

Supporting Child Mental Health: An evaluation of a new training program for adults providing mental health first aid to children aged 5-12 years

ACTRN12625000788471

Status	RECRUITING
Sponsor	University of Melbourne
Enrollment	200 participants

Plain Language Summary

When a child is struggling with their mental health, the adults around them — parents, teachers, coaches — are often the first to notice something is wrong. But many adults feel unsure about what to do or say. This study is testing a new training program called 'Supporting Child Mental Health' that teaches parents and educators how to provide mental health first aid to children aged 5 to 12. The program combines four hours of online learning with four hours of live group training sessions.

This is an early-stage pilot trial enrolling 100 teachers and 100 parents or caregivers. Researchers want to know whether the program is safe and effective, and whether it is practical enough to be rolled out in communities across Australia and beyond.

You may be eligible if you are a parent, carer, or educator who works with children aged 5 to 12, are 18 or older, can read and write English, and are willing to complete the training. You would not be eligible if you are already a mental health professional, a school wellbeing leader, or have completed similar mental health first aid training in the past two years.

Key Eligibility Criteria

Inclusion (5)

- Parents/carers and educators who are living or working with children aged 5-12 years. Educators include anyone who is involved in teaching children in a school setting, at a sports club, tutoring in the arts, or any other community activities such as volunteering or religious education. Parent/caregivers include any guardian or carer with responsibility for supporting a child's mental health outside of an employment position (i.e., grandparent, adult family member, foster carer etc).
- Aged 18 years or older
- Able to read and write in the English language sufficient for survey completion
- Willing to complete 4-hours of eLearning modules
- Willing to complete 4-hours of instructor-led, live group training sessions.

Exclusion (3)

- Mental health professionals including school counsellors, education and developmental psychologists, school psychologists, licensed clinical social workers or mental health occupational therapists
- Mental Health and Wellbeing Leaders (MHWL) within schools
- Any adult who has undertaken Mental Health First Aid™ training, or any other similar mental health training, in the past 24 months (including those who have been or are currently, a MHFA Instructor).

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000788471>

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