

# PSYCHOLOGICAL FIRST AID PRIMER

*An initial intervention response following a traumatic event with the goal of promoting safety, stabilizing survivors and connecting them to help and resources*

## Psychological First Aid IS

- Humane, supportive response to a person who is suffering
- Providing practical care and support
- Assessing needs and concerns
- Helping people to address basic needs
- Listening to people and not pressuring them to talk
- Comforting people and helping them feel calm
- Helping people connect to information, services and social supports
- Protecting people from further harm

## Psychological First Aid is NOT

- Digging for details
- Debriefing
- Counseling/therapy
- Analyzing what happened
- Creating a narrative for legal or other purposes

## LOOK

- Check for safety
- Check for people with obvious urgent basic needs
- Check for people with serious distress reactions

## LISTEN

- Approach people who may need support
- Ask about people's needs and concerns
- Listen to people and help them feel calm

## LINK

- Help people address basic needs and find services
- Give information
- Connect people with loved ones and social support