Psychological First Aid

A humane, supportive and flexible response to those who are suffering or distressed during or after crises or emergencies.

1. **Engage**
   - Reach out with a caring message.
   - Communicate availability (office hours).

2. **Comfort**
   - Express that you are sorry (e.g. for their loss).
   - Communicate care for their well-being.

3. **Calm (if indicated)**
   - Speak slowly with warmth and assurance.
   - Invite student to take 4 breaths, exhaling slowly.

4. **Clarify**
   - Any academic worries?
   - Emotional concerns?
   - Inquire about sleep, nutrition, & social support.

5. **Educate**
   - Offer information on common grief/trauma reactions.
   - Validate each person's grief/trauma journey as unique.

6. **Encourage**
   - Self-care (exercise, nutrition, sleep, journaling, art, meditation, social connection)
   - Self-compassion and awareness of thoughts and feelings.

7. **Support**
   - Provide academic assistance as possible.
   - Share information about relevant campus resources.

8. **Connect**
   - Facilitate connections with relevant staff & faculty.
   - Refer to Counseling Services, HDAPP or SHCS, as needed.

**Crisis Resources:**
- Urgent Care
- **24/7 Phone Support**
- Grief Handout
- Self-Help Apps

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UC Davis
Student Health and Counseling Services