

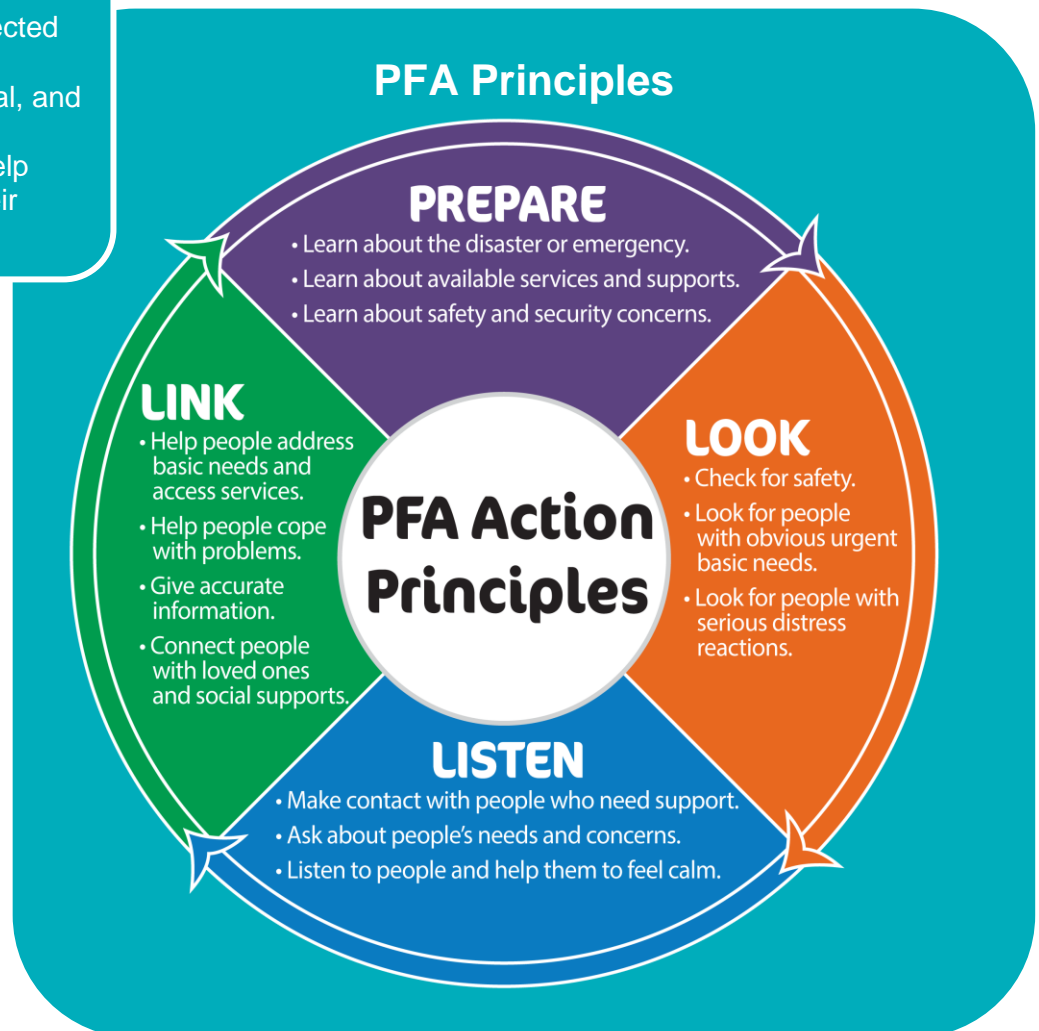
Psychological First Aid (PFA) Fact Sheet

What is PFA?

- PFA is an internationally recognized method of support intended to help people immediately after a disaster or emergency.
- PFA trained providers give practical support to those affected in a way that respects the person's dignity, culture, and abilities.
- PFA can be provided by community members, first responders, and professionals. PFA is *not* the same as professional mental health treatment (e.g., therapy or counselling).
- During a disaster or emergency, PFA trained providers are able to provide updates and resources, listen to people's concerns, ensure their basic needs are met, and link them with appropriate resources, as needed.

Research shows that people recover better after a disaster or emergency if they:

- feel safe and connected to other people
- have social, physical, and emotional support
- feel like they can help themselves and their community



For more information about PFA training email:
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