Helping children deal with mental health problems

In Australia, almost one in seven children aged 4 – 11 years have a mental health disorder. Understanding how different mental health problems present in children is one of the first steps to helping them.

Understanding symptoms of depression in children

Learn about the symptoms and the four general principles for supporting children who are experiencing depression. Read more

Self-harm in the early years and at primary school

Primary school is the key time to help prevent self-harm as children learn how to cope with their emotions. Read more

Supporting children affected by trauma: a GP's perspective

Dr Penelope Burns talks about how GPs can support children affected by trauma. Read more
Five ways to support Aboriginal and Torres Strait Islander children who have experienced trauma. Read more

Webinar: Supporting primary school children with anxiety
COPMI - Pathways of Care resource
APS Stress and Wellbeing in Australia Survey 2015
Resources from the Australian Child & Adolescent Trauma, Loss & Grief Network

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