



TIPS utilizes tools and resources from industry leaders. While these can be powerful resources, their effective use requires appropriate understanding, context, and training. TIPS applies these tools in partnership with their originating organizations.



Stress First Aid

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Seven Cs of Stress First Aid:

Check

Assess, observe and listen

Coordinate

Get help, refer as needed

Cover

Get to safety ASAP

Calm

Relax, Slow down, refocus

Connect

Get support from others

Competence

Restore effectiveness

Confidence

Restore self-esteem and hope

For additional training go to:

https://www.ptsd.va.gov/disaster_events/for_providers/stress_first_aid.asp

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