



Psychological First Aid

Building Resiliency with Communities

The use of Psychological First Aid in supporting the emotional, psychological, and social wellbeing of communities is a top priority. Individuals suffering from high stress levels, burnout and suicidal thoughts (and actions) are at an all-time high in areas such as workplaces, schools, indigenous communities and among professional responders.

The Red Cross Psychological First Aid Program broadens the focus of training from a crisis-centred approach to one of resiliency-building, which is more effective at improving outcomes for individuals and others in their care. The program uses the latest evidence-based research, with case-based learning that focuses on self-care, personal protection, loss, trauma and stress. The Red Cross Psychological First Aid Program also supports and complements other existing wellness education programs.

Look, Listen, Link to Live Model

Red Cross teaches a cycle of care approach to keep individuals and those in their care safe.

 Look	 Listen	 Link
Recognizing the common signs of stress: <ul style="list-style-type: none"> • Physical • Mental • Emotional • Spiritual • Behavioural • Interpersonal 	Once recognizing the signs, it is important to listen and reflect on how this is manifesting within yourself or others.	Links are the common support systems in place to help cope with stress <ul style="list-style-type: none"> • Self actions • Relationships • Community • Culture and Society

Course Offerings

The Red Cross has two online courses to support learning of the factors involved in psychological first aid and wellness. Online courses can be taken independently, or as a recommended pre-course supplement to the Psychological First Aid classroom-based course. Participants who successfully complete the classroom-based course will receive a 3-year certification in Psychological First Aid.

COURSE	DESCRIPTION	TARGET AUDIENCE
Self-Care 45-90 minutes	Build a personal understanding of the effects of stress, loss and grief through the Red Cross Look, Listen, Link, Live model, and develop a self-care action plan.	Youth, Workplace, Professional Responders
Caring for Others 45-90 minutes	Build an understanding of the effects of stress, loss and grief on others through the Red Cross Look, Listen, Link, Live model.	Youth, Workplace, Professional Responders
Psychological First Aid 7-12 hours in-class	Learn how to support yourself and others to cope with the effects of various types of stress, using primarily case-based learning.	Youth, Workplace, Professional Responders



Online Course Features

Video: the courses incorporate video excerpts for visual reference to the course material.

Audio: curriculum is audio enabled to allow the course participant to listen to the course like an audio book.

Practice: each course features optional practice activities. Course participants are presented with various scenarios and are asked to answer specific questions pertaining to the scenarios. They will receive feedback based on their answers, in order to more fully comprehend the material.

Support from the Red Cross

Affordable pricing packages to suit any size of workplace are available through Red Cross Training Partners.

For more information please contact:



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Red Cross First Aid. The Experience to Make a Difference.

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