



Eric Holcomb, Governor
State of Indiana

Division of Mental Health and Addiction
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To: Division of Mental Health and Addiction stakeholders

From: Jay Chaudhary, Director, Division of Mental Health and Addiction

Re: Additional Psychological First Aid trainings scheduled in response to COVID-19 epidemic and participation expanded

Date: March 18, 2020

The Indiana Family and Social Services Administration, in partnership with the American Red Cross Indiana, announced two additional trainings in Psychological First Aid, expanding the registration capacity to 350 each or a total of 700 additional slots. These virtual, instructor-led training sessions are intended for health care professionals, social services professionals and the like who may be able to help administer Psychological First Aid should they encounter Hoosiers experiencing distress or needing help coping.

To participate in this virtual training, click the link on the preferred date below to register. Only the first 350 registrants will be accepted for each training session. The newly-scheduled sessions are:

- [Thursday, April 16, 2020, 1 – 4 p.m. EDT – added training](#)
- [Tuesday, April 21, 2020, 1 -4 p.m. EDT – added training](#)

Psychological First Aid is an approach to helping people who have been exposed to a disaster or traumatic event, in this case the COVID-19 pandemic. The FSSA Division of Mental Health and Addiction also recommends that Hoosiers feeling distress or anxiety due to the pandemic call the Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990. This hotline provides live crisis counseling and is toll-free, multi-lingual and confidential. A text option is also available: Text "TalkWithUs" to 66746 to connect with a trained crisis counselor.

