



# PSYCHOLOGICAL FIRST AID +

## Course Overview

The *Psychological First Aid+ (PFA+)* course is a beginner training focused on supporting individuals in emotional distress. It covers mental health, stress management, and self-care while enhancing crisis response skills. The course emphasizes immediate emotional support, resilience, and coping strategies, providing certification upon completion of assessments.

## Course Details

- » Duration: 9 hours
- » Fee: S\$250 per participant
- » Group Size: 10 to 30 participants
- » Mode of delivery: Physical or Online
- » Pre-requisites: 16 years and above

## Why Choose This Course?

- ✓ Affordable & High-Quality
- ✓ Recognized Training
- ✓ Practical & Engaging

## Contact Information

📞 Contact Us: 6664 0500  
✉ Email: [cpss@redcross.sg](mailto:cpss@redcross.sg)

📞 WhatsApp: 8020 7130  
🌐 Website: [www.redcross.sg/pss](http://www.redcross.sg/pss)

## At the end of this course, you 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.



### Module 1: Introduction to Mental Health

Develop an understanding of mental health and assess it in professional practice

01



### Module 2: Understanding Crisis & Stress

Recognize their own emotions and those of others, allowing them to better understand their reactions and those around them

02



### Module 3: Self-Care & Social Support

Evaluate and apply diverse self-care strategies and social support mechanisms for effective stress management

03



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

Apply the Psychological First Aid Framework in supporting a distress person to manage their emotions better

04