

YOUTH PSYCHOLOGICAL FIRST AID (PFA)



Face-to-face

Free

Full day (seven hours)

Wed 13th October, 10 - 5pm

Salvation Army Hall, cnr Henley/Russell Sts

We use 'LOOK, LISTEN, LINK,' the action principles, which provide a framework and support process to give practical tools and strategies to help.

This is a course aimed at young people 14 years (year 10) and up, or leaders working with young people.

Book to attend: wellbeing@redcross.org.nz

Anyone can find themselves in a situation in which they encounter a person in distress.

Youth Psychological First Aid (PFA) is a simple, yet powerful way of helping someone in distress, so they feel calm and supported in coping with their challenges.

These challenges can be personal, school, work related or affect the whole community.

Learning Outcomes

Participants will:

Understand PFA:

- What PFA is and what it is not
- Become familiar with distress reactions

Have tools to be able to provide PFA using:

- The Five Elements
- LOOK, LISTEN and LINK

Practise providing PFA

