



# PFA + BAS

## Psychological First Aid + Be A Samaritan Program

### Learn to:

- Identify signs of stress
- Recognise the importance of mental health and self care
- Examine the psychological effects of crisis
- Be an available lifeline to anyone in crisis



Duration: 8 hours



Mode of delivery: Physical



Group size: 10 to 20 pax



Pre-requisites: 16 years old and above

### PFA+BAS Program Course Description:

PFA+BAS Program integrates the basic tenets of PFA and BAS, including Look, Listen and Link from PFA, with Alert, Approach and Assist from BAS, to provide learners with foundational knowledge on mental health and skills necessary to identify signs of stress and deliver psychological support in emergencies and everyday situations. Through interactive learning, case studies, and role-playing exercises, participants will be better equipped with the know-how to be an available lifeline to anyone in crisis.

Provide timely and appropriate  
psychological support with PFA

 [www.redcross.sg/pss](http://www.redcross.sg/pss)

 6664 0500

 [cpss@redcross.sg](mailto:cpss@redcross.sg)

 8020 7130





## Module 1: Introduction to Mental Health

01

Understand the importance of PFA and how a Psychological First Aid provider can help a distressed individual

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## Module 2: Understanding Crisis & Stress

02

Explain the concepts of crisis and stress and how it may affect an individual's mental health

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## Module 3: Self-Care & Social Support

03

Explore different types of self-care and learn the characteristics of social support

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## Module 4: Introduction to Psychological First Aid (PFA)

04

Learn how to apply PFA support in different context through role play and case studies

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## Module 5: Suicide Prevention 101 Workshop (e-learning basic knowledge-based workshop)

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Gain basic knowledge of suicide prevention and learn how to support loved ones in crisis, aiming to widen the safety net by rallying the community as first responders.

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## Module 6: #HowRU Workshop (online/onsite skill-base workshop)

06

The program aims to equip participants with practical first-response skills using the '3A approach': being alert to suicide distress, approaching with empathy to inquire about suicidal thoughts, and assisting by referring to community resources. A certificate will be issued upon completion.