



PSYCHOLOGICAL FIRST AID

Support your staff and improve workplace productivity with Psychological First Aid training

Working in aquatics is both rewarding and challenging. You're trained to be ready to handle every situation with confidence, ensure that the safety of patrons is a primary priority; and to deliver exceptional customer service in sometimes stressful situations.

Sometimes, that stress can get to you.

Every year, Canadian organizations lose billions in productivity due to mental health-related absenteeism; 1 in 4 employees say they have taken a mental health day in the past two years.

Basic training in Psychological First Aid gives your employees the skills and confidence to respond to everyday stressful situations.

When employees feel supported and are given the tools to manage their own stress, they perform better.

Not only that, they feel better.

Psychological First Aid is a resiliency-building wellness program that equips individuals in supporting themselves and others to cope with the effects of stress, loss, trauma and grief.

- Uses audience-specific case-based learning that focuses on self-care and personal protection
- Incorporates the latest evidence-based research on emotional, psychological, and social well-being
- Supports and complements workplace wellness education programs
- Online, in-class and blended delivery course options available

“Psychological First Aid training can having lasting impacts on the workplace. I was amazed when I recognized that the lessons staff learned from a 7-hour course had impacted how they take care of themselves and how they take care of others. The training is so flexible for us to set up for our staff. No matter which training option you choose, your staff will be engaged - and the case-based learning helps participants relate to the subject.”

- ERIN WILSON, PROGRAM MANAGER, ESTEVAN LEISURE CENTRE

Course Offerings

Red Cross offers flexible delivery options catering to the unique needs of individuals and groups. Our menu of courses includes two self-directed, online courses, as well as Instructor-led options with blended and in-person training formats.

| COURSE | DESCRIPTION |
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| Self-Care 45-90 minutes online | 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. |
| Caring for Others 45-90 minutes online | Build an understanding of the effects of stress, loss and grief on others through the Red Cross Look, Listen, Link, Live model. |
| Self-Care & Wellness 45-90 minutes online 1hr30–2 hours in-class | Develop a self-care plan and learn the Red Cross Look, Listen, Link, Live model. Connect with peers and apply self-care principles through case-based learning and facilitated discussion with an Instructor. Upon successful completion, participants will receive a 1-year certification in Self-Care & Wellness. |
| Psychological First Aid Classroom-based: 12 hours in-class Blended Option: 7 hours in-class 45-90 minutes online | Learn how to support yourself and others to cope with the effects of various types of stress, using primarily case-based learning. Classroom-based and blended delivery course options are available. Upon successful completion, participants will receive a 3-year certification in Psychological First Aid. |

Promote wellness by supporting individuals to care for themselves and others.

Red Cross Training Partners can easily add Psychological First Aid to their current program offerings. Contact us today to get started!

Canadian Red Cross Contact Centre

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