We are all part of a mental health support team

Understand your role in supporting children and young people who may be experiencing mental health difficulties.
Many ways of knowing, being and doing

- Respect family and community culture.
  - Families can lead the team.
  - Community members have expertise too.
- Strong learning community support takes groups of people.

Learning map

- Draw the team—what works for child, young person, family and learning community?
  - Reflect on each member’s role.
  - Map different types of support.

Many ways of doing

- Trust others—other people, other learning communities.
- Show respect for this family.
- Listen—really listen to what is happening for a child, young person and their family.
- Listen, think and act—apply deep knowledge and strong values.

Connecting to Community

- Work as a team with common goals.
- There may be a need for education services to make connections.
- Not all service providers are based in the local community—reach out.
- Find services that are culturally sensitive.