

*Psychological first aid:* Guide for field workers



World Health Organization

## Psychological First Aid: Guide for Field Workers



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Perhaps you are called upon as an employee member or volunteer to greatly help in a major disaster, or you discover yourself at the scene of an accident where people are hurt. Endorsed by many international agencies, it reflects the emerging research and international consensus on how best to support people in the instant aftermath of extremely stressful events. This information will help you to know the most supportive things to say and perform for people who are very distressed. Psychological first aid (PFA) has been recommended by many worldwide and national expert groups, including the Inter-Agency Standing Committee (IASC) and the Sphere Task. It will give you information on how to approach a fresh situation safely for yourself among others, and not to cause harm by your activities. Psychological first aid is an alternative to psychological debriefing. In 2009, the World Health Organization's mhGAP Guidelines Development Group evaluated the evidence for psychological first aid and emotional debriefing. This guide for field workers is usually to be used together with Psychological MEDICAL: Facilitator's Manual for Orienting Field Workers. This guide was developed to be able to have widely agreed upon psychological first aid materials for use in low- and middle-income countries. Perhaps you are a teacher or wellness worker talking with someone from your community who has simply witnessed the violent loss of life of someone you care about. They figured psychological first aid, rather than psychological debriefing, should be offered to people in severe distress after being lately subjected to a traumatic event.



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Five Stars Great resource for PFA Good information Allows trauma aid employees to facilitate good preliminary treatment.



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