

# PSYCHOLOGICAL FIRST AID TRAINING



Psychological First Aid (PFA) is a modular approach to assist individuals of all ages after disasters or terrorism. The National Child Traumatic Stress Network and the National Center for PTSD created PFA with input from disaster experts.

## WHAT ARE THE PFA CORE ACTIONS?

PFA providers offer early assistance tailored to survivors' needs, with flexibility in time allocation for core actions. These skills are adaptable to diverse settings like shelters, hospitals, hotlines and community locations.



To respond to contacts initiated by survivors, or to initiate contacts in a non-intrusive, compassionate and helpful manner

### CONTACT AND ENGAGEMENT



To enhance immediate and ongoing safety, and provide physical and emotional comfort

### SAFETY AND COMFORT



To calm and orient emotionally overwhelmed or disoriented survivors

### STABILIZATION



To identify immediate needs and concerns, gather additional information, and tailor PFA interventions to identify immediate needs and concerns

### INFORMATION GATHERING



To offer practical help to survivors in addressing immediate needs and concerns

### PRACTICAL ASSISTANCE



To help establish brief or ongoing contacts with primary support persons and other sources of support, including family members, friends and community helping resources

### CONNECTION WITH SOCIAL SUPPORTS



To provide information about stress reactions and coping to reduce distress and promote adaptive functioning

### INFORMATION ON COPING



To link survivors with available services needed at the time or in the future

### LINKAGE WITH COLLABORATIVE SERVICES

2025 PFA TRAINING DATE



May 23, 2025 at  
8AM-4PM



LDH/OPH Community Room  
1650 Desiard Street  
Monroe, LA 71202

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