Alberta Health Services Provincial Addiction and Mental Health

Psychological First Aid (PFA) Fact Sheet

What is PFA?

- PFA is an internationally recognized method of support intended to help people immediately after a disaster or emergency.
- PFA trained providers give practical support to those affected in a way that respects the person's dignity, culture, and abilities.
- PFA can be provided by community members, first responders, and professionals. PFA is *not* the same as professional mental health treatment (e.g., therapy or counselling).
- During a disaster or emergency, PFA trained providers are able to provide updates and resources, listen
 to people's concerns, ensure their basic needs are met, and link them with appropriate resources, as
 needed.

Research shows that people recover better after a disaster or emergency if they:

- feel safe and connected to other people
- have social, physical, and emotional support
- feel like they can help themselves and their community

PFA Principles PREPARE Learn about the disaster or emergency. Learn about available services and supports. Learn about safety and security concerns. INK LOOK Help people address basic needs and Check for safety. access services. **PFA Action** Look for people Help people cope with obvious urgent with problems. Principles Give accurate Look for people with information. serious distress Connect people with loved ones and social supports Make contact with people who need support Ask about people's needs and concerns. Listen to people and help them to feel calm.

For more information about PFA training email: HPDIP.MH.EarlyID@albertahealthservices.ca