



PSYCHOLOGICAL FIRST AID WITH BE A SAMARITAN

A specialized course developed with SOS, combining core PFA skills and suicide prevention strategies to help participants confidently support individuals in distress or crisis across community and workplace settings

COURSE DETAILS

 8 hrs

 S\$200/pax

 Minimum 10 ; Maximum 30 learners

 Available in Physical and Online Format

JOIN NOW



Contact Details

 +65 8020 7130

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LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Understand mental health and assess it in practice
- Recognize personal and others' emotions for better understanding
- Evaluate and apply self-care strategies and social support for stress management
- Use the Psychological First Aid Framework to help distressed individuals manage emotions
- Apply the '3A Approach'—Alert, Approach, Assist—when responding to individuals in distress

COURSE STRUCTURE

01

Introduction to Mental Health

Explore core concepts of mental health and its professional applications

02

Understanding Crisis & Stress

Identify and interpret emotional reactions to crises in self and others

03

Self-Care & Social Support

Learn diverse self-care strategies and how to build meaningful support systems

04

Introduction to Psychological First Aid

Apply the PFA Framework to help individuals manage emotional distress effectively

05

Suicide Prevention 101 Workshop

Learn how to support loved ones in crisis, aiming to widen the safety net by rallying the community as first responders

06

#HowRU Workshop

Equip yourself with practical response skills using the '3A Approach': being Alert to distress, Approaching with empathy, and Assisting by connecting to resources. Practice real-world intervention through onsite or online workshops
