Older Adult Mental Health Initiative:
RAPID Psychological First Aid

The Older Adult Mental Health Initiative (OAMH) **promotes wellness for aging adults in rural communities** by reducing mental health stigma and equipping community members to support others in crisis using Psychological First Aid (PFA). PFA is a compassionate, evidence-based response to a fellow human being who needs support. RAPID PFA is an evidence-based program that is effective in both rural and urban settings.

Who Can Administer PFA?

YOU CAN!
You do not have to be a medical professional. Our team hopes that any interested community members attend!

Training Options

Current Training Delivery Options:

- self-paced virtual course
- face-to-face classes, either in person or online via Zoom

All training options are free. Each attendee will receive certification in RAPID PFA and may be eligible for additional incentives.

For More Information:
Email APP-PHI at
app-phi@appstate.edu

Scan the QR Code or enter the link to start the free online program!
https://asulearn-global.appstate.edu/enrol/index.php?id=253

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