



Mental Health and Wellbeing Training

Online Training and Resources for Foster and Kinship Carers



The Healthy Tasmania Fund funded this project through the Tasmanian Government

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lwb.org.au

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About

From 2021 to 2023, Healthy Tasmanian funded the Fostering Better Mental Health (FBMH) project with the aim of creating and providing mental health and wellbeing training to Tasmanian Foster and Kinship Carers. Through this project and feedback from Carers, FBMH was able to gather information on training programs in Australia and internationally that cover topics Carers are seeking to learn.

Explore the wide selection of free self-paced training programs available for Tasmanian Foster and Kinship Carers, as well as Foster and Kinship Carers, Parents, Guardians, and Adoptive Caregivers all across Australia. This compilation of training materials encompasses a diverse range of subjects, such as:

- Developmental trauma
- Establishing emotionally safe environments
- Practical skills and strategies for emotional regulation
- Promoting mental health and wellbeing among children and young people
- Addressing anxiety, depression, and deliberate self-harm

The training resources offer a range of free eLearning options, including interactive online courses, written articles, recorded videos, and live webinars. Each training is labelled with a symbol indicating its eLearning type, corresponding to the symbols listed in the key below.

Not sure where to start? Check out the training modules that provide [an introduction](#) to child and adolescent mental health.

Looking for information on a specific topic? [Orygen](#) have a range of short fact sheets, guides and resources on a variety of topics including anxiety, depression, self-harm and suicide prevention, trauma, alcohol and substance use, technology, trans and gender diverse young people, and more. Check out their resources here: orygen.org.au/Training/Resources

Key:



Article, document, or prominently text-based learning



Live online webinar or training



Recorded video or prominently video-based learning



Website or interactive learning with both video and text

Introduction to Mental Health and Wellbeing

Headspace and the Victorian Department of Education

Duration:
1 hour



SAFEMinds: At Home

SAFEMinds offers parents and carers a series of information forums. The forums focus on helping parents and carers understand their role in supporting their child's mental health and wellbeing. SAFEMinds: At Home provides a range of information for families to help them support their child's mental health and wellbeing, including tip sheets and practical resources.

Key topics include:

- Noticing good mental health
- What things to look out for
- How to go about asking them if you have concerns
- When and how to get help

safeminds.org.au/parents-and-carers/

Health Direct

Duration:
5 mins



Kids and mental health

Find out what some common mental health issues in kids are, why good mental health is important for children and what can be done to help.

Key topics include:

- Why is kids' mental health important?
- Mental health issues in children
- How can I improve kids' mental health?
- Where to get help

healthdirect.gov.au/kids-mental-health

Emerging Minds

Duration:
1 hour



Understanding child mental health

This course explores mental health for children aged 0-12 years. It will help you identify the factors that support positive mental health in children, and understand how the different parts of a child's world interact to influence their social and emotional wellbeing.

Key learning objectives:

- Explain what factors contribute to children's positive mental health.
- Discuss the different factors in their social and relational world that affect their mental health.
- Understand that mental health can range from positive to diagnosed conditions.
- Explain how mental health issues can manifest differently in children compared to adults.

learning.emergingminds.com.au/course/understanding-child-mental-health

All age ranges

Relationships Australia WA

Duration:
1 hour



Connect for Mental Health 2

Relationships Australia WA has developed Connect for Mental Health 2 tool for parents, teachers, carers or anyone with responsibilities for children. This tool will help you better understand child mental health issues and recognise behaviours in a child struggling with a mental health decline. This tool, provided at no cost, shows ways to reach out and talk to a child about their problems or challenges whilst managing your own emotions more effectively. It also helps users understand the role of support and how to obtain further assistance if needed.

This training will:

- Increase awareness of child mental health issues
- Help you recognise behaviours in a child who might be struggling with a mental health decline
- Show ways to reach out and talk to a child about their problems or challenges whilst managing your own emotions
- Explain the role of supports and how to obtain support

relationshipsaustraliawa.org.au/resources/online-mental-health-tools/connect-for-mental-health-2



Anna Freud National Centre for Children and Families (UK organisations)

Duration:
30 mins



▶ **Adoptive Parents, Special Guardians, Kinship Carers and Foster Carers**

As an adoptive parent, special guardian, kinship carer or foster carer, you play a vital role in supporting a child or young person who has had a unique start in life. Some children who are fostered, adopted or looked after need extra help to feel safe and secure. This can be both rewarding and challenging for you as a parent or carer.

