

## Psychological First Aid Resources

### For Survivors:

Skills for Psychological Recovery [**online course**]

<https://learn.nctsn.org/enrol/index.php?id=113>

Psychological First Aid for Teachers and Students [PDF]

[https://www.ready.gov/sites/default/files/documents/files/PFA\\_SchoolCrisis.pdf](https://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf)

Psychological First Aid for Parents and Children [PDF]

[https://www.ready.gov/sites/default/files/documents/files/PFA\\_Parents.pdf](https://www.ready.gov/sites/default/files/documents/files/PFA_Parents.pdf)

Psychological First Aid for the Community [PDF]

[https://www.ready.gov/sites/default/files/documents/files/LPC\\_Booklet.pdf](https://www.ready.gov/sites/default/files/documents/files/LPC_Booklet.pdf)

Survivor Psychological Recovery (NCTSN) [ multiple resources]

<https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-spr>

### For Providers:

#### Online Courses

Psychological First Aid Online (**6-hour online course**)

<https://learn.nctsn.org/enrol/index.php?id=38>

Psychological First Aid by Johns Hopkins (**7-hour online course**): \$49 for full course and certificate of completion or free for full course, no certificate

<https://www.coursera.org/learn/psychological-first-aid>

#### PDF Manuals

Psychological First Aid: Field Worker's Guide (Designed for use in developing countries) [PDF] <https://disaster-relief.org/pdf/psychological-first-aid.pdf>

Psychological First Aid: Guide for Field Workers (WHO) [PDF]  
[https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205\\_eng.pdf;jsessionid=9F4BB03152C4136E2035D24B856C3FDF?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205_eng.pdf;jsessionid=9F4BB03152C4136E2035D24B856C3FDF?sequence=1)

Psychological First Aid: Field Operations Guide (SAMHSA, NCTSN, NCPSTD)  
[http://www.cidrap.umn.edu/sites/default/files/public/php/146/146\\_guide.pdf](http://www.cidrap.umn.edu/sites/default/files/public/php/146/146_guide.pdf)

Customizable PFA materials, including field guide and app  
<http://quickseries.com/products/psychological-first-aid-field-operations-guide/>

NCTSN PFA resources <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>

### **PDF Tip Sheets/Job Aids/Fact Sheets**

Psychological First Aid for First Responders: Tips for Emergency and Disaster Response Workers [PDF]  
<https://store.samhsa.gov/system/files/nmh05-0210.pdf>

Psychological First Aid: Helping Victims in the Immediate Aftermath of Disaster [PDF] (<http://usuhs.mil>)  
([https://www.cstsonline.org/assets/media/documents/CTC\\_psychological\\_first\\_aid.pdf](https://www.cstsonline.org/assets/media/documents/CTC_psychological_first_aid.pdf))

Psychological First Aid (PFA) Pocket Guide [PDF]  
[https://www.advancingpartners.org/sites/default/files/sites/default/files/resources/pfapocket\\_guide.pdf](https://www.advancingpartners.org/sites/default/files/sites/default/files/resources/pfapocket_guide.pdf)

NCTSN PFA and SPR Resources”  
<https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/nctsn-resources>