



People Care

Psychological First Aid Skills series

Psychological First Aid for Distressed Adults

Mental health challenges are a reality for many individuals, and learning how to support others can make all the difference. This workshop focuses on understanding adult depression and anxiety, psychological first aid principles, and effective first response techniques. Join us to gain practical tools and skills to navigate life's challenges effectively and support others in the journey towards improved mental health.

Learning Objectives:

- Understanding the challenges and distress faced by adults in contemporary society
- Discovering the presentation of depression and anxiety in adulthood
- Developing psychological first aid principles and first response techniques
- Participative learning from case studies

Our Trainers



Dr. Loke Keng Choong
PhD (Applied Psychology), MA
(Applied Psychology), MDiv,
MA (Biblical Studies), BA



Ms. Angeline Yap
MA (Counselling and
Community Work), MA
(Pastoral Studies), BCS (Hons)

Schedule

Saturday 26 Aug, 2023
1 pm – 4 pm
\$30 per pax

