

# 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. Group settings</li> <li>4. Maintain a calm presence</li> <li>5. Be sensitive to culture and diversity</li> <li>6. 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> <li>2. Confidentiality</li> </ol>
<b>Safety and Comfort</b>	<ol style="list-style-type: none"> <li>1. Ensure immediate physical safety</li> <li>2. Provide information about disaster response activities and services</li> <li>3. Attend to physical comfort</li> <li>4. Promote social engagement</li> <li>5. Attend to children who are separated from their parents/caregivers</li> <li>6. Protect from additional traumatic experiences and trauma reminders</li> <li>7. Help survivors who have a missing family member</li> <li>8. Help survivors when a family member or close friend has died</li> <li>9. Attend to grief and spiritual issues</li> <li>10. Provide information about casket and funeral issues</li> <li>11. Attend to issues related to traumatic grief</li> <li>12. Support survivors who receive death notification</li> <li>13. Support survivors involved in body identification</li> <li>14. Help caregivers confirm body identification to a child or adolescent</li> </ol>
<b>Stabilization</b>	<ol style="list-style-type: none"> <li>1. Stabilize emotionally overwhelmed survivors</li> <li>2. Orient emotionally overwhelmed survivors</li> <li>3. The role of medications in stabilization</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 loved one</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, mental health conditions, and need for medications</li> <li>6. Losses (home, school, neighborhood, business, personal property, and pets)</li> <li>7. Extreme feelings of guilt or shame</li> <li>8. Thoughts about causing harm to self or others</li> <li>9. Availability of social support</li> <li>10. Prior alcohol or drug use</li> <li>11. Prior exposure to trauma and death of loved ones</li> <li>12. Specific youth, adult, and family concerns over developmental impact</li> </ol>

## Overview of Psychological First Aid - *continued*

### Section Headers

<b>Practical Assistance</b>	<ol style="list-style-type: none"> <li>1. Offering practical assistance to children and adolescents</li> <li>2. Identify the most immediate needs</li> <li>3. Clarify the need</li> <li>4. Discuss an action plan</li> <li>5. 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. Special considerations for children and adolescents</li> <li>5. Modeling support</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 reactions</i></li> <li>• <i>Depression</i></li> <li>• <i>Physical reactions</i></li> </ul> </li> <li>3. Talking with children about physical and emotional reactions</li> <li>4. Provide basic information on ways of coping</li> <li>5. Teach simple relaxation techniques</li> <li>6. Coping for families</li> <li>7. Assist with developmental issues</li> <li>8. Assist with anger management</li> <li>9. Address highly negative emotions</li> <li>10. Help with sleep problems</li> <li>11. Address alcohol and substance use</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. Referrals for children and adolescents</li> <li>3. Referrals for older adults</li> <li>4. Promote continuity in helping relationships</li> </ol>