Mental health information sheets
Component 1: Positive school community

The need to belong

Introducing KidsMatter Primary
Why connect at school?
Belonging at school makes a difference
What makes a positive school community

Additional needs

Disability and children’s mental health
Supporting children with additional needs
Disability: Suggestions for families
Disability: Suggestions for school staff
Additional needs: Other resources (online only)

Cultural difference

Cultural diversity and children’s wellbeing
Helping children connect across cultures
Cultural diversity: Suggestions for families
Cultural diversity: Suggestions for school staff
Cultural diversity: Other resources (online only)

Mental health information sheets
Component 2: Social and emotional learning for students

Making friends
Everyone needs a friend
Helping children learn positive friendship skills
Friendship skills: Suggestions for families
Friendship skills: Suggestions for school staff

Fears and worries
Everyone gets scared
About fears and worries
Coping with fears and worries
Fears and helpful self talk
Fears and worries: Other resources (online only)

Making decisions
Helping children to choose wisely
About good decision making
Decision making: Suggestions for families
Decision making: Suggestions for school staff

Anger
Everyone gets mad
About anger
Talking through angry feelings
Helping children to cool down and stay calm
Helping children to manage anger: Other resources (online only)

Resolving conflict
Sorting our conflict together
Learning to value others
About conflict resolution
Helping resolve conflict: Suggestions for families
Helping resolve conflict: Suggestions for school staff
Resolving conflict: Other resources (online only)

Getting along
What is social and emotional learning
Helping children to manage feelings
Supporting children’s confidence
About social and emotional learning
Social and emotional learning suggestions for families
Social and emotional learning suggestions for school staff
Social and emotional learning: Other resources (online only)

Mental health information sheets
Component 3: Parenting support and information

Learning
Scaffolding children’s learning
About thinking and learning
Thinking and learning: Suggestions for families
Thinking and learning: Suggestions for school staff

Children’s emotions
Making sense of children’s emotions
How temperament affects feelings
About emotional development
Emotional development: Suggestions for families
How thinking affects feelings

Social development
Good values guide good behaviour
About social development
Social development: Suggestions for families
Social development: Suggestions for school staff

Discipline
Catch them being good
Using effective discipline
About effective discipline
Making rules and setting limits
Effective discipline in the classroom
Effective discipline: Other resources (online only)

Family relationships
Happy families work together
When parents separate
About family relationships
Building better family relationships
Effective family communication

Mental health basics
Children and hardship
Children and grief
Children and bullying
Mental health risk and protective factors
Building protective factors: Suggestions for families
Building protective factors: Suggestions for school staff
Support for parenting

# Mental health information sheets

**Component 4: Early intervention for students experiencing mental health difficulties**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Serious behavioural problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>What does anxiety look like?</td>
<td>What do serious behaviour difficulties look like?</td>
</tr>
<tr>
<td>About anxiety</td>
<td>About serious behaviour difficulties</td>
</tr>
<tr>
<td>Anxiety: Suggestions for families</td>
<td>Serious behaviour difficulties: Suggestions for families</td>
</tr>
<tr>
<td>Anxiety: Suggestions for school staff</td>
<td>Serious behaviour difficulties: Suggestions for school staff</td>
</tr>
</tbody>
</table>

**Attention deficit hyperactivity disorder**

What does attention deficit hyperactivity disorder (ADHD) look like?  
About attention deficit hyperactivity disorder (ADHD)  
Attention deficit hyperactivity disorder (ADHD): Suggestions for families  
Attention deficit hyperactivity disorder (ADHD): Suggestions for school staff  
ADHD: Other resources (online only)

**Depression**

What does depression look like?  
About depression  
Depression: Suggestions for families  
Depression: Suggestions for school staff

**Autism**

What does autism look like?  
About autism spectrum disorders  
Autism: Suggestions for families  
Autism: Suggestions for school staff

**Should I be concerned?**

How mental health difficulties affect children  
Knowing when to get help  
Getting in early for mental health and wellbeing  
Recognising mental health difficulties  
Suggestions for families  
Recognising mental health difficulties  
Suggestions for school staff

---