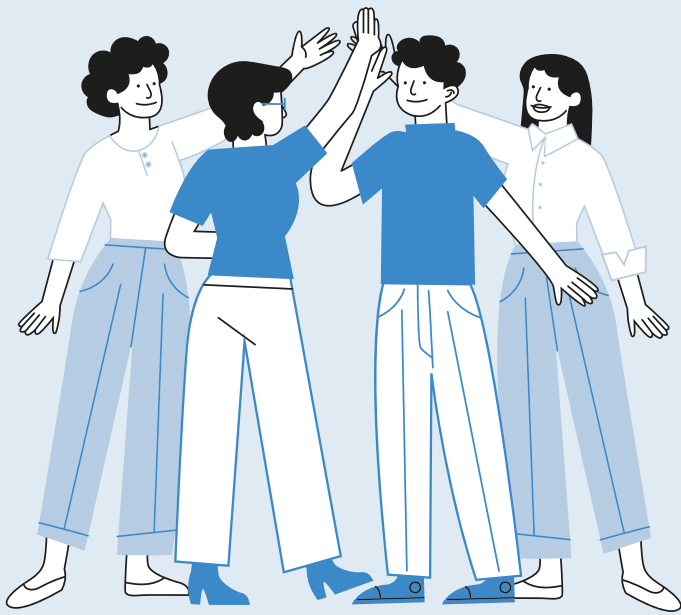


# PSYCHOLOGICAL FIRST AID

SHORT COURSE

A practical, evidence-based training to support others – and yourself – in times of emotional distress and psychological crises.



## Key Learning Outcomes:

- ✓ Recognise signs of emotional distress in yourself and others.
- ✓ Respond with calm, confidence, and clarity during psychological crises.
- ✓ Provide immediate, appropriate, and effective stabilising support.
- ✓ Implement self-care strategies to protect your own well-being.

## Course Details:



**CPD Accredited**  
7 CPD Points



**6.5 hours**



**Flexible/Hybrid**



**R1,850 per person**  
*group discounts available*



Essential  
skills every  
professional  
should have

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