

This is a transcript of the Be You Professional Learning domain video available at <https://beyou.edu.au/learn/early-support>.

## **Professional Learning Domain: Early Support**

You play a vital role when it comes to supporting mental health and wellbeing in your learning community. Because you observe the same group of children and young people, every day, you are in a unique position to notice when they don't appear their normal selves.

One in seven children between the ages of 4 and 17 will experience a mental health condition in any year. Your role in providing early support to a child or young person isn't about making a diagnosis of a mental health condition.

Instead it is about noticing and recognising the signs and symptoms that might indicate the presence of mental health issues, and the potential need for professional support.

Having the skills to recognise when a child or young person needs support – and how to appropriately discuss your concerns with others, including children and young people themselves – is crucial to helping them reach their full potential.

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