

Psychological First Aid Intervention Suggested Role Play



Scenario: A major earthquake occurred early this morning. The epicenter was close enough to sustain damage in your area. Electricity for much of the area is out, there has been damage to bridges, buildings have been evacuated and many roads are blocked. There are small fires on some streets.

A staging area for people needing help has been set up at a safe location and responders have been asked to go to this location and support people who have been sent there. **Role Play!**



At the conclusion of Psychological First Aid (PFA) brief intervention, these questions should be answered:

1. Is the individual safe, secure, and comfortable? (**P**hysically ok)
2. Is the individual functioning adequately? (**F**unctioning)
3. Does the individual have a plan of action? (Ready to **A**ct)



Remember: Research shows that these indicators are more important than symptoms or distress indicators...

Those most directly exposed:

- Death of family member, friend, schoolmate, pet
- Saw/heard death or serious injury of others
- Devastating property loss

...Be mindful of someone reporting any of these experiences. They may benefit from additional assistance to support their recovery