Psychological First Aid – Caring for Others

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to support others to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Self-Care online course to supplement and strengthen an overall wellness program.

Audience

Course is adaptable to all audiences (Youth, Workplace, Professional Responder)

Duration

Online: 45 – 90 minutes

Online course is self-paced. Participants may leave the course at any time and can resume where they left off. The duration will vary depending on the individual learner and their prior knowledge of the subject matter.

Prerequisites

18 years of age (recommended)

Completion

At the end of each online module participants must successfully complete the test before continuing to the next module. Participants that do not achieve 100% can review the module content and try as many times as necessary to advance and complete the course. Test questions are randomly selected from a test bank, making each test unique.

Course Content

Online: Caring for Others: Understanding the effects of stress, loss and grief on others using the Red Cross Look, Listen, Link, Live model.

Participant Materials

- Psychological First Aid: Caring for Others online course
- *Psychological First Aid Workbook (digital and/or print)*
- Printable certificate issued upon successful completion

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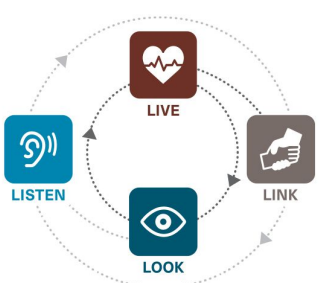

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