Support is culturally sensitive

Children and young people’s mental health is in a context of family and culture.
**Many ways of knowing, being and doing**

- Different cultures approach mental health differently.
- Good mental health for children and young people is valued but can be expressed differently.
- Trauma, grief, loss and healing are extremely important in Aboriginal and Torres Strait Islander communities.
  - Bring spirit, heart, mind and action together.

**Learning map**

- Plan for cultural competence and proficiency now.
  - Plan responses that respect culture.
  - Observe, question and change tokenistic practices.
  - Plan support processes before they are needed.

**Many ways of doing**

- Embed culture in your place, each space and all practice.
- Take time to explore cultural understanding in the service.
- Explore your own identity—how it impacts on cultural sensitivity.
- Consider support before acting—values, feelings and knowledge.

**Connecting to Community**

Seek advice:

- Work with local knowledge.
- Ask families about what you don't understand.
- Work with families who need support.

With delivery partners

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