

Center for the Study of Traumatic Stress

Rapid Psychological First Aid Help for You, Family, and Friends

SAFE

- Keep yourself as safe as possible.

CONNECT

- Connect with loved ones as often as you can.
- Talk to children about what is happening using words that aren't scary.
- Stay close to children and give them hugs.

SUSTAIN

- Eat, drink water, and sleep as regularly as possible, even if you may not want to.
- If you have medications, take them as directed.

FOCUS

- Use your problem-solving skills.

REACH

- Recruit “helpers” to assist others and extend your caring.



www.CSTSONline.org



Cut along
dotted lines.

Fold in half.