

# Psychological First Aid

At Lifeline Gippsland we are committed to raising awareness of mental health and suicide prevention. A community that is trained to recognise and respond to a person in crisis is the best safety net and builds resilient communities.

**Course duration:**

4 hours

## Psychological First Aid is...

For people working in disaster preparedness, response and recovery. It provides an overview of the best practice approach for supporting individuals or groups following disasters and traumatic events.

This training is most widely used in the first hours, days and weeks following an event, and is based on the understanding that someone affected by an event will experience a range of emotions and reactions which may interfere with their ability to cope.

After an emergency or traumatic event people can lose confidence in the norms, networks and societal systems that are supposed to protect them. Most people recover well with basic support, and PFA is the tool we use to provide that support.

PFA supports natural recovery so that with support from compassionate and caring workers, family or friends an individual can begin to feel safe, connected to others, calm, and hopeful again.



### Lifeline Gippsland Training

Lifeline Gippsland is a not for profit charity. By choosing to do your training through Lifeline Gippsland you are not only getting the very best Mental Health and Suicide Prevention training by the leading organisation in Mental Health, but you are also helping to support our 13 11 14 crisis line and saving lives.

### Contact

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