

Psychological First Aid

Helping Others in Times of Stress

This training will help you to better recognize and manage the basic symptoms of psychological distress. You will also learn the psychological first aid tools to bolster individuals' functioning during times of extreme stress.

Psychological First Aid is an evidence-informed modular approach to help everyone including first responders and receivers, public and behavioral health professionals, community members and families in the immediate aftermath of disaster and terrorism. It is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.

During the course, you will receive practical suggestions about what you can say and what you can do as you practice the principles of Psychological First Aid.



**Colorado Department
of Public Health
and Environment**

*Emergency Preparedness
and Response Division*



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