



## Psychological First Aid | October 18, 2023

### **Event Topic**

[Mental Health](#)

### **Date / Time**

Wed, Oct 18, 2023

1:00 - 4:00pm

### **Location**

Virtual

Psychological First Aid (PFA) will help you to recognize and manage the basic symptoms of psychological distress. You will learn psychological first aid tools to bolster individuals' functioning during times of extreme stress.

Psychological First Aid is an evidence-informed modular approach to help everyone including first responders, public and behavioral health professionals, community members and families in the immediate aftermath of disaster, terrorism, and personal crisis. It is designed to reduce the initial distress caused by traumatic events and to foster adaptive functioning and coping. During the training, you will receive practical suggestions about what you can say and do as you practice the principles of Psychological First Aid.

HHS administers Project Recovery Iowa, a group of people trained to assist communities in a multitude of ways. There is no cost to the training and there will be 3 CEUs along with a certificate of attendance.

### **Registration Information**

To register for the training please use this link: [Psychological First Aid \(PFA\) Tickets, Wed, Oct 18, 2023 at 1:00 PM | Eventbrite](#)

[Register](#)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)