

Psychological First Aid Course

Public Health England

Further Reading

For further reading on mental health and psychosocial support (MHPSS) the following resources may be useful:

COVID-19 Specific Mental Health and Psychosocial Support Resources (MHPSS) for professionals:

- [Inter Agency Standing Committee Briefing Note about MHPSS aspects of COVID-19](#)
- [Inter Agency Standing Committee: Basic Psychosocial Skills- A Guide for COVID-19 Responders](#)
- [World Health Organisation guidance on MHPSS during COVID-19 Pandemic](#)
- [British Red Cross mental health and coronavirus pack](#)
- [British Psychological Society \(BPS\) - Responding to Coronavirus: Resources and Support](#)
- [COVID Trauma Response Working Group Guidance](#)
- [Mental Health Innovation Network Resources for mental health and psychosocial support during the COVID-19 pandemic](#)
- [Local Government Association Resources on COVID-19](#)

COVID-19 Specific MHPSS resources for anyone:

- [PHE Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\)](#)
- [PHE Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) pandemic](#)
- [NHS Every Mind Matters COVID-19 specific content](#)
- [MIND guidance on coronavirus and wellbeing](#)
- [British Red Cross Coronavirus pack, including CALMER YouTube videos](#) • [Mental Health Foundation: looking after your mental health during the coronavirus outbreak](#)
- [World Health Organisation story book to help children cope with COVID-19](#)

Further resources on MHPSS in emergencies:

- [World Health Organization, War Trauma Foundation and World Vision International \(2011\). Psychological first aid: Guidance for field workers. WHO: Geneva](#)
- [Faculty of Public Health briefing on psychosocial health as part of a trauma response on emergency settings](#)
- Australian Red Cross Best Practice Guidelines: Supporting Communities Before,

During and After Collective Trauma Events (CTEs)

- [The Association of Directors of Public Health: Guidance for Directors of Public Health in a Major Incident](#)
- [NHS England emergency response, resilience planning framework](#)
- [National Institute for Health and Care Excellence \(NICE\) \(2018\) Post-traumatic stress disorder NICE guideline \[NG116\]](#)
- Williams R, Bisson J, Kemp V. OP94: Principles for Responding to People's Psychosocial and Mental Health Needs after Disasters. Published as OP94 Royal College of Psychiatrists, 2014.
- Williams R, Bisson JI, Kemp V. Designing, Planning and Delivering Psychosocial and Mental Health Care for Communities Affected by Disasters. Chapter 16 in Disaster Psychiatry, Second Edition. Edited by Robert J. Ursano, Carol S. Fullerton, Lars Weisaeth, Beverley Raphael. Cambridge: Cambridge University Press, 2017.
- [UK Psychological Trauma Society \(UKPTS\) Guidance for multi-professionals working in the field of psycho trauma.](#)

COVID-19 Specific Academic literature

Reviews:

- [Nobles, J., Martin, F., Dawson, S., Moran, P. and Savovic, J. \(2020\) The potential impact of COVID-19 on mental health outcomes and the implications for service solutions.](#)
- [Brooks, Samantha K et al., The psychological impact of quarantine and how to reduce it: rapid review of the evidence, The Lancet, Volume 395, Issue 10227, 912 – 920](#)

Original Research:

- [COVID Minds database for longitudinal studies and empirical literature](#)

Discussion and synthesis:

- [Holmes, Emily A et al. 2020 Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science, The Lancet Psychiatry](#)
- [COVID-19 and experience of moral injury in front-line key workers](#)

Further Relevant MHPSS Literature:

- Hobfoll, S, Watson, P, Bell, C, Bryant, R, Brymer M et al. Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence. Psychiatry: Interpersonal and Biological Processes 2007 70, 4, 283-315
- [Review of the literature on best practices before, during and after Collective Trauma Events \(2018\), Australian Red Cross](#)

- Davidson S. The development of the British Red Cross' psychosocial framework: CALMER. *Journal of Social Work Practice* 2010, 24; 1:29-42. 24.
- Forbes D, Creamer M, Wade D. Psychological support and recovery in the aftermath of natural disasters. *International Psychiatry* 2012, 9:1:15-17.
- Shalev AY. Early Interventions for traumatic stress. In: Ritchie EC, Friedman MJ, Watson PJ, eds. *Mental Health Intervention Following Disasters or Mass Violence*. New York, NY: Guilford Press, 2004.
- Williams, R., Kemp, V. J., & Alexander, D. A. (2014). The Psychosocial and Mental Health of People Who Are Affected by Conflict, Catastrophes, Terrorism, Adversity and Displacement. In *Conflict and Catastrophe Medicine* (pp. 805-849). Springer London.
- Williams R, Greenberg N. Psychosocial and Mental Health Care for the Deployed Staff of Rescue, Professional First Response and Aid Agencies, NGOs and Military Organisations. Chapter 27 in *Conflict and Catastrophe Medicine*, Ryan J, Hopperus Buma A, Beadling C, Mozumder A, Nott DM (eds). *Conflict and Catastrophe Medicine: a practical guide* (pp 395-432). 3rd ed. London: Springer, 2014.