

Psychological First Aid

A humane, supportive and flexible response to those who are suffering or distressed during or after crises or emergencies.

1

Engage

- Reach out with a caring message.
- Communicate availability (office hours).

2

Comfort

- Express that you are sorry (e.g. for their loss).
- Communicate care for their well-being.

3

Calm (if indicated)

- Speak slowly with warmth and assurance.
- Invite student to take 4 breaths, exhaling slowly.

4

Clarify

- Any academic worries?
Emotional concerns?
- Inquire about sleep, nutrition, & social support.

5

Educate

- Offer information on common grief/ trauma reactions.
- Validate each person's grief/ trauma journey as unique.

6

Encourage

- Self-care (exercise, nutrition, sleep, journaling, art, meditation, social connection)
- Self-compassion and awareness of thoughts and feelings.

7

Support

- Provide academic assistance as possible.
- Share information about relevant campus resources.

8

Connect

- Facilitate connections with relevant staff & faculty.
- Refer to Counseling Services, HDAPP or SHCS, as needed.

Crisis Resources:

- [Urgent Care](#)
- [24/7 Phone Support](#)
- [Grief Handout](#)
- [Self-Help Apps](#)

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