



# PSYCHOLOGICAL FIRST AID

A resiliency-building approach to emotional, psychological, and social wellbeing

First aid for the mind is just as important as first aid for the body. Individuals suffering from high stress levels, burnout and suicidal thoughts are at an all-time high in areas such as workplaces, schools, indigenous communities and among professional responders.

**Psychological First Aid** is a resiliency-building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

- Uses audience-specific case-based learning that focuses on self-care and personal protection
- Incorporates the latest evidence-based research on emotional, psychological, and social well-being
- Supports and complements workplace wellness education programs
- Online, in-class and blended delivery course options available

## Who should take this training?

Psychological First Aid is for everyone. We all have strengths and abilities to cope with life's ups and downs, however, everyone can be vulnerable under stress or in a crisis situation. Training in Psychological First Aid helps to reduce stigma associated with mental health crises and can reduce negative health outcomes for individuals by promoting positive conversations about wellness. With emphasis on establishing a connection with people in a compassionate non-judgmental manner, the training also helps to foster a positive work environment and culture of care in the workplace.

**What makes Psychological First Aid different from Mental Health First Aid?** The broad preventative focus of the program. Mental Health First Aid focuses on primarily educating professional responders on the signs, symptoms, and care for various types of mental health issues. Psychological First Aid offers a daily aid to dealing with the stresses of life for individuals within a broad spectrum of communities.

## Course Offerings

Red Cross offers flexible delivery options catering to the unique needs of individuals and groups. Our menu of courses includes two self-directed, online courses, as well as Instructor-led options with blended and in-person training formats.

COURSE	DESCRIPTION
<b>Self-Care</b> 45-90 minutes online	Build a personal understanding of the effects of stress, loss and grief through the Red Cross Look, Listen, Link, Live model, and develop a self-care action plan.
<b>Caring for Others</b> 45-90 minutes online	Build an understanding of the effects of stress, loss and grief on others through the Red Cross Look, Listen, Link, Live model.
<b>Self-Care &amp; Wellness</b> 45-90 minutes online 1hr30–2 hours in-class	Develop a self-care plan and learn the Red Cross Look, Listen, Link, Live model. Connect with peers and apply self-care principles through case-based learning and facilitated discussion with an Instructor. Upon successful completion, participants will receive a 1-year certification in Self-Care & Wellness.
<b>Psychological First Aid</b> Classroom-based: 12 hours in-class  Blended Option: 7 hours in-class 45-90 minutes online	Learn how to support yourself and others to cope with the effects of various types of stress, using primarily case-based learning. Classroom-based and blended delivery course options are available. Upon successful completion, participants will receive a 3-year certification in Psychological First Aid.

### Promote wellness by supporting individuals to care for themselves and others.

Contact us today for affordable pricing packages to suit any size of workplace or group.



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