

Crisis Response for Significant Disclosures and Reactions

Appendix

Psychological First Aid (PFA)

It is important to remember that addressing the emotional, often invisible, impact from responding to or experiencing a crisis or adverse event is as important as addressing any physical impacts. PFA is an evidence-informed approach built on the concept of resilience that aims to reduce stress and its symptoms, and assist in a healthy recovery following a traumatic event.

Resources to support compassion resilience when there is a significant disclosure or crisis:

The University of California, San Francisco's Weill Institute for Neurosciences offers [an article](#) on coping during crisis.

An [article](#) that touches on 5 key principles of psychological first aid—Safety, Calming, Self-efficacy, Connection, and Hope.

Combating the reluctance to seeking help:

Health care providers are not immune to the public- and self-stigma related to mental health, and are at times reluctant to seek help or support when they are experiencing difficulties.

The following articles offer, from the perspective of physicians, why health care providers may choose not to seek mental health care or support:

- [5 reasons physicians are less likely to seek support](#)
- [Stigma and Professional Fears Keep Doctors With Mental Illness From Seeking Treatment](#)

For more information on mental health stigma:

- [Principles of Stigma Reduction](#)
- [Mental Health & Stigma](#)

