CORE ACTIONS

Contact & Engagement

REMEmBR:
- Work within a team.
- Protect survivors from harm.
- Be calm and compassionate.
- Listen and be flexible.
- Respect culture and diversity.
- Give clear and reliable information.
- Know local available resources.
- Help survivors help themselves.
- Know your limits.
- Take care of yourself.

PSYCHOLOGICAL FIRST AID

Are you ready to respond?

GET P REPARED
GET FO CUSED
GET INTER A CTIVE

NCTSN The National Child Traumatic Stress Network
National Center for PTSD

PFA Mobile™ can be downloaded on mobile Apple and Android devices

This project was also funded by SAMHSA, US Dept. of Health and Human Services
Illustrations by Dr. Bob Seaver

www.NCTSN.org
learn.nctsn.org
<table>
<thead>
<tr>
<th>CORE ACTIONS</th>
<th>CORE ACTIONS</th>
<th>CORE ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stabilization</td>
<td>Practical Assistance</td>
<td>Information on Coping</td>
</tr>
<tr>
<td>Information Gathering</td>
<td>Connection with Social Supports</td>
<td>Linkage with Collaborative Services</td>
</tr>
</tbody>
</table>