



PSYCHOLOGICAL FIRST AID

A beginner course designed to equip individuals with skills to assist those in emotional distress through interactive sessions that build confidence in providing immediate support.

COURSE DETAILS

 6.5 hrs

 S\$150/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format

JOIN NOW



Contact Details

 +65 8020 7130

 cpss@redcross.sg

LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Understand mental health and assess it in practice
- Recognize personal and others' emotions for better understanding
- Evaluate and apply self-care strategies and social support for stress management
- Use the Psychological First Aid Framework to help distressed individuals manage emotions

COURSE STRUCTURE

01

Introduction to Mental Health

Explore core concepts of mental health and its professional applications

02

Understanding Crisis & Stress

Identify and interpret emotional reactions to crises in self and others

03

Self-Care & Social Support

Learn diverse self-care strategies and how to build meaningful support systems

04

Introduction to Psychological First Aid

Apply the PFA Framework to help individuals manage emotional distress effectively
