<table>
<thead>
<tr>
<th>CORE ACTIONS</th>
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<td>Stabilization</td>
<td>Practical Assistance</td>
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<td>Information Gathering</td>
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<td>Linkage with Collaborative Services</td>
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</table>
**CORE ACTIONS**

**Contact & Engagement**
- Safety & Comfort

**REMEMBER:**
- Work within a team.
- Protect survivors from harm.
- Be calm and compassionate.
- Listen and be flexible.
- Respect culture and diversity.
- Give clear and reliable information.
- Know local available resources.
- Help survivors help themselves.
- Know your limits.
- Take care of yourself.

**PSYCHOLOGICAL FIRST AID**

Are you ready to respond?

GET **P**REPARED
GET **F**OCUSED
GET **I**NTERACTIVE

NCTSN® The National Child Traumatic Stress Network

PFA Mobile™ can be downloaded on mobile Apple and Android devices

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Illustrations by Dr. Bob Seaver

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