

January 22, 2024

Registration open for online psychological first aid training

EDMONTON — Adults interested in learning skills to cope during and immediately after a disaster or emergency are invited to sign up for free Alberta Health Services (AHS) psychological first aid (PFA) workshops.

PFA is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency. 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.

Led by trained facilitators, PFA is an interactive webinar that aims to share knowledge, teach skills, build confidence and increase capacity to support people in the face of a disaster or emergency. Participants can take part on their smartphone, tablet or computer.

Registration is now open for individuals, community members and service providers:

- [Wednesday, March 27](#) from 1 p.m. – 4 p.m.
- [Thursday, April 25](#) from 1 p.m. – 4 p.m.
- [Thursday, May 2](#) from 1 p.m. – 4 p.m.

For more information about upcoming workshops, email HPDIP.MH.EarlyID@ahs.ca or visit [AHS psychological first aid workshop \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/psychological-first-aid-workshop)

If you are experiencing distress and need immediate support, help is available 24/7 by calling the Mental Health Helpline at 1-877-303-2642. Trained staff provide confidential service for support, information and referrals to anyone experiencing mental health concerns. Online resources can be accessed at www.ahs.ca/helpintoughtimes and include programs such as Text4Hope and Mental Wellness Moments focusing on helping Albertans cope.

Health-related information is available by calling Health Link at 811.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

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