



# Psychological First Aid

## Online Workshops



We find ourselves in challenging times individually, locally, nationally, and globally. We are regularly faced with difficult and stressful situations and so it is natural to look for ways to support ourselves and each other.

***Psychological First Aid is defined as a humane, supportive, and flexible response to a fellow human being who is suffering during or after crises or emergencies.***

Given that we can all respond differently to challenging situations, how might Psychological First Aid support us as individuals, as leaders and as fellow human beings.

In this series of online workshops **Dr Terri Hunter**, Senior Specialist Lead and Organisational Psychologist with NHS Education for Scotland (NES), will help us explore these concepts, the theory and practice of Psychological First Aid and how we might incorporate the learnings into our everyday lives to help ourselves and those we care about cope best with challenges.

**These sessions are open to Care Home and Care at Home staff only.**

You're welcome to attend all three workshops or pick the ones that are most worthwhile for you. Book using the links below or the QR code will take you to this page online.



Psychological First Aid -  
what is it and is in it for  
me?

[Wednesday](#)  
[22nd February](#)  
[13:00 - 14:30](#)

[Tuesday](#)  
[14th March](#)  
[10:30 - 12:00](#)

Psychological First Aid &  
You - put on your own  
mask first!

[Thursday](#)  
[23rd February](#)  
[13:00 - 14:30](#)

[Wednesday](#)  
[15th March](#)  
[10:30 - 12:00](#)

Psychological First Aid &  
Others - ready when  
needed!

[Friday](#)  
[24th February](#)  
[13:00 - 14:30](#)

[Thursday](#)  
[16th March](#)  
[10:30 - 12:00](#)