

# LEARN PSYCHOLOGICAL FIRST AID



Emotional wounds are **less visible** than physical ones.

There is **no health without mental health.**

Do you know **how to help** an affected person cope?

What is mental health?

What are the signs of stress?

How can I provide emotional support for someone in distress?

What can I say or not say to someone going through crises in life?



Learn **Psychological First Aid (PFA)** in a 6.5-hour workshop (virtual / in-person) designed for you to learn how to:

- 1 Recognise the importance of self care
- 2 Identify the signs of stress
- 3 Provide psychosocial support to someone in distress



## STRESS

Recognise **signs of stress** in people around you

## COPING

Confidently **facilitate coping** for affected persons



## PSYCHOLOGICAL FIRST AID ACTION PRINCIPLES

**Listen** and **support** affected persons using PFA framework

Psychosocial support helps build a more resilient community.  
Learn PFA to provide the support for your loved ones  
and people around you.

## SIGN UP NOW

Suitable for anyone who wants to be empowered to give psychosocial support to their loved ones or to their community.

Private and customised classes available for groups of 10-20 pax. Visit [redcross.sg/pss](https://redcross.sg/pss) or email [academy@redcross.sg](mailto:academy@redcross.sg) for more information.

