

This is to verify that _____ attended

Minnesota Psychological First Aid Certificate

_____ hours of instruction

Course Objectives: Enable participants to be able to provide Psychological First Aid in their community and within their organizations by learning the skills of how to:

- Enhance immediate and on-going safety by providing emotional support.
- Offer practical assistance, and coping skills to help deal with the emotional impact of a traumatic event.
- Recognize common stress responses in children and adults and provide basic triage skills to know when to refer to professional Behavioral Health services.
- Recognize the signs and symptoms of personal stress and learn self-care strategies to increase resilience in yourself and others.

*This program has been designed to meet the requirements for continuing education credit.
It is the responsibility of the participants to assure that it meets their needs.*

Verified by: _____

Date: _____



Sponsor:

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