



CHECK FOR SAFETY, CHECK FOR PEOPLE WITH OBVIOUS URGENT BASIC NEEDS, CHECK FOR PEOPLE WITH SERIOUS DISTRESS REACTIONS.



APPROACH THOSE WHO MAY NEED SUPPORT, ASK ABOUT THEIR NEEDS AND CONCERNS, LISTEN TO THEM AND HELP THEM TO CALM DOWN.



HELP PEOPLE TO ADDRESS BASIC NEEDS AND ACCESS SERVICES, GIVE INFORMATION, CONNECT THEM WITH LOVED ONES AND SOCIAL SUPPORT.

PSYCHOLOGICAL FIRST AID

THREE KEY PRINCIPLES

VISUAL BY: SOCIAL WORKER SINGAPORE
SOURCE: THE STRAITS TIMES ([HTTPS://GOO.GL/7KHHXK](https://goo.gl/7KHHXK))