

Psychological First Aid



DISASTER MENTAL HEALTH PSYCHOLOGICAL FIRST AID

**Tuesday, October 29th, 2019
2:00pm – 4:30pm**

**East Greenbush Community Library
10 Community Way
East Greenbush, NY 12061**

Please register at:

<https://eastgreenbushlibrary.librarymarket.com/node/10424>

Come join us for an opportunity to learn valuable Psychological First Aid skills that can increase your personal resilience, healthy coping skills, and overall confidence - as recovery begins after the stress of a traumatic event, natural disaster, public health emergency or even a personal crisis.

Psychological First Aid is an evidenced-informed training that is built on the concept of human resilience. It aims to reduce stress symptoms and assist in a healthy recovery.



10 Community Way
East Greenbush, NY 12061



Rensselaer County
Department of Health
Preparedness Division

*In partnership with Center for Public Health Preparedness (CPHP) School of Public Health, University at Albany
and in collaboration with the institute for Disaster Mental Health, SUNY New Paltz*