



## Quick Links



October is **Mental Health Month**. It reminds us of the importance of looking after our mental health and wellbeing.

[Check out events for Culturally and Linguistically Diverse Communities](#)

[Get promotional resources about Mental Health Month in a wide range of community languages](#)

[Find educational resources about wellbeing and mental health in a wide range of community languages](#)

## Training

### Coaching

#### [Leaving Care with Focus on Financial Plans](#)

- 24 October 2024 (9:30am - 12:30pm)

#### [The Healing Power of Relationships](#)

- 30 October 2024 (9:30am - 12:30pm)

### Interactive webinars

#### [Safeguarding Quality Practice](#)

- 2 October 2024 (9:30am - 12:30pm)

#### [Part 1 – Aboriginal Culture and History](#)

- 9 October 2024 (9:30am - 11:30am)

#### [Part 2 – Aboriginal Child Protection History](#)

- 16 October 2024 (9:30am - 11:30am)

#### [Part 3 – Working with Aboriginal Families and Communities](#)

- 23 October 2024 (9:30am - 11:30am)

### Face to Face/Online

#### [Family Action Plan for Change](#)

- 16 October 2024 (10:00am - 3:00pm) Nowra

#### [Permanency in PSP – Guardianship and Open Adoption](#)

- 17 October (9:30am - 12:30pm) Online

#### [Difficult Conversations in PSP](#)

- 22 October 2024 (10:00am - 3:00pm) Online

#### [Purposeful Home Visiting](#)

- 29 October 2024 (10:00am - 3:00pm) Online

## Resources

This month we're focusing on resources that provide us the opportunity to understand the importance of good mental health and help-seeking behaviours.

### Factsheets

- [Mental Health – Working with Children and Young People in PSP](#)
- [Mental Health and Pregnancy](#)
- [Talking With Parents Experiencing Mental Health Issues](#)
- [Mental Health and Culture](#)
- [Mental Health – Parents](#)
- [Talking With Children and Young People About Mental Health](#)

### Reports

- [Final Report: Working at the intersections of domestic and family violence, parental substance misuse and/or mental health issues](#)
- [Summary Practice Guide: Working at the intersections of domestic and family violence, parental substance misuse and/or mental health issues](#)
- [Practice Guide: Working at the intersections of domestic and family violence, parental substance misuse and/or mental health issues](#)

### Other resources

- [Mental health resources for professionals](#)



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