

# Study a new type of first aid: FIRST AID FOR THE MIND

**Psychological First Aid (PFA) is about taking care of yourself when you have experienced stress, crisis or trauma – and then being there for others when they're having trouble coping.**

Contact North | Contact Nord is partnering with Red Cross to promote two short online courses that teach the impact of stress, trauma and grief while helping you develop tools for handling difficult situations.

Let us help you register for one or both courses: Self Care and Caring for Others.

- Quick, accessible and practical short courses
- Acquire skills to use in daily life
- 100% online and self-paced
- About 45-90 minutes for each
- You receive an electronic certificate of completion

For more information, please call your Contact North | Contact Nord Education & Training Advisor,  
at \_\_\_\_\_ or e-mail \_\_\_\_\_

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