

# Connect for Mental Health

A community learning tool for parents, teachers & carers

This free online mental health training tool helps parents, teachers, carers or people who have responsibilities for children, better understand child mental health issues and recognise behaviours in a child who might be struggling with a mental health decline.

This tool shows ways to reach out and talk to a child about their problems or challenges whilst managing your own emotions more effectively. It also helps users understand the role of support and how to obtain further support if needed.

The online tool can found at:

[www.relationshipswa.org.au/resources/online-mental-health-tools/connect-for-mental-health-2](http://www.relationshipswa.org.au/resources/online-mental-health-tools/connect-for-mental-health-2)

If you are interested in more information on Connect for Mental Health, or to discuss how it can be used, please contact Fergus Masters at Relationships Australia WA on [fergus.masters@relationshipswa.org.au](mailto:fergus.masters@relationshipswa.org.au)



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WESTERN AUSTRALIA  
[www.relationshipswa.org.au](http://www.relationshipswa.org.au)