Early intervention is powerful

Getting help early is important for children, young people and adults.

*Always Be You has been developed with the application of, learnings from and respect for 8 ways Aboriginal Pedagogy

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Many ways of knowing, being and doing

- A child's or young person's experiences are powerful. Sometimes they need additional help.
- Traumatic experiences can have a long-term impact.
  - Problems don't last forever.
  - Mental health impacts on wellbeing.

Learning map

- Draw a mud map showing the concerning behaviours as well as strengths.

Record what you see:
- Behaviours, emotions, thoughts, learning and social relationships.
  - When do they happen?
  - How often and how long?

Many ways of doing

- Share concerns with family and friends.
- Seek advice from Elders and wise people.
  - Talk with educators.
  - Seek out experts.

Connecting to Community

- Adults need to work together to support children and young people experiencing mental health difficulties.
- Find links for transitions between early learning services, primary and secondary schools.
- Talk to a general practitioner or a paediatrician first.
- Find childhood and adolescent specialists, psychologists, counsellors and other mental health professionals.