Check-in
By Megan Call, PhD
10 Minute Break

We will start again at 09:00 AM
PSYCHOLOGICAL FIRST AID

“... goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources.”

Founded on:
• Identifiable culture of wellness
• Established psychological safety
• Ongoing perceived support
PHASES OF DISASTER REACTIONS

PEER SUPPORT

• 88% of your colleagues want to hear from you

• Barriers for support seeking include: time & stigma.

PERCEIVED SUPPORT

Protective factor against harmful impact of stress.

Associated with:

↑ patient safety, teamwork, participation, accountability, & work-life balance.

↓ delays in care delivery, disruptive behavior, burnout.