

# Psychological First Aid+ (PFA+)

TGS-2025053990

## What you will learn

Psychological First Aid+ (PFA+) is a beginner-level course designed to equip participants with essential skills to support individuals experiencing emotional distress. It serves as an enhanced alternative to our standard Psychological First Aid (PFA) course, offering the same foundational competencies while diving deeper into mental health literacy, stress management, and self-care practices.

PFA+ features expanded content, more interactive learning experiences, and scenario-based assessments to reinforce practical application. It is ideal for learners who prefer a more comprehensive and hands-on approach to building confidence and competence in providing support during emotional crises.

Learners may choose to begin their learning journey with either PFA or PFA+, both of which serve as a suitable prerequisite before progressing to Advanced Psychological First Aid (APFA).



### Build Mental Health Awareness

Understand stress and crisis to better support yourself and others.



### Strengthen Resilience

Apply self-care strategies to prevent burnout and stay balanced.



### Confidently Apply PFA

Use the Look–Listen–Link model to provide compassionate support.



### Course Duration:

9-hours (inclusive of 1-hour assessment)

### Mode of training:

Classroom/Online

### Full Fees (Include of 9% GST)

\$272.50

### Subsidised Fees (Include of 9% GST)

From \$97.50 after 70% SkillsFuture Subsidy\*

(\* Subsidy is eligible for Singapore Citizens, PRs, and LTPV+ holders. Final nett fees are subject to individual eligibility and availability of SkillsFuture Credit)  
Fees may be further offset by SkillsFuture Credit (aged 25+).

### LEARN MORE!



## Why learn with us:



Proven Expertise



Dynamic Content



Impactful Training

Phone: 6664 0500

Email: [academy@redcross.sg](mailto:academy@redcross.sg)

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## Learning Objectives

- Develop an understanding of mental health and assess it in professional practice
- Recognize their own emotions and those of others, allowing them to better understand their reactions and those around them
- Evaluate and apply diverse self-care strategies and social support mechanisms for effective stress management
- Apply the Psychological First Aid Framework in supporting a distress person to manage their emotions better

## Learning Modules

### Module 1 Introduction to Mental Health

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

### Module 2 Understanding Crisis and Stress

Identify and interpret emotional reactions to crises in self and others.

### Module 3 Self-Care and Social Support

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

### Module 4 Introduction to Psychological First Aid

Apply the Psychological First Aid (PFA) Framework in supporting a distressed person to manage their emotions effectively..

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