

Early intervention is powerful

Getting help early is important for
children, young people and adults.



Yarn



Show
your mob



Plan



Watch,
think, redo



Think and
do



Do different
ways



Draw it



Connect
to land

*Always Be You has been developed with the application of, learnings from and respect for 8 ways Aboriginal Pedagogy
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Many ways of knowing, being and doing

- A child's or young person's experiences are powerful. Sometimes they need additional help.
- Traumatic experiences can have long term impact.
 - Problems don't last forever.
 - Mental health impacts on wellbeing.

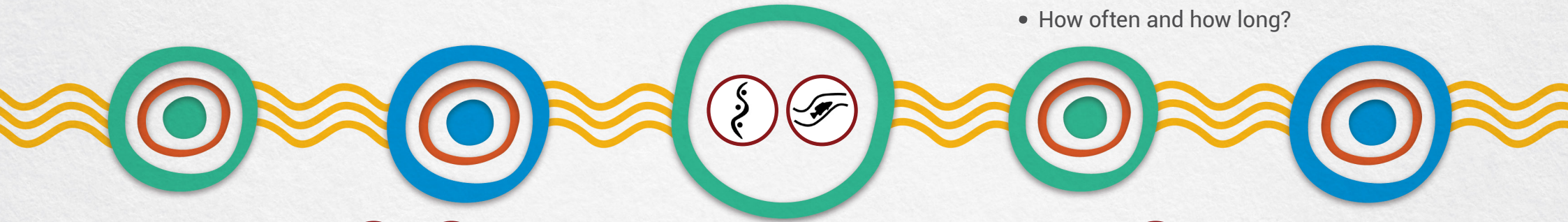


Learning map

- Draw a mud map showing the concerning behaviours as well as strengths.

Record what you see:

- Behaviours, emotions, thoughts, learning and social relationships.
 - When do they happen?
 - How often and how long?



Many ways of doing

- Share concerns with family and friends.
- Seek advice from Elders and wise people.
 - Talk with educators.
 - Seek out experts.



Connecting to Community

- Adults need to work together to support children and young people experiencing mental health difficulties.
- Find links for transitions between early learning services, primary and secondary schools.
 - Talk to a general practitioner or a paediatrician first.
- Find childhood and adolescent specialists, psychologists, counsellors and other mental health professionals.

With delivery partners



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