

## Overview of Psychological First Aid

	Section Headers
<b>Preparing to Deliver Psychological First Aid</b>	<ol style="list-style-type: none"> <li>1. Entering the setting</li> <li>2. Providing services</li> <li>3. Maintain a calm presence</li> <li>4. Be sensitive to culture and diversity</li> <li>5. Be aware of at-risk populations</li> </ol>
<b>Contact and Engagement</b>	<ol style="list-style-type: none"> <li>1. Introduce yourself/ask about immediate needs</li> </ol>
<b>Safety and Comfort</b>	<ol style="list-style-type: none"> <li>1. Ensure immediate physical safety</li> <li>2. Enhance sense of predictability, control, comfort, and safety</li> <li>3. Provide simple information about disaster response activities and services</li> <li>4. Attend to physical comfort</li> <li>5. Promote social engagement</li> <li>6. Attend to children who are separated from their parents</li> <li>7. Protect from additional traumatic experiences and trauma reminders</li> <li>8. Give special consideration for acutely bereaved individuals</li> <li>9. Children and adolescents (bereavement)</li> </ol>
<b>Stabilization</b>	<ol style="list-style-type: none"> <li>1. Stabilize emotionally-overwhelmed survivors</li> <li>2. Talking points for emotionally-overwhelmed survivors <i>Adults or caregivers</i> <i>Children and adolescents</i></li> </ol>
<b>Information Gathering: Current Needs and Concerns</b>	<ol style="list-style-type: none"> <li>1. Nature and severity of experiences during the disaster</li> <li>2. Death of a family member or close friend</li> <li>3. Concerns about immediate post-disaster circumstances and ongoing threat</li> <li>4. Separations from or concern about the safety of loved ones</li> <li>5. Physical illness and need for medications</li> <li>6. Losses incurred as a result of the disaster (home, school, neighborhood, business, personal property, or pets)</li> <li>7. Extreme feelings of guilt or shame</li> <li>8. Thoughts about causing harm to self or others</li> <li>9. Lack of adequate supportive social network</li> <li>10. Prior alcohol or drug use</li> <li>11. Prior exposure to trauma and loss</li> <li>12. Prior psychological problems</li> <li>13. Specific youth, adult, and family concerns over developmental impact</li> </ol>

<b>Practical Assistance</b>	<ol style="list-style-type: none"> <li>1. Identify the most immediate need(s)</li> <li>2. Clarify the need</li> <li>3. Discuss an action plan</li> <li>4. Act to address the need</li> </ol>
<b>Connection with Social Supports</b>	<ol style="list-style-type: none"> <li>1. Enhance access to primary support persons (family and significant others)</li> <li>2. Encourage use of immediately-available support persons</li> <li>3. Discuss support-seeking and giving</li> <li>4. When social support is not working</li> </ol>
<b>Information on Coping</b>	<ol style="list-style-type: none"> <li>1. Provide basic information about stress reactions</li> <li>2. Review common psychological reactions to traumatic experiences and losses <ul style="list-style-type: none"> <li><i>Intrusive reactions</i></li> <li><i>Avoidance and withdrawal reactions</i></li> <li><i>Physical arousal reactions</i></li> <li><i>Trauma reminders</i></li> <li><i>Loss reminders</i></li> <li><i>Change reminders</i></li> <li><i>Hardships</i></li> <li><i>Grief reactions</i></li> <li><i>Traumatic grief</i></li> <li><i>Depression</i></li> <li><i>Physical reactions</i></li> </ul> </li> <li>3. Provide basic information on ways of coping</li> <li>4. Demonstrate simple relaxation techniques</li> <li>5. For parents or caregivers, review special considerations for children <ul style="list-style-type: none"> <li><i>Assist with developmental issues</i></li> </ul> </li> <li>6. Assist with anger management</li> <li>7. Address highly negative emotions</li> <li>8. Help with sleep problems</li> <li>9. Address substance abuse</li> </ol>
<b>Linkage with Collaborative Services</b>	<ol style="list-style-type: none"> <li>1. Provide direct link to additional needed services</li> <li>2. Promote continuity in helping relationships</li> </ol>