



Phoenix
A U S T R A L I A

CENTRE FOR POSTTRAUMATIC
MENTAL HEALTH

The free training emergency services need to help them better help others

First responders see and experience a lot, but that doesn't mean they don't get affected by it. Events like the 19/20 bushfires and more recent disasters can have a lasting effect on communities, the mental health of frontline workers, and that of their colleagues - and often lead to burnout. But if we understand what's happening, and how best to support people impacted by disasters, we will all be better able to respond and support one-another.

Phoenix Australia's short, flexible and self-paced courses - specifically **Trauma-informed Care** and **Psychological First Aid** - are designed for first responder teams to help to strengthen local capacity to support community recovery from past trauma - and to prepare for future disasters, so frontline workers can better help others.

Psychological First Aid (PFA)

PFA is a practical, flexible, and recommended approach to helping people in the aftermath of trauma. This course is tailored for first responder managers and supervisors to help them support their employees' and community resilience and wellbeing.

Trauma-informedCare (TIC)

TIC principles help to build a trauma-impacted individual's sense of safety, control and empowerment through strengths-based approaches. This course is designed for first responder staff and volunteers to support them in their work with communities and colleagues who have experienced a potentially traumatic event such as a bushfire.

Ready to join more than 1000 other emergency service members across Australia?

PFA for Emergency Services Managers: <https://training.phoenixaustralia.org/offerings/psychological-first-aid-bushfire-recovery?key=PFABFR>

Coupon code: ESPFA100

TIC for Emergency Services Staff and Volunteers: <https://training.phoenixaustralia.org/offerings/trauma-informed-care-bushfire-recovery?key=TICBFR>

Coupon code: ESTIC100

Prefer to join us in person?

2022 Training Calendar now available. Register for in person or web-mediated sessions via www.phoenixaustralia.org/bushfire-recovery

About the Australian Government's Mental Health Supports for Bushfire Affected Australians package

The Department of Health has engaged Phoenix Australia – Centre for Posttraumatic Mental Health to deliver free training programs to aid frontline workers in order to better support community members affected by the recent 2019-20 bushfires across Australia.

Who is Phoenix Australia?

We're Australia's National Centre of Excellence in Posttraumatic Mental Health, the internationally recognised experts in trauma-related mental health and wellbeing.

We are Phoenix Australia.
We understand trauma and renew lives.

