

Strengthening

Connections

Psychological First Aid

Overview

This training is offered to local Community members so that they are better equipped for the emotional and psychological aspects of community disaster, and to support others.

People are trained ready to be volunteer Community Recovery workers. Training focuses on the support that is given to someone immediately following a disaster or critical event until professional help is available, and/or until the person is less overwhelmed and more able to cope.

Community members, volunteers, Community Recovery workers, disaster response workers, emergency responders and other frontline responders would benefit from this training.

Aim

Psychological first aid seeks to:

- Reduce the initial distress
- Foster short and long-term adaptive functioning (build resilience)
- Minimise the risk of further harm

Learning Objectives

Participants are supported to:

- Recognise signs of emotional and psychological distress
- Respond to the person's immediate needs with care and support
- Refer confidently to appropriate services



Format

- 3 hour Face-to-face or Virtual Workshop

Resources

- Printed copy of Slides

To Register and view our other open workshops

[CLICK HERE](#)

Or enquire about exclusive training for your workplace:

E: lifeline.training@ucommunity.org.au