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PSYCHOEDUCATION N TALK

CRISIS INTERVENTION THE ROLE OF PSYCHOLOGICAL

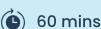
FIRST AID



Introduction

PFA is an evidence informed approach on how to support individuals and communities affected by a crisis, reducing initial distress.

PFA is indeed a lift skill. This talk helps to provide awareness to what PFA is about and how its concepts help to build resilience.







F2F / Synchronous Online

TOPICS

1. Understanding Crisis Intervention

- Crisis Management vs Crisis Intervention
- Crisis Intervention Model The PFA Model

2. Psychological First Aid & Mental Health

- The Role of PFA in Mental Health
- Application of PFA

3. Q&A

Psychoeducation Talk aims to provide information & education on key relevant topics in mental health. It is **NOT** an intervention programme and in NO WAY replaces the therapeutic psychoeducation efforts done by mental health professionals. This series aim to create awareness in relation to achieving mental wellbeing.