

Calm, compassionate support in tough moments

Practical support when it's needed most

Psychological First Aid (PFA) gives people in the community the skills to respond with confidence and care when others are struggling — at work, in schools, and in the community.

When people experience crisis, loss, or overwhelming stress, they don't always need therapy right away — they need **calm, human connection**. PFA is an evidence-informed approach that helps people feel safe and supported during difficult moments.

PFA can be used **anytime people are facing stress or disruption**, not just during disasters, including:

- After a traumatic or stressful event
- During times of uncertainty or change
- Following loss, illness, or crisis
- In workplaces, schools, and community settings



Purpose	<i>Psychological First Aid (PFA) is an evidence-informed approach to providing immediate, humane, and practical support to people experiencing high stress. It teaches strategies to deal with the range of emotions and responses experienced by people after a traumatic event and how to link to other needed resources.</i>
Audience	<i>Both the training and the interventions are appropriate for anyone over the age of 18.</i>
Format	<i>2-3 hour training that can be done in-person or virtually.</i>

Practical support when it's needed most

PFA is a simple, compassionate approach to supporting people who are experiencing stress, crisis, or emotional overwhelm. It focuses on three core principles:

Look. Listen. Link.

Developed and endorsed by global health and disaster-response experts, PFA focuses on:

- Helping people feel safe and heard
- Reducing immediate distress
- Connecting people to practical support and resources

PFA is **not therapy** and does not require a mental health license.

It is designed to be used by **everyday helpers** — educators, managers, volunteers, first responders, and community members — to help in the immediate, while linking people to the support they need for the longer-term.

How PFA works

People trained in PFA learn how to:

- Approach and support someone in distress
- Listen without judgment or pressure
- Help people calm and ground themselves
- Identify immediate needs and concerns
- Connect people to helpful supports

The goal is to **stabilize, support, and empower** — not to diagnose or treat.

Benefits of PFA

For individuals:

- Feeling heard, supported, and less alone
- Reduced immediate stress and overwhelm
- Increased sense of safety and control

For organizations and communities:

- A shared, trauma-informed response to stress
- Early support before issues escalate
- Increased confidence in responding to difficult situations

Contact ArcaMind today to explore how PFA can support mental health needs in your community.

**218-786-5829 or
info@arcamind.com**

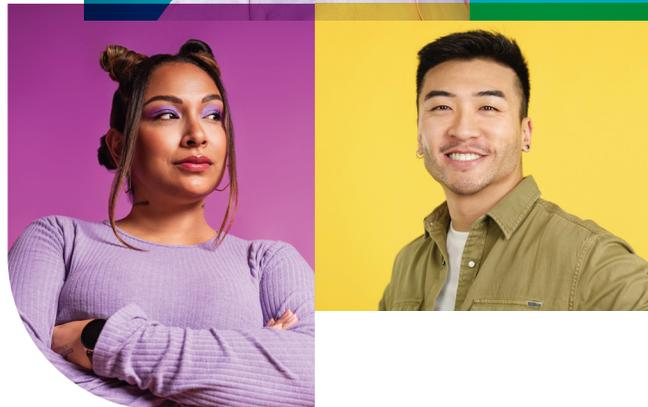
How ArcaMind supports PFA:

At **ArcaMind**, we specialize in bringing evidence-based mental health programs into real-world settings. Our approach is:

- Practical and easy to understand
- Culturally responsive and community-centered
- Designed to be delivered by non-clinical facilitators

ArcaMind provides expert facilitators, implementation support and ongoing guidance and technical assistance.

Whether you are an individual interested in being trained, or an organization wanting to equip staff with PFA as a resource, we can provide the appropriate resources.



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