

Psychological First Aid with Be A Samaritan

What you will learn

In partnership with Samaritans of Singapore (SOS), the Psychological First Aid + Be a Samaritan (PFA+BAS) programme equips learners with essential mental health, crisis response, and suicide prevention skill.



Strengthen Mental Health Literacy

Understand mental health, stress, and crisis reactions to better support others.



Provide Compassionate, Practical Support

Apply the PFA and 3A (Alert–Approach–Assist) frameworks to respond to people in distress.



Promote Resilience & Suicide Prevention

Practise self-care, build support networks, and apply suicide prevention skills.



Course Duration:

8 Hours (1 day)

Mode of training:

Classroom/Online

Full Fees (Include of 9% GST)

\$218

LEARN MORE!



Why learn with us:



Proven Expertise



Dynamic Content



Impactful Training

Phone: 6664 0500

Email: academy@redcross.sg

Website: <https://redcross.sg/get-trained/>

Learning Objectives

- Understand mental health and assess it in practice
- Recognise 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 support distressed individuals in managing emotions
- Apply the 3A Approach — Alert, Approach, Assist — when responding to individuals in distress

Learning Modules

Module 1 **Introduction to Mental Health**

Explore core concepts of mental health and its professional applications.

Module 2 **Understanding Crisis & Stress**

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

Module 3 **Self-Care & Social Support**

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

Module 4 **Introduction to Psychological First Aid**

Apply the PFA Framework to help individuals manage emotional distress effectively.

Module 5 **Suicide Prevention 101 Workshop**

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

Module 6 **#HowRU Workshop**

- Equip yourself with practical response skills using the '3A Approach':
- Alert to distress
- Approach with empathy
- Assist by connecting to resources
- Includes real-world practice through onsite or online workshops.

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