These resources cover:

Understanding

- Childhood trauma and the brain
- How mental health problems develop
- How research can help foster carers

Building

- Stay connected to your child's experiences
- The value of curiosity for foster carers
- Helping a child create coherent memories

annafreud.org/parents-and-carers/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/

MIEACT

Duration:
20 mins



Building a positive home environment

In this course, you will learn about effective communication and language. You will gain strategies to be more present and build strong relationships with children and young people.

Key learning objectives:

- Understand effective communication and language
- Learn ways to be more present as parents
- Gain tips for building strong relationships

mieact.thinkific.com/courses/building-positive-home-environment

The Emotional Intelligence Network (International organisation)

Duration:
40 mins



EQ 101 for Parents

A free eLearning program including videos and activities. Parents learn emotional intelligence skills to increase:

- Peace and collaboration
- Balance and calm
- Purpose and meaning

In this course, you will learn about “parenting with emotional intelligence” and why it’s important in parenting. You will also learn some simple and proven skills and strategies to build emotional intelligence with your family.

From this course, you will recognise:

- What you are feeling and your parenting patterns.
- Why it’s essential to validate your own and others’ feelings.
- How to create more intentional, less impulsive responses to situations and think through your options.
- How empathy for yourself as a parent is important to better hear what your children need.

eq.org/learn/courses/parents/

Sigma Training School (UK organisation)

Duration:
30 mins to 2
hours per
module, 13
modules



Trauma, PACE+, Blocked Trust and Emotional Wellbeing for Teachers and Caregivers

This online course is a series of sessions that enable you to understand and support children and young people who have experienced trauma.

Key topics covered include:

- Trauma and fight, flight and freeze
- Blocked trust, blocked care and our own wellbeing
- Social and emotional skills
- Shame
- The window of tolerance and co-regulation
- Yoga for children and young people
- Emotional wellbeing and building resilience through sport

www.sigmateachingschool.org.uk/online-training/

**Ron Huxley
(US based
professional)**

Duration:
5 hours



The Trauma Toolbox

Not all of the signs and symptoms of traumatic stress are visible. Parents and teachers have become trauma-sensitive to recognize them at home and school. The signs may often look like other problems in children.

Key learning topics:

- Understanding trauma and the brain
- The road to resilience
- Neuro/Emotional Regulation Skills
- Trauma informed tools for the home

ronhuxley.thinkific.com/courses/traumatoolbox

**McLean (US
hospital)**

Duration:
1 hour



Mental Wellness for Kids and Teens

Growing up is difficult; it always has been. But more recently, kids' and teens' challenges seem even more daunting. From cyberbullying to digital learning, many issues they encounter are new and uncharted territory for caregivers. In addition, the late teenage years are known to be the time when mental illnesses are most likely to manifest. So how can we support our loved ones as they walk through some of their most difficult years?

Topics covered include:

- The importance of mental wellness awareness for parents and caregivers of kids and teens
- Building routines for positive mental wellbeing
- Hallmark "red flags" with child and teen mental health and how to approach a conversation
- How to break the ice on discussions about drug use
- What to do when teens don't care about the consequences

www.mcleanhospital.org/video/mental-wellness-kids-and-teens

Adolescent (age 12+) mental health and wellbeing training

Read The Play



Parent Youth Mental Health Training

Duration:

1 hour



This course is designed to help you feel confident and empowered to support your children with their mental health. The information in the training is broken up into sections. You will learn about how to maintain and promote good mental wellbeing, various common mental illnesses and how to identify and support somebody experiencing a mental health problem, where to access further resources about mental health and how to access professional support for your teenager.

Key learning objectives or topics covered:

- Understand how to maintain mental wellbeing
- Learn about different mental illnesses- the signs and symptoms
- When and how to offer support
- Get the tools and knowledge to help your kids
- Gain the confidence to have mental health conversations

training.readtheplay.org.au/courses/parent-mental-health-training/

Prevention United

Duration:

approx. 20 mins
per week for 10
weeks



Partners in Parenting

Partners in Parenting (PiP) is an award-winning, evidence-based parenting program. It is designed to help build parents' skills and confidence in ways that may reduce their teenager's risk of depression or anxiety. The program is online and is accessible from most devices and internet browsers.

The program is designed for parents of teenagers (aged 12 to 17) who are not experiencing problems with depression or anxiety. However, it may still be helpful for parents of teens with mental health conditions with other supports in place.

