

# Psychological First Aid

A tailored program for **Veterinary Industry Professionals** to help other team members when they need mental health and wellbeing support



**Psychological First Aid (PFA) is the mental and emotional equivalent of medical first aid.**

PFA builds Individual and Organisational resilience, and increases team members ability to identify and support those that might be experiencing difficulty or psychological 'ill health'.

Due to the very nature of Veterinary work, staff are at risk of psychological harm and evidence shows they are at risk of anxiety and depression. If unchecked can lead to suicidal thoughts.

**PFA assists by training staff to recognise the signs that a team member is experiencing difficulties and provide appropriate support, in a timely manner.**



Barrington Centre offers an evidence-based **Psychological First Aid Training Program** tailored to the unique needs of Veterinary Industry Professionals, utilising e-learning modules and online **interactive Workshop**.

## Program Objectives:



Educate participants on signs/behaviours to look out for in others



Give participants confidence to know what to do when someone needs help



Increase staff confidence to provide support during an incident



Encourage staff to identify their own strengths, which in turn increases ability to cope with work challenges and stressors



Learn through practical sessions and live group discussions



Provide practical frameworks and strategies to deliver Psychological First Aid



Work through 'real life' veterinary scenarios, to gain the skills to help others in your team



Provide advice on how to access professional help for those who would benefit from this

## PFA Participants will gain practical skills to:

1. Understand the principles of PFA
2. Recognise team members who are 'at risk' and need support
3. Provide appropriate support measures until the problem resolves or professional help is accessed
4. Access referrals for additional Psychological Support Systems

*"I learnt so much about the signs to watch out for and what support was appropriate to provide, including what to do with a team member feeling suicidal."*

*"I have been worried about what I should do if I thought a work colleague was not mentally well. This training has given me the confidence to know what to do and what to say."*

### Psychological First Aid Training:

**Investment: \$250 (plus GST) per participant**

Program includes:

- 2-hour online interactive Workshop
- Workbook and additional take-home resources
- Ongoing network support opportunities

### Interactive Online Workshop Session:

Dates: Tuesday 23rd April 2024, 12pm - 2pm AEST  
Tuesday 9th July 2024, 12pm - 2pm AEST  
Tuesday 15th October 2024, 12pm - 2pm AEDT

Location: Online via secure and interactive platform  
Cisco Webex

**Click here to book your spot:** <https://barringtoncentre.as.me/PsychologicalFirstAid>

Any queries, please call **Barrington Centre** on **1300 857 363** or [client.services@barringtoncentre.com](mailto:client.services@barringtoncentre.com)