

# Psychological First Aid (PFA)

Healthy Albertans.  
Healthy Communities.  
**Together.**

Community registration: email [hp dip.mh.earlyid@ahs.ca](mailto:hp dip.mh.earlyid@ahs.ca)

AHS staff registration: visit MyLearningLink

## Using PFA Virtual Care in a Pandemic to Support Individuals, Families, and Communities

### What is PFA?

PFA is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency (including a pandemic). It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

### PFA Training

PFA Virtual Care in a Pandemic training is an interactive 2-hour webinar adapted from the 6 hour in-person training. The training aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

Webinar Objectives:

- Understand the timing of interventions for disasters and emergencies.
- How to utilize the PFA Action Principles in virtual environments.
- Identify and provide practical support to those in distress.
- Understand when to refer people to appropriate community supports.
- Explore self-care strategies for disaster response.

*“This training is amazing, it helps me fill my cup, what I am feeling is normal and builds me up, personally and professionally. It gave me space to step back and recharge and positively reflect.”*

*Webinar Attendee*

For more information about upcoming courses, email [hp dip.mh.earlyid@ahs.ca](mailto:hp dip.mh.earlyid@ahs.ca)