

About Course	Psychological First Aid+ (PFA+) is a beginner-level course designed to equip participants with essential skills to support individuals experiencing emotional distress. It serves as an enhanced alternative to our standard Psychological First Aid (PFA) course, offering the same foundational competencies while diving deeper into mental health literacy, stress management, and self-care practices. PFA+ features expanded content, more interactive learning experiences, and scenario-based assessments to reinforce practical application. It is ideal for learners who prefer a more comprehensive and hands-on approach to building confidence and competence in providing support during emotional crises. Learners may choose to begin their learning journey with either PFA or PFA+, both of which serve as a suitable pre-requisite before progressing to Advanced Psychological First Aid (APFA). To be eligible for certification under PFA+, learners must successfully complete all required assessment. This course is eligible for SkillsFuture Credit and SSG funding.
Learning Unit(s)	Learning Unit 1: Introduction to Mental Health Learning Unit 2: Understanding Crisis and Stress Learning Unit 3: Self-care and Social Support Learning Unit 4: Introduction to Psychological First Aid
Learning Outcomes	At the end of this course, you will be able to: • Develop an understanding of mental health and assess it in professional practice • Recognize their own emotions and those of others, allowing them to better understand their reactions and those around them • Evaluate and apply diverse self-care strategies and social support mechanisms for effective stress management • Apply the Psychological First Aid Framework in supporting a distress person to manage their emotions better
Prerequisites	For persons aged 16 years old and above
Duration	9-hours
Course Fees	S\$250 per learner (exclusive of GST)
Certification	Certificate of Attainment will be issued to participants who achieve at least 75% attendance of the programme

Training Schedule			
Learning Unit	Content	Methodology	Duration
Introduction to Mental Health	Learn what mental health is, why it matters, and how it fluctuates. Reflect on personal perceptions and explore common influencing factors.	Interactive discussion	30 minutes
Understanding Crisis and Stress	Understand what a crisis looks like, its wider impacts, and how stress affects the mind and body. Explore real-life examples and stress reactions	Case study, group discussion	60 minutes
Self-Care and Social Support	Identify healthy coping strategies, types of self-care, and the role of social support. Complete a self-care wheel to assess personal well-being	Reflection activity	60 minutes
Introduction to Psychological First Aid (PFA)	Learn the core PFA framework and understand how to provide immediate emotional support safely and effectively	Guided discussion, roleplay	180 minutes
Assessment <i>(1-hour on the second day according to chosen slot)</i>	Each pair will be given a 60-minute assessment slot to complete their final evaluation. Learners will take part in a simulated scenario that assesses their ability to apply Psychological First Aid (PFA) principles in practice.	Roleplay	60 minutes