

Psychological First Aid Help Card

Goal: Limit distress and negative health behaviors

Key: Provide PRACTICAL HELP & SUPPORT RESILIENCE

PROMOTE SAFETY

- SAFEGUARD & SUSTAIN
- Meet basic survival needs
- Provide simple accurate information
- Repeat information as often as needed
- Identify resources

CALM & COMFORT

- FACILITATE FUNCTION
- Have a Compassionate Presence with them
- Active listening
- Don't push for information
- Use stress management techniques
- Be flexible and supportive
- Comfort, Console, Soothe

CONNECTEDNESS

- Help connect friends & loved ones
- Keep children with relatives
- Ask questions
- Make referrals as need

SELF EMPOWERMENT

- ACTION EDUCATE
- Clarify disaster information
- Engage towards meeting own needs
- Guide toward what to expect, teach resilience
- Work to 'normal' life activities
- Exercise

Overall, People want to be heard!

PREVENTION STRATEGIES

- Share your thoughts with someone you trust
- Keep active with regular exercise
- Eat properly balanced diet—avoid food high in processed sugar
- Avoid tobacco, alcohol, and illegal drugs which mask stress
- Look for humor in a situation wherever you can
- Help others as one can; don't have an agenda
- Maintain a regular routine with uninterrupted sleep cycles
- Learn and use coping techniques including breathing and muscle relaxation
- Look at life's daily challenges as opportunities

SELF CARE

- Check your readiness to respond before you go
- Understand the nature of the request
- Give consideration to your physical and emotional health
- Use the support resources during response
- Promote your own resiliency
- Expect recovery period after an incident
- Talk about your experiences

When in doubt CONSULT!! with supervisors or local resources