

Prompt cards for Psychological First Aid

The following prompt cards have been produced to assist in the practice of managing mental health emergencies. Refer to lesson plan.

PANIC ATTACK

1. Establish if there is a clear cause

2. Normalise

3. Explain

4. Foster feelings of safety

5. Support breathing

6. Keep the patient cool

Prompt cards for Psychological First Aid



PSYCHOSIS

1. Call an ambulance

2. If safe to do so, perform primary and secondary assessments

3. Record patient history

4. Support the patient to establish a calm environment

Prompt cards for Psychological First Aid

GENERAL EMOTIONAL DISTRESS

1. Engagement

2. Promote calm

3. Promote connectedness

4. Promote a sense of control

5. Practical assistance