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.

Center for the Study of Traumatic Stress
www.CSTSonline.org