

CORE ACTIONS



*Contact &
Engagement*



*Safety
&
Comfort*

REMEMBER:

- ❧ 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.

NCTSN

The National Child
Traumatic Stress Network



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

PSYCHOLOGICAL FIRST AID

Are you ready to respond?

GET **P**REPARED

GET **F**OCUSED

GET INTER **A**CTIVE

GET

PFA®



www.NCTSN.org
learn.nctsn.org

CORE ACTIONS



Stabilization

CORE ACTIONS



Practical Assistance

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Information on Coping

Connection with Social Supports



Linkage with Collaborative Services



Information Gathering