



SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

CENTRE FOR PSYCHOSOCIAL SUPPORT	
Psychosocial Support at the Workplace	
Course Duration	4 hours
Mode of Training /Language	Face-to-face in English.
Learning Outcomes	At the end of the, learners should be able to: <ul style="list-style-type: none">● Recognise the importance of psychosocial support.● Plan and design psychosocial support in the selected context.
Course Modules	Module 1: Psychosocial Support Concept Module 2: Psychosocial Resilience Module 3: Psychosocial Support Response
Accreditation	Accredited by the Singapore Red Cross Academy.
Cost	\$100 per person Price before GST.
Group size	Minimum 10 participants, maximum 30 participants.
Pre-requisites	Completion of Red Cross Psychological First Aid is highly recommended.
Certification	Learners will receive a Certificate of Participation upon completion. Requirement: 100% attendance for the whole duration of course.
Corporate Groups/Private sessions	For corporate/private group sessions, please contact academy@redcross.sg



SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

Training Outline	
Time	Content
30 min	Introduction <ul style="list-style-type: none">• Admin/Technical brief• Introduction• Training objectives & Group agreement
Module 1: Psychosocial Support Concept	
45 min	Behind the thought <ul style="list-style-type: none">• Psychosocial Support - The concept• The Community• Community-based support
30 min	The Guidelines <ul style="list-style-type: none">• International Guidelines: IASC & Red Cross Red Crescent• Mental Wellbeing at the Workplace: Ministry of Manpower (MOM)• The Playbook - Workplace mental wellbeing: Workplace Safety & Health Council (WSHC)
15 min	Break Time
Module 2: Psychosocial Resilience	
45 min	Psychosocial Resilience <ul style="list-style-type: none">• Resilience - The concept• Hazards - Psychosocial Stressors• Capacity - Social capital, Training & Advocacy• The Paradigm shift - Disorder focused to Social Emotional Wellness• Promotion & Prevention• Individual, Team & Organization• Psychosocial-friendly working environment• Peer support
Module 3: Psychosocial Support Response	
60 min	Crisis <ul style="list-style-type: none">• Crisis & impact Response @ the Community/Selected Context <ul style="list-style-type: none">• Recognising psychosocial needs• Response mechanism & activities



SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

	<ul style="list-style-type: none">● Types of Psychosocial Support<ul style="list-style-type: none">○ Instrumental support○ Emotional support○ Informational support○ Appraisal support● Role Play & Case Study
15 min	Closing & evaluation
	End of Training