

# Psychological First Aid

## (PFA) Course

**A healthier headspace equals a healthier workplace.**

The Lifeline Corporate Training program offers a range of courses to improve the mental health and wellbeing of your people, which in turn can help create a more productive, cost-effective and responsible workplace.

### Emergency relief services

This course is an essential component of the training necessary for anyone wanting to become a Crisis Support Officer (CSO). The role of a CSO is to provide human-social support to people affected by a disaster.

### Workshop overview

#### PFA is support that is given:

- To someone immediately following a disaster or critical event,
- Until more appropriate professional help is available, and/or
- Until the person is less overwhelmed and more able to cope

#### It seeks to:

- Reduce the initial distress
- Foster short and long-term adaptive functioning (build resilience)
- Minimise the risk of further harm



Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

**For further information please contact:**

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