

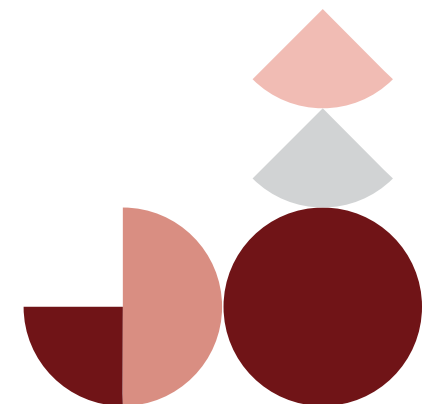


Maldivian Red Crescent

Training and Services Menu



The Maldivian Red Crescent (MRC) is an independent, voluntary, humanitarian organization, established based on the Maldivian Red Crescent Law [Law 7/2009]. Its primary objective is to provide humanitarian aid, prevent and alleviate human suffering. It is the 187th member of the world's largest humanitarian movement – the International Red Cross and Red Crescent Movement – which every year helps millions of people whose lives have been devastated by crises or conflict.





Mental Health and PSS Trainings

MRC has advocated for better provision of and access to Mental Health and Psychosocial Support (MHPSS) since the inception of the National Society in 2009. The MRC Strategic Plan 2019-2030 includes the strengthening of PSS during emergencies to affected populations and the promotion of health and wellbeing in a changing environment, highlighting the need to for PSS capacity building within the community.

MRC provides a variety of PSS trainings. For organizations and corporations who are interested in conducting relevant PSS training for their staff and management, commercial trainings can be organized accordingly. Furthermore, MRC conducts trainings within the community, working to increase community resilience by building the capacity to deliver potentially lifesaving PSS within the population.

The PSS trainings provided by MRC are according to the global standard of the Red Cross and Red Crescent Movement, with the content delivered developed in partnership with the International Federation of the Red Cross and Red Crescent (IFRC) PSS Centre.



Introduction to Psychological First Aid Training

Duration: 5 hours (1 days)

Training Summary

It introduces participants to basic psychological first aid skills.

Training Outline

- What is PFA and what is not PFA
- Distressing events and common reactions to distressing events
- PFA action principles: Look listen and link
- Demonstration and role play
- Self-care

Basic Psychological First Aid Training

Duration: 8 hours (1 day)

Training Summary

It introduces basic psychological first aid skills and presents a range of situations faced by adults, their reactions to crises, and how helpers may respond appropriately

Training Outline

- What is PFA and what is not PFA
- Distressing events and common reactions to distressing events
- PFA action principles: Look listen and link
- Complex reaction and psychological triage
- When to do referral
- Demonstration and role play
- Self-care

Supportive Communication Training

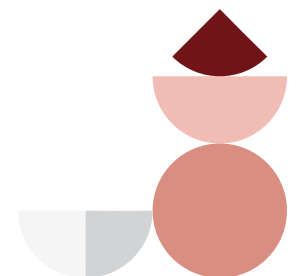
Duration: 16 hours (2 Days)

Training Summary

This training covers the basic skills and knowledge including range of listening and responding skills and have insight into the values, ethics, and boundaries of their work as PSS helpers

Training Outline

- What is Psychosocial Support
- Ethical consideration and code of conduct
- Useful communication Skills
- How to structure a conversation
- Stress and Coping
- Loss and Grief
- What is Psychological First Aid
- Self-Care



Session: Supportive Communication

Duration: 2 hours

Training Summary

This training covers the basic skills and knowledge including a range of listening and responding skills and have insight into the values, ethics, and boundaries of their work as PSS helpers

Training Outline

- What is MHPSS
- Ethical consideration and code of conduct
- Useful communication Skills
- How to structure a conversation
- Self-Care

Session: Stress and Coping

Duration: 2.5 hours

Training Summary

This session introduces to types of stress, various coping strategies and how to assist someone to cope.

Training Outline

- What is stress
- Types of stress
- Reaction to stress
- What is coping
- Coping strategies
- Healthy coping
- Assisted coping
- Self-care

Session: Loss and Grief

Duration: 2.5 hours

Training Summary

This session focus providing an understanding on various reactions to loss and how to support someone who is grieving.

Training Outline

- What is Loss
- Types of loss
- Reaction to loss
- What is grief?
- Reactions while grieving
- