

BASIC PSYCHOLOGICAL FIRST AID

- Attend to basic needs first
- Use comforting body language
- Make a connection
- Encourage positive coping
- Reassure, but realistically
- Promote safety

- Be kind, calm, compassionate
- Social distance
- Information gather
- Link to resources when needed
- Provide accurate information
- Take care of yourself

LAC DMH 24/7 ACCESS LINE: (800) 854-7771

[DMH.LACOUNTY.GOV/GET-HELP-NOW/](https://dmh.lacounty.gov/get-help-now/)

OR LOCATE AN ONSITE MENTAL HEALTH SPECIALIST