



Are you prepared to support an employee in crisis?

Life can sometimes take unexpected turns, and during such moments, an employee may need psychological first aid. It's crucial for workplaces to be prepared to offer the necessary support. Discover more about psychological first aid and provide the help your employees need.

Psychological first aid is offered to employees who have experienced a traumatic event, such as a workplace accident, the news of a death, or intimidating encounters with citizens or customers. In these situations, both managers and colleagues should be aware of specific precautions when supporting the employee(s) directly involved or who witnessed the event. It's important to note that psychological first aid is not about treatment or therapy, but rather providing immediate, practical support through a structured approach.

At PrimaCare, we offer courses in psychological first aid for the workplace. We will introduce you to two different types of psychological first aid – the acute and the group-oriented – and how to effectively address both, whether you are an employee or a manager. The introduction is based on real-life scenarios you may face in your work, that could require psychological first aid. You will also gain a deeper understanding of common reactions to traumatic events, and when it's necessary to seek professional help, from external sources.

The duration and format can be customized upon request and priced accordingly.

