

Psychological First Aid Training Promotion

PHP volunteers:

As People Helping People volunteers, you are playing a significant role in supporting people, both practically and emotionally during this challenging time. To help you with this, Public Health England has launched an online Psychological First Aid (PFA) training module tailored specifically to COVID-19.

PFA is not specialist training and is for everyone, it requires no previous experience or qualifications. It is aimed at all frontline and essential workers and volunteers who are dealing with the public or who are supporting people during the crisis. This includes health and social care workers, local authority workers, community leaders, and team managers and supervisors.

The online training takes around 90 minutes to complete and is broken down into 3 sessions to complete at your own pace. The course will help you to understand how emergencies like COVID-19 can affect people, how to recognise who may be at increased risk of distress, and understand how to support your wellbeing and how to better offer practical and emotional support to others. The training also links to further resources and reading.

To complete the training visit: <https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1>

General:

The COVID-19 pandemic has had an impact on many people's mental health and wellbeing. Receiving emotional and practical support from others can increase people's abilities to cope and help them to recover from distress and trauma more quickly. To help increase people's awareness and confidence to provide emotional and practical support, Public Health England has launched an online Psychological First Aid (PFA) training module tailored specifically to COVID-19.

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