

# 3 PSYCHOSOCIAL SUPPORT MODELS FOR STRESSFUL TIMES

## PSYCHOLOGICAL FIRST AID (PFA)

### WHAT

- Address immediate needs, concerns and priorities
- Reduce distress and support healthy functioning

### WHEN

- Immediate aftermath following a disaster or adverse event

### WHO

- Trained professionals or laypersons

### HOW

- Make contact and engage people with respect and care
- Provide safety and comfort
- Stabilize highly distressed or disoriented people
- Gather information to decide what support is most helpful
- Foster practical assistance
- Connect with social support
- Give information on healthy coping
- Link with collaborative services and resources



## SKILLS FOR PSYCHOLOGICAL RECOVERY (SPR)

### WHAT

- Empower people to learn and practice healthy coping skills

### WHEN

- Weeks, months or years following a disaster or adverse event
- Threat is less imminent
- People have the capacity to build or practice adaptive coping skills

### WHO

- Trained professionals or laypersons

### HOW

- Build problem-solving skills
- Promote positive activities
- Manage reactions
- Promote helpful thinking
- Rebuild healthy social connections



## STRESS FIRST AID (SFA)

### WHAT

- Self-care and peer support for those in high stress occupations
- Stress management support for clients or the public

### WHEN

- Immediate and long-term support for a broad range of stressful situations

### WHO

- Those who work in high stress occupations (e.g., military, first responders, health care providers) or community and business leaders

### HOW

- **Check** on stress reactions
- **Coordinate** with other resources and more intensive support
- **Cover** by increasing sense of safety
- **Calm** with presence, information and actions
- **Connect** with social support
- Improve **Competence** by fostering work, social and wellbeing skills
- Increase **Confidence**, meaning and hope



Training Material and Manuals:

- PFA: [https://www.ptsd.va.gov/disaster\\_events/for\\_providers/psychological\\_first\\_aid.asp](https://www.ptsd.va.gov/disaster_events/for_providers/psychological_first_aid.asp)
- SPR: [https://www.ptsd.va.gov/disaster\\_events/for\\_providers/skills\\_psych\\_recovery.asp](https://www.ptsd.va.gov/disaster_events/for_providers/skills_psych_recovery.asp)
- SFA: [https://www.ptsd.va.gov/disaster\\_events/for\\_providers/stress\\_first\\_aid.asp](https://www.ptsd.va.gov/disaster_events/for_providers/stress_first_aid.asp)



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