

A humane, supportive and flexible response to those who are suffering or distressed during or after crises or emergencies

# Psychological First Aid

1.

## ENGAGE

- Reach out with a caring message.
- Communicate availability (office hours).

2.

## COMFORT

- Express that you are sorry (e.g. for their loss).
- Communicate care for their well-being.

3.

## CALM (if indicated)

- Speak slowly with warmth and assurance.
- Invite student to take 4 breaths, exhaling slowly.

4.

## CLARIFY

- Any academic worries? Emotional concerns?
- Inquire about sleep, nutrition, & social support.

5.

## EDUCATE

- Offer information on common grief/trauma reactions.
- Validate each person's grief/trauma journey as unique.

6.

## ENCOURAGE

- Self-care (exercise, nutrition, sleep, journaling, art, meditation, social connection)
- Self-compassion and awareness of thoughts and feeling.

7.

## SUPPORT

- Provide academic assistance as possible.
- Share information about relevant campus resources

8.

## CONNECT

- Facilitate connections with relevant staff & faculty.
- Refer to CAPS, HPS, and SHW, as needed.

## CAPS Crises Resources:

- [Urgent Care](#)
- [24/7 Phone Support](#)
- [Grief Handout](#)
- [RISE Workshops](#)
- [Support Forums](#)
- [Headspace App](#)



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858-534-3755

UC San Diego

STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services