



**PFA Mobile is a free mobile application.** It was released by the Department of Veterans Affairs in 2012. The app is designed for mental health providers and first responders who deliver Psychological First Aid (PFA) to people after an emergency. PFA Mobile:

- Educates providers on PFA
- Helps providers determine if they are ready to give PFA
- Helps providers track survivors' needs during a response

The app can be used before, during, and after a disaster response. It is not intended to replace training in PFA.

## WHAT IS PFA?

Psychological First Aid (PFA) is an intervention for individuals of all ages and families. It is administered directly after traumatic events such as natural disasters and acts of terrorism. It is intended to reduce stress caused by these traumatic events and improve coping.

## LEARN

Use the app to review the five parts of PFA and information on where and when PFA should be used. Listen to audio clips of PFA mentors discussing their experiences. Review guidelines on topics, like:

- Engaging survivors
- Behaviors to avoid
- Considerations for using PFA with specific populations

## CORE ACTIONS

The goal and steps for each of the eight core actions of PFA are described in easy to read bullet points. These can be quickly reviewed at any time, providing a review after training or a refresher before heading into the field.

## SURVIVOR STRESS REACTIONS & NEEDS FORM

Individuals of different ages experience and display stress reactions differently. Use the app to review common stress reactions and get tips on how to help. Log basic information about the survivor's experiences in the **Survivor Needs Form**.

## PROVIDER SELF-CARE

Giving care and support after a disaster can be rewarding. It can also be tiring. Use the **Self-Assessment** tool to measure your readiness to help survivors. The assessment will highlight challenges that could create problems if you choose to join in emergency response. Use the **Provider Self-Care** tool to recognize your own stress reactions during relief work.

## RESOURCES

Use the app to access resources for crisis counseling, disaster assistance and preparedness, and more.

## REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07

