



# PSYCHOSOCIAL SUPPORT

**ELIGIBLE FOR 2 SDU POINTS**

A specialized course for WSHOs to integrate mental well-being into workplace safety. Backed by WHO and Red Cross frameworks, it equips professionals with practical psychosocial skills to support colleagues during stress, incidents, or crises

## 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](mailto: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

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**02**

### **Understanding Crisis & Stress**

Identify and interpret emotional reactions to crises in self and others

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**03**

### **Self-Care & Social Support**

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

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**04**

### **Introduction to Psychological First Aid**

Apply the PFA Framework to help individuals manage emotional distress effectively

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