

Psychological First Aid

5 key elements of psychological first aid:

- Helping people feel safe
- Creating a sense of calm
- Helping people regain a sense of control
- Fostering social connection
- Fostering hope

Helping people feel safe

By doing little things, we can help others feel safe, less vulnerable and more able to cope in a crisis. This can include helping with chores, bringing food items, offering childcare and other things that can help others feel like they have support during the situation.

Creating a sense of calm

We can help others cope in a crisis by helping them manage their emotions. We can listen, care and help them re-frame things in a healthy way so they can begin the process of recovering and moving on. Example: if they have a long list of things that need to be done, we can help break that down into something that is more manageable. Time spent relaxing and time-outs to check in emotionally are important here, too.

Helping people regain a sense of control

By helping others make their own decisions and evaluate their own needs, they can regain their sense of agency and feel less helpless. This can include organizing lists of things that need done, helping neighbors, going through items and cleaning up.

Fostering social connection

By reaching out and/or being available when we have time and in a healthy way, we let people know that they are not alone and we are all in this together. People need people.

Fostering hope

When we are able to remind others of the fact that they (or humanity as a whole) have survived 100% of their worst days, it reminds people that regardless of how bad things are, it's temporary. That's important for us to remember in a crisis.