



Psychological First Aid

Arm your team with the knowledge and skills to **A**ttend to **B**asic needs with **C**ompassion [ABC's] with a Psychological First Aid lens.





Psychological First Aid

Delivered in partnership with Gallagher Bassett

Health and safety of ourselves, our friends, family and our colleagues is increasingly becoming a paramount topic of discussion.

This course will arm your team with the knowledge and skills to **A**ttend to **B**asic needs with **C**ompassion (ABC's) and **T**alk, **A**ssess/Knowledge, **L**isten and **K**onnect (T.A.L.K) to provide valuable information and learnings enabling you and your team to support those around you.

Learn cues and techniques to provide immediate responses to someone in distress.

Key Learning Outcomes:

- ✓ Psychological First Aid ABC's
- ✓ Depression
- ✓ Assess the risks of suicide and harm
- ✓ Encourage self-help strategies
- ✓ Anxiety disorders
- ✓ Addiction
- ✓ First aid for substance use disorders
- ✓ Bullying

PSYCHOLOGICAL FIRST AID

Course Duration	2 Hours
Availability	<ul style="list-style-type: none"> ✓ At our training centres located in Highbrook and Albany, Auckland / Christchurch ✓ At your own site or workplace