



Psychological First Aid

About:

A skillset to support and help persons struggling with distress.

Module 1: Introduction to Mental Health

- Introduction, its importance and how PFA can help

Module 2: Understanding Crisis and Stress

- Identify a Crisis
- Apply Circles of Vulnerability
- Understand Stress and its Signs

Module 3: Self-Care and Social Support

- Importance of Self-Care and Social Support
- Learn about different types of Self-Care and the Characteristics of Social Support

Module 4: Introduction to Psychological First Aid (PFA)

- Introduction and its importance
- Preparation before doing PFA
- Learn and apply World Health Organization's framework for PFA

Role-Play Activity and Case Discussion

Duration: 6.5 hours

Group size: 10 to 20 persons

Cost: \$150 per person (before GST)

Mode of delivery: Available online and on-site

Pre-requisites:

- 16 years old and above
- Zoom account for online class

Eligible for the Ministry of Manpower,
Workplace Safety and Health 3 SDU points.

Sign up now



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