

Lifelines Scotland

Peer Supporter and Post Trauma First Aider

The holder of these digital badges has received them in recognition of their completion of the Lifelines Scotland **Staying Well – Understanding Resilience and Self-Care**, **Supporting your Colleagues/Team** and **Post Trauma Support – providing Psychological First Aid** sessions. They have completed a minimum of 13 hours training. (This also represents completion of Lifelines Modules 1 to 7 when delivered by a Lifelines Facilitator).

From these courses they understand the factors that protect and threaten our wellbeing in and out of work or our volunteering roles and what we can do to keep ourselves well. They have learned about the impact of trauma and stress and a range of common mental health conditions to help them recognise when people might be having difficulty and need some help.

They have practised having supportive conversations with colleagues, what they can do when someone needs additional help, and are aware of the services available.

They have learned about the impact of traumatic events and what influences our ability to cope and recover and are trained to provide Psychological First Aid, the international best practice model for helping people following trauma exposure.

You can find out more about the about the courses and find a range of advice and support on the [Lifelines website](#).



Lifelines Scotland is a national NHS project, hosted by the Rivers Centre in NHS Lothian, and we are proud to be working with government, statutory, voluntary and charitable partners to support the wellbeing of the emergency service staff and volunteers in Scotland.

