



Mental Health Awareness Month

2025

Psychological First Aid

Join us for a free, virtual Psychological First Aid training at 6:00pm on Wednesday, May 21, 2025!

Registration is required.

https://www.surveymonkey.com/r/PFA_2025

The **8** PFA Core Actions constitute the basic objectives of providing early assistance within days or weeks following an event. These skills are designed to be helpful in addressing the survivors' and responders' needs and concerns. PFA is designed for delivery in diverse settings.

- Contact and Engagement
- Safety and Comfort
- Stabilization (if needed)
- Information Gathering on Current Needs & Concerns
- Practical Assistance
- Connection with Social Supports
- Information on Coping
- Linkage with Collaborative Services

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NCTSN

The National Child
Traumatic Stress Network

“Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event.”

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This training is being offered in partnership by



Public Health
Prevent. Promote. Protect.
Naugatuck Valley Health District



medical
reserve
corps

A Loyalty Oath Ceremony will also occur at the end of the training for MRC volunteers

 **CONNECTICUT**
Mental Health & Addiction Services