

Psychological First Aid: Prevailing Topic in the Global Village Era

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Recently, I made a random search on one of the research article databases about First Aid. I was stunned to find that most of the articles were not about physical first aid but mental/psychological first aid. After reading some articles and speculating on my own experiences, I got to understand that the issues related to mental health are worth addressing, especially in the global village era we live in, where almost every other Human is facing either cyber or social and societal stress.

It is expected that approximately 70% of human beings will experience at least one major trauma in their lifetime, and many others will experience more than one. Some traumas are a single event, even as others contain a sequence of occasions over an extended length of time. Despite the excessive incidence, studies indicate that almost all of the sufferers are capable of addressing trauma correctly without formal treatment. For others, however, the outcomes may be long-lasting, and extreme intellectual fitness issues can develop.¹

Some traumatic events are a single event or even a series of events that get on the nerves of the victim and can cause long-lasting consequences. Given the construct of the human brain, every individual has their capacity to cope with events occurring either directly to or around them. Post-traumatic stress disorder (PTSD) is one of the major issues faced after any kind or form of trauma. The prevalence of PTSD is estimated to be between 7-12% in the general population, and it is closely related to insidious mental and physical health problems.

As aforementioned, the consequences of going through a traumatic event, the quality of the life of an individual might become bitter if appropriate psychological support is absent. Psychological first aid is defined as "a compassionate and supportive presence, designed to mitigate acute distress, and assess the need for continued mental health care."¹

Psychological first aid is significant in every field, anywhere in the world. Still, there are some areas where there is an undeniable need to be able to provide such mental support. Medical professionals and responders to emergencies (i.e., POLICE) are especially worth mentioning. "A significant lack of evidence regarding the effectiveness of psychological first aid (PFA) training of first responders to emergency settings has been reported."³ In the light of my own experience, a medical specialist disclosed the news of the irreversible severity of a patient's health in front of her family is heart-wrenching. Where that so-called professional couldn't bear to do the least of what he ought to.

As Joaquin Phoenix uttered in his Oscar-winning speech, "Run to the rescue with love and peace will follow". How much better our Human World will become if we care about the wellness of people we interact with, regardless of who they are and what they have to offer in return.

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