

<b>The Eight Psychological First Aid (PFA) Core Actions</b>	
Contact and Engagement	To respond to contacts initiated by survivors, or to initiate contacts in a non-intrusive, compassionate, and helpful manner.
Safety and Comfort	To enhance immediate and ongoing safety, and provide physical and emotional comfort.
Stabilization (if needed)	To calm and orient emotionally overwhelmed or disoriented survivors.
Information Gathering on Current Needs and Concerns	To identify immediate needs and concerns, gather additional information, and tailor PFA interventions.
Practical Assistance	To offer practical help to survivors in addressing immediate needs and concerns.
Connection With Social Supports	To help establish brief or ongoing contacts with primary support persons and other sources of support, including family members, friends, and community resources.
Information on Coping	To provide information about stress reactions and coping to reduce distress and promote adaptive functioning.
Linkage With Collaborative Services	To link survivors with available services needed at the time or in the future.

*Source: [www.tinyurl.com/ycgerd4d](http://www.tinyurl.com/ycgerd4d)*

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