



PSYCHOEDUCATION 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 life skill. This talk helps to provide awareness to what PFA is about and how its concepts help to build resilience.

 60 mins

 \$275 / session
(max 30 pax)

 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.