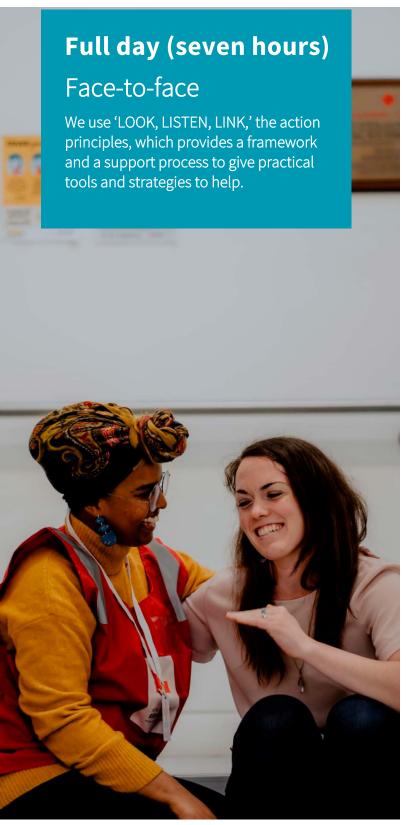




ESSENTIAL PSYCHOLOGICAL FIRST AID (PFA)



Anyone can find themselves in a situation in which they encounter a person in distress. Psychological First Aid (PFA) is a simple, yet powerful way of helping someone in distress, so they feel calm and supported in coping with their challenges. These challenges can be personal, work related or affect the whole community.

Learning OutcomesParticipants will:

- Understand PFA:
 - What PFA is and what it is not
 - Become familiar with distress reactions
- Have tools to be able to provide PFA using:
 - The Five Elements
 - LOOK, LISTEN and LINK
- Practise providing PFA



