



# We all have a role to play in suicide prevention

Basic skills for helping people in crisis delivered by Lifeline South Coast



## PSYCHOLOGICAL FIRST AID

**FOCUS:** Basic skills for helping people affected by a disaster

**DURATION:** Half day (3 hours)

**PARTICIPANTS:** Anyone 18 years or older

**TRAINERS:** One registered trainer per 25 participants plus one support person

**COST:** \$150 plus GST per participant (tailored packages available for workplaces or groups of 15 or more)



The Psychological First Aid workshop is a 3-hour program. Participants will learn how to provide human social support to people impacted by a disaster or critical event and aid Community Recovery.

An important aim of psychological first aid is to build people's capacity to recover. Psychological first aid supports recovery by helping people to identify their immediate needs and their strengths and abilities to meet these needs.

### WHO SHOULD ATTEND A PSYCHOLOGICAL FIRST AID WORKSHOP?

Psychological First Aid is available to anyone aged 18 or older. Psychological First Aid 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.

Although most people experience a level of distress following a disaster or critical incident, the majority will recover using existing coping strategies and social supports. As such, formal intervention in the immediate aftermath is generally not recommended. Now internationally recognised as the *recommended initial response* to assisting people in following a disaster is Psychological First Aid, an evidence-based approach with these three aims:

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

Community services workers may often be the first point of contact for someone in crisis needing immediate assistance. But more and more, workplace or community leaders may find themselves needing to support a person in crisis. The PFA workshop provides the knowledge and skills within person-centred and trauma-informed practice frameworks that creates opportunities for survivors to rebuild a sense of control and empowerment.



## WHAT ARE THE CORE FEATURES OF A PSYCHOLOGICAL FIRST AID WORKSHOP?

By the end of this workshop, participants will be able to:

- Identify and become proficient in the Core Components of PFA
- Learn the six phases of the Community Recovery Process
- Identify Key Agencies involved in a Community Recovery Response
- Explore the Nature of Community Recovery Environment
- Develop skills in Communicating with people affected by a Disaster Event
- Skills in Assessing and Prioritising the needs of people
- Learn about potential Communication Requirements of people with health conditions, special needs, children
- Be able to identify people in need of Further Support
- Identify your own Health, Safety & Self Care
- Explore practical considerations of working in a Community Recovery Centre
- Each workshop has a maximum of 25 participants
- Local resources are provided and their availability in the community is discussed
- Participant materials include a 37-page workbook
- Participants receive a certificate upon completing the workshop

## WHO PROVIDES THE PSYCHOLOGICAL FIRST AID WORKSHOP?

Each Psychological First Aid workshop is led by an accredited trainer. The trainer must complete the Psychological First Aid Training for Trainers (T4T), present regular workshops and participate in continual improvement processes.

The workshop is flexible and interactive, encouraging participants to ask questions, share their experiences, practise skills and engage in self-reflection.

We therefore also provide a support person to be in the room during the session.

## ABOUT LIFELINE SOUTH COAST

Lifeline operates a national 24-hour crisis support and suicide prevention service on 13 11 14 and has been saving lives in Australia for more than 50 years.

Lifeline South Coast was established in Wollongong in 1969 and the Nowra branch was opened in 1981. We are a local Charity, with a local Board, focusing on delivering suicide prevention programs to meet the needs of our local community. Lifeline South Coast's service area spans the coastal strip between Helensburgh in the north to the Victorian border in the south. Our vision is an Australia free from suicide.

## WHY TRAIN WITH LIFELINE SOUTH COAST?

Lifeline ensures that all Australians experiencing a personal crisis have access to 24-hour crisis support and suicide prevention services. Somewhere in Australia, there is a new call to Lifeline every minute!

We have been working in the suicide prevention sector for many years, and have experience helping people from all walks of life understand and navigate around the issue of suicide. We know how to help!

In addition, all profits raised through Lifeline South Coast's Corporate and Community Training program goes towards supporting Lifeline services in the Illawarra and South Coast including our 24-hour crisis support service on 13 11 14. So, by training with Lifeline South Coast, you are helping us save lives!

### FURTHER INFORMATION

Get in touch with our Corporate and Community Training team

**Phone** 02 4228 1311

**Email** [training@llsc.org.au](mailto:training@llsc.org.au)

**Website** [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au)

**Lifeline is available 24/7 on 13 11 14**

### NEXT PSYCHOLOGICAL FIRST AID WORKSHOPS:

Details of scheduled Psychological First Aid workshops can be found on our website [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au)