Key topics include:

- Building a positive relationship with your teenager
- Setting appropriate expectations
- Nurturing your relationship while supporting age-appropriate independence
- Managing conflict at home
- Creating habits and routines for good mental health

- Helping your teen deal with anxiety, fears and worries
- Seeking professional help for signs of depression and anxiety
- Assisting teenagers to develop social skills to create strong friendships
- Helping your teenager learn how to solve problems effectively

partnersinparenting.com.au/

Black Dog Institute

Duration:
45 mins



Navigating your Teen's Mental Health

Designed for parents and carers, this presentation aims to educate the adults in a young person's life to help increase mental health literacy, reduce stigma and promote help-seeking. One in four young people experiences a mental health condition each year, and most people in this group don't reach out for support. We understand the importance of your child's safety and wellbeing, and that's where this presentation can help

Topics include:

- common mental health conditions for young people like anxiety, depression and bipolar disorder
- how to spot early warning signs in young people
- when and where to seek help
- how to support a young person you care about
- how and when to have meaningful conversations

About the training: blackdoginstitute.org.au/education-services/schools/school-presentations/navigating-your-teens-mental-health/

Schedule of upcoming sessions: blackdoginstitute.org.au/education-services/webinars/upcoming-community-webinars/

MIEACT

Duration:
15 mins



How to Empower Young People

This course will unpack what parents and carers may notice when children and young people need extra support. We will also explore tips and tricks for empowering young people to take good care of themselves.

Key learning objectives:

- What you may notice when children and young people need extra support
- How to support children and young people going through challenging times



- Tips and tricks on empowering young people to take good care of themselves

mieact.thinkific.com/courses/how-to-empower-young-people

McLean (US hospital)

Duration:
1 hour



▶ **Validating Child & Adolescent Thoughts and Feelings**

Everyone wants to be seen and heard. And validating the thoughts and feelings of kids and teens is especially important, even if you don't agree with them, since it lets them feel seen and heard.

How do we help our kids understand their feelings? How can we validate our children's thoughts and emotions? Is it ever too late to start validating how others feel?

Key learning objectives or topics covered:

- The short- and long-term effects of validating kids' emotions
- The connection between validating emotions and emotional regulation
- What self-validation looks like in the era of social media
- Examples of how to validate even when we don't understand or agree with their thoughts or point of view
- How to problem-solve with kids and teens
- Dealing with issues from your parents or caregivers not acknowledging your feelings and emotions when you were growing up

mcleanhospital.org/video/validating-child-adolescent-thoughts-and-feelings

▶ **Healthy Coping for Children and Adolescents**

Duration:
1 hour



Children and teenagers feel many emotions but may not know how to handle them. Therefore, it's essential to teach them how to manage their feelings, thoughts, and reactions in a healthy way. This will help them build skills that will benefit them as they grow up and avoid unhealthy coping strategies.

Key topics include:

- Healthy coping and signs that someone might be coping in an unhealthy way
- Managing patterns and habits with teens and young adults that can worsen mental wellbeing, like excessive screen time, sedentary lifestyle, and so on

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- Common coping skills and strategies to teach kids
- Helping young people whose coping leans toward self-harm or suicidal thoughts

mcleanhospital.org/video/healthy-coping-children-and-adolescents

Digging Deep (US based professionals)

Duration:
1 hour



Demystifying Adolescent Mental Health

Nowadays, young people face more stressors that can worsen depression and anxiety. Join us as we demystify mental health and learn how to support teenagers to cope when they feel overwhelmed by stress.

youtube.com/watch?v=MGGszdZRm2U

Wyndham City Council

Duration:
40 mins



Tuning in to Teen Tips

Wyndham City Council have developed resources and tips based on the Tuning in to Teens training program.

Key topics covered include:

- Acknowledge, Empathise and Validate Emotions
- Emotional Intelligence and Name it to Tame it
- Creating Time to Connect and Bids for Connection
- Sitting with your Teen's Emotions and Sharing Pleasant Emotional Experiences
- Anger, a Source of Information
- Problem Solving with your Teen
- Role Modelling, Building in a Pause and Repair
- Take Time for Yourself, Self-Care and Reframing Thinking

wyndham.vic.gov.au/services/youth-services/programs/tuning-teens



Edith Cowan University

Duration:
20 mins



Adolescent Mental Health Guide for Teachers & Parents

This guide will provide an overview of adolescent mental health. In addition, it will explain why mental health problems are more likely to occur in adolescents. It will also highlight five common mental health issues and what factors make them more likely to occur. Finally, this guide will explain some common signs of mental illness and where adolescents can go for further support.

studyonline.ecu.edu.au/blog/adolescent-mental-health-guide

Carer Mental Health and Wellbeing, Self-Awareness and Self-Care

MIEACT

Duration:
20 mins



Understanding YOU as a Parent or Carer

In this course, you will learn about self-awareness and how it connects with positive mental health and wellbeing. You will learn how to identify your strengths and personal triggers and respond with strategies such as self-compassion.

