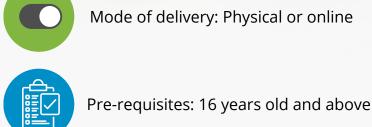**SINGAPORE RED CROSS ACADEMY**

PSYCHOLOGICAL FIRST AID

Learn to:

- Identify signs of stress
- Recognise the importance of mental health & self care
- Examine the psychological effects of crisis
- Provide support to persons in distress with World Health Organization's psychological first aid framework

Duration: 6.5 hours

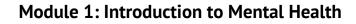Mode of delivery: Physical or online

Group size: 10 to 30 pax

Pre-requisites: 16 years old and above

Provide timely and appropriate psychological support with **PFA**

www.redcross.sg/pss

6664 0500

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8020 7130

Course Description:

Psychological First Aid (PFA) provides 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 gain hands-on experience in applying PFA techniques in various contexts.

Module 1: Introduction to Mental Health

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

01

Module 2: Understanding Crisis & Stress

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

02

Module 3: Self-Care & Social Support

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

03

Module 4: Introduction to Psychological First Aid (PFA)

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

04

SINGAPORE RED CROSS ACADEMY

Content adapted from: World Health Organization   IFRC