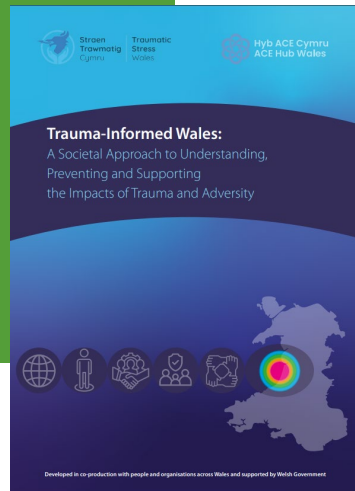
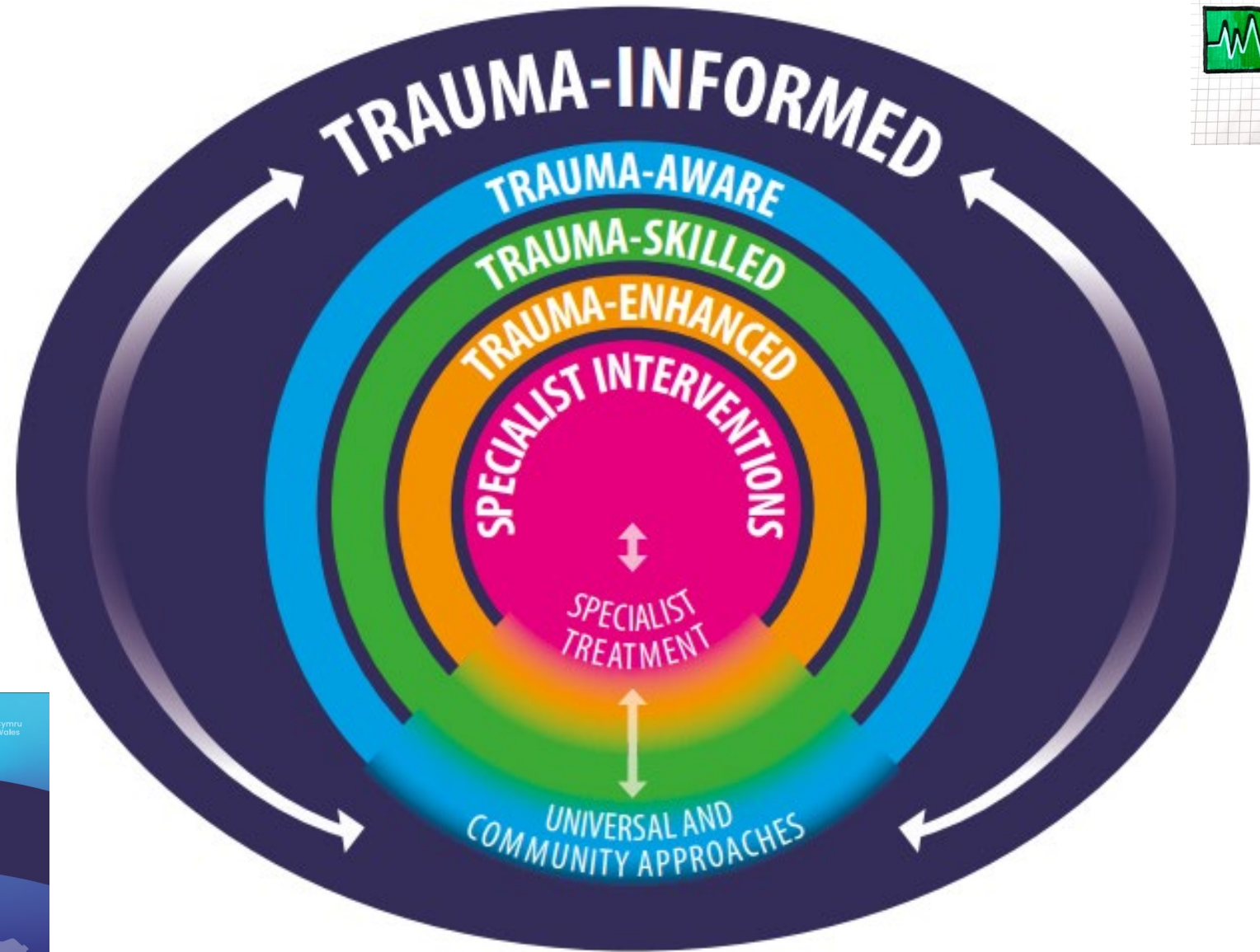


Trauma Informed First Aid

Catherine Arnold



Building on the Trauma- Informed Wales Framework



**Straen
Trawmatig
Cymru**

**Traumatic
Stress
Wales**

Supporting
First Aiders to
overcome
traumatic
stress and to
retain skills

- **Specialist Intervention:** debriefing
 - Answering questions & signposting
 - Improving post-traumatic wellbeing
- **Trauma-enhanced** re-training
 - Bespoke courses for specific groups
 - Rebuilding confidence
- **Trauma-aware** training

Contact:

traumainformedfirstaid@gmail.com

<https://linktr.ee/traumainformedfirstaid>

