DEPED MENTAL HEALTH AWARENESS RESPONSE:
PSYCHOLOGICAL FIRST AID

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In the middle of the pandemic and other circumstances in these trying times, we are most vulnerable physically and mentally, as observed during the first few month’s pf pandemic, many of the youth and the adult’s nature has summed up into much more vulnerable state mentally. One of the few reasons is the distance between the working people and their families, they may or may not be working either overseas or in a remote place from their hometowns. The overcoming and coping of worries may be a hard piece of work out for them, staying sane at the middle of a pandemic where they are not sure of being able to come back to their families without infecting them. Talking about youth, lack of physical interactions for them can have a huge effect on their mental well-being, either being able to cope up with it by mentally glowing up and of course, the negative. The concerning amount of suicide/suicidal rate of youth since pandemic also plays a huge part of the question “Why is Psychological First Aid important” amidst the pandemic or any other global or local loss.

First, Psychological First Aid (PFA) is a tested, modular technique focused on studies to assist children, teens, adults, and families in the immediate aftermath of disasters and terrorism. Which coming from the term ‘evidence-informed’ emphasizes that it is a health focused modular system approach that is being used to determine what type of casualties the reader or the child may or may not be suffering from the trauma observed in the environment (pandemic). Therefore, it is a Psychological focused approach for the students or any other ages and is designed to reduce the psychological distress caused by the happenings in an individual’s environment and the likes. The National Child Traumatic Stress Network and the National Center for PTSD created PFA
with contributions to persons involved in such traumatic events for testing and research methods, answers, etc. It covers the eight core activities of the PFA, including: interaction and involvement, protection and comfort, stabilization (if necessary), compilation of information on current needs and concerns, practical assistance, social support connections,, Information on Coping, and Linkage with Collaborative Services.

Performing such tasks and contribution of PFAs in modular type helps a lot in these days and can easily just be covered on the distribution of modules to those students under modular system learning in pandemic. The built and the composition of the questions must be non-triggering and answerable by most ages and aims to stabilize the mental well-being of a student in case of breakdowns and other mental health casualties and such. It aims to promote safety, stabilize survivors of disasters, and connect individuals to help and resources. Therefore, it is such a good help to those who are still under oblivion about what is happening to the surroundings and the global pandemic that affects us in all aspects.

References:
http://deped-misocc.net/memo/dm-017-s-2020-psychological-first-aid-pfa-training-for-sdrrm-coordinators/