Key learning objectives:

- Understand self-awareness and its connection to positive mental health and wellbeing
- Have an understanding of how to increase self-awareness
- Understand your own strengths as a parent or carer
- Identify personal triggers and how to respond
- Understand Self-Compassion

mieact.thinkific.com/courses/understanding-you-as-a-parent



Self Care as a Parent or Carer

Duration:
15 mins



In this course you will learn about the importance of self-care and how to identify self-care strategies that work for you.

Key learning objectives:

- Understand the importance of self-care
- Identifying self-care strategies that work for you



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- Identifying what you can control
- Practicing ways to implement self-care

mieact.thinkific.com/courses/self-care-parent



Help seeking for Parents or Carers

Duration:

15 mins



In this course you will learn about the importance of early help-seeking and where to go in our community or online. We will further unpack some tips on how to navigate Centrelink.

Key learning objectives:

- Understand the importance of early help-seeking, common barriers and tips for seeking help
- Feel better supported to navigate Centrelink
- Understand what services and supports are out in the community and online to support parents

mieact.thinkific.com/courses/help-seeking-for-parents

Further Resources

Orygen



Orygen conduct world-leading and impactful research that creates change, advocate for policy changes and deliver innovative training programs and resources.

Orygen have created a through collection of resources covering topics including:

- Anxiety, depression, and eating disorders
- Alcohol and substance use
- Trauma and neurodevelopmental disorders
- Self-harm and suicide prevention

Their resources include information for supporting trans and gender diverse young people as well as culturally diversity in mental wellbeing.

orygen.org.au/Training/Resources



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Raising Children



Raising Children provides ad-free parenting videos, articles and apps backed by Australian experts.

raisingchildren.net.au/

Life Ed



Partners with schools and parents, to provide interactive and fun educational lessons that empower children and young people to make safer, healthier and happier choices.

Life Ed. Also provide a collection of free resources designed to help out parent and carers at home. These resources cover cybersafety, emotional wellbeing, nutrition, physical activity, relationships, and more.

lifeed.org.au/families/

Mental Health Professionals' Network (MHPN)



Mental Health Professionals' Network (MHPN) is an Australian organisation that offers free online professional development webinars and podcasts targeted to practitioners and members of interdisciplinary programs or teams.

mhpn.org.au/

Head to Health



Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations.

Provided by the Australian Government Department of Health and Aged Care, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/

ReachOut



ReachOut offer a safe space online for parents and young people to each access support and information.

Free and completely confidential one-on-one support is available for parents with a professional family and parenting coach. Community forums are also available for parents to chat, ask questions and browse previous discussions for you to learn from others who've been there.



lwb.org.au

1300 592 227

Mental Health and Wellbeing Training

Online Training and Resources

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You can access articles, videos, quizzes and more on teenage mental health and wellbeing topics including depression, anxiety, stress, suicide, body image, eating disorders, alcohol, cyberbullying, technology, sexuality, coping skills, building trust and more.

parents.au.reachout.com/



Young people can access information on everything from mental health and wellbeing, to relationships, identity, climate anxiety, common challenges and, coping and more. Young people can hear directly from other young people sharing their stories and experiences.

Through ReachOut young people can chat with a peer worker who understands. Peer workers have experience with mental health and life challenges and have been trained to use this experience to help others.

au.reachout.com/

Smiling Mind



Smiling Mind is a free Australian mindfulness app with short daily meditations and mindfulness exercises. Dedicated programs for young people and adults focusing on stress, sleep, attention and concentration, wellbeing, relationships performance, sport and mindful eating.

[Smiling Mind](#) is available on the App Store and Google Play.

Niggle



Niggle is an app by Kids Helpline to track wellbeing and get personalised information, videos, podcasts, quizzes and tips to help tame niggles (feelings that won't go away). Plus, hear from other young people as they share their stories and find out what helped them!

From feeling down or sad to sexual identity, dealing with conflict, loneliness and more - this is a take home, self-help toolkit that is here for children and young people 24/7 for all things related to mental, social and emotional wellbeing.

[Niggle](#) is available on the App Store and Google Play.

