



# Psychological First Aid – Self-Care



This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program.

## Audience

Available as a stand-alone course, or for candidates who wish to take the Psychological First Aid in-class course. Course is adaptable to all audiences (Youth, Workplace, Professional Responder).

## Duration

**Online: 45 – 90 minutes**

Online course is self-paced. Participants may leave the course at any time and can resume where they left off. The duration will vary depending on the individual learner and their prior knowledge of the subject matter.

## Prerequisites

14 years of age and older. Adult support recommended for younger audiences.

## Completion

At the end of the online module participants must successfully complete the test. Participants that do not achieve 100% can review the module content and try as many times as necessary to advance and complete the course. Test questions are randomly selected from a test bank, making each test unique.

## Course Content

**Online:** Self-Care: Understanding the effects of stress, loss and grief using the Red Cross Look, Listen, Link, Live model.

## Participant Materials

- Psychological First Aid: Self-Care online course
- Printable certificate issued upon successful completion



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