

Syllabus Report (SYL)

CorePass® Psychological First Aid I (Basic)



7048:2025

Generated At: Monday, August 25, 2025

IQF Level	3	IQF Credit	1
Approved References	A guide to Psychological first aid (IFRC, 2018) Mental Health First Aid Manual (Kitchener & Jorm) Psychological First Aid Field Operations Guide (National Child Traumatic Stress Network) Psychological First Aid: Guide for Field Workers (World Health Organization) Trauma-Informed Care in Behavioural Health Services (SAMHSA) Mental Health First Aid (Hato Hone St John) Mental Health First Aid © International		
Special Notes			

Recognise signs of mental health distress 704825D01

Performance Identify key indicators of mental health challenges.
Standards In accordance with approved references.
Conditions
Comments Range: stress, anxiety, depression.

Explain the principles of psychological first aid 704825D02

Performance Recall the core principles of look, listen and link for psychological first aid.
Standards In accordance with approved references.
Conditions Given prompts describing mental health crisis situations.
Comments

Apply active listening techniques for psychological first aid 704825D03

Performance Apply active listening skills to provide emotional support during distress.
Standards In accordance with approved references.
Conditions Given role-play scenario with emotionally distressed person.
Comments Range: verbal and non-verbal communication techniques.

Provide initial support to mild mental health concerns 704825D05

Performance Apply supportive communication and suggest appropriate next steps.
Standards In accordance with approved references.
Conditions Given simulated interactions with peers or actors portraying individuals in mild mental distress.
Comments

Promote self-care strategies for stress management to individuals

704825D06

Performance	Suggest simple coping mechanisms to reduce stress levels.
Standards	In accordance with approved references.
Conditions	Given a hypothetical scenario or role play where an individual requires stress management advice.
Comments	

Reflect on personal self-care practices as a psychological first aider.

704825D07

Performance	Identify personal strategies to maintain resilience while supporting others in distress.
Standards	In accordance with approved references.
Conditions	Given individual reflection or group activity.
Comments	