

Psychological First Aid

Essentials for Australian Emergencies

What is Psychological First Aid?

A **compassionate approach** to support people in distress after crises or disasters, Focuses on **safety, comfort, and connection**.

When to Call 000

For immediate danger or urgent medical assistance, dial

000

Key Steps of PFA



Ensure Safety



Provide Calm



Build Connection



Support Self-Efficacy



Link to Help



Who Applies PFA?



First Responders, Volunteers & Community Members

Where It's Needed



Bushfires, Floods, Accidents & Emergencies



Respect Cultural & Individual Differences



Offer Compassionate, Practical Support

www.firerescue.com.au