

# Psychological First Aid in Disasters workshop



**This course is for anyone providing support to others affected by the northern floods or Cyclone Gabrielle.**

It covers psychological support principles, including helping you develop strategies to help those around you cope with the impacts of disasters.

It will give you confidence in providing emotional and practical support for yourself, whānau, and friends in an emergency.

It's a condensed version of our longer Psychological First Aid training course.

*Sign up at [redcross.org.nz](https://redcross.org.nz)*