

COVID-19 – Psychological first aid (PFA)

PSYCHOSOCIAL IMPACTS OF THE PANDEMIC



WHAT IS IT?

A means of providing support and assistance to everyone in distress (children and adults) to help them feel calm and better supported so they can better cope with their difficulties. A means of promoting adaptive functioning in the individuals affected (in the short and long term).



WHY OFFER PFA?

Good social support following a crisis helps with the coping process: PFA helps to meet immediate psychological, emotional, and social needs, is recommended by international experts, and provides a sense of satisfaction for the field workers and the recipients. PFA allows people in distress to identify and address their needs and concerns using concrete tools to help them better manage the situation.



PRINCIPLES OF PFA

Observe: To assess the situation of the person in need of assistance (their current needs and risk exposure) and to identify their emotional reactions.

Listen: Actively and without judging.

Connect: With the existing social network or services.



TRAINING

WHAT: 5 short videos (3-5 minutes each) produced by the Montréal public health department and FCP CHUM, applicable to various types of front-line interventions and easily transferrable to the workplace.

FOR WHOM: The health network, social economy enterprises, community organizations, schools and municipalities, volunteers, etc. Link [HERE](#)



TO LEARN MORE

[International Red Cross Remote Psychological First Aid during a COVID-19 outbreak](#)

[WHO: Psychological first aid: Guide for field workers](#)

Sources:

1. International Federation of Red Cross and Red Crescent Societies (2020). Remote Psychological First Aid during a COVID-19 outbreak. Outbreak interim guidance March 2020. <https://reliefweb.int>

2. Lessar, L., Lafond, A (2020). Premiers secours psychologiques. Une réponse pour réduire la détresse associée aux inondations et à la COVID-19. Webinar by RRSPQ-RS Santé mentale-Qualaxia, April 1, 2020.

3. Remote Psychological First Aid during a COVID-19 outbreak. International Red Cross. Final guide – March 2020. <https://pscentre.org/wp-content/uploads/2020/03/IFRC-PS-Centre.-Remote-PFA-during-a-COVID-19-outbreak.-Final.-ENG.pdf>