

# Psychological First Aid

*Training*



**This course provides training and tools for people to support others who are in distress following an event, including disasters.**

**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 an emergency.**

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

# 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)*

# Recovery Matters



**This workshop provides practical tips and tools to help yourself and others through the recovery process.**

This course is for people who've been directly impacted by Cyclone Gabrielle. The course will help you with:

1. Understanding the impacts on people after an event.
2. Being aware of responses in recovery.
3. Learning about Dr Rob Gordon's 'four processes of recovery'.
4. Looking after yourself.

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