect them; and enable children and parents to be active participants in the therapeutic process.



Assessment and engagement with infants and children **Webinar**

This webinar presented strategies to support practitioners to consider the 'whole child' when working with infants and children, shifting the focus from labels, problems and conditions to supporting children's hopes and goals through inclusive practice.