



Connect for Mental Health

A community learning tool for parents, teachers & carers

This mental health tool:

- is a free 45 minute online mental health training tool
- helps parents, teachers, carers or people who have responsibilities for children
- helps users better understand child mental health issues and recognise behaviours in a child who might be struggling with a mental health decline.
- shows ways to reach out and talk to a child about their problems or challenges whilst managing your own emotions more effectively.
- helps users understand the role of support and how to obtain further support if needed.

Scan the QR code to access the tool online.

If you or your organisation would like more information on Connect for Mental Health, or to discuss how it can be used, please email marketing@relationships.wa.gov.au



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