



Mental Health

First Aide Training

Thursday, February 26th @ 1300 EST

**A 60 minute information session hosted by Miriam Anthony
on Shipmate Psychological Wellness for Critical Incidents**

Shipmate Psychological Wellness for Critical Incidents is a framework based on Psychological First Aid (PFA), and adapted for the modern mariner. Psychological First Aid is an evidence-based approach aimed at teaching individuals how to provide immediate, humane, and practical support to people experiencing acute distress, disaster, or trauma. It focuses on safety, stabilization, calming, and connecting individuals to resources. This training covers the practice of recognizing and responding to people experiencing crisis related stress, when to refer to a higher level of care, and self-care for first responders.

**[https://teams.microsoft.com/meet/24278948724496?
p=d35zZDgVDNnDgYykj2](https://teams.microsoft.com/meet/24278948724496?p=d35zZDgVDNnDgYykj2)**

This information is presented for educational purposes and is not professional advice tailored to an individual circumstance. Mariners should always act in accordance with the governing laws, ship management system and relevant company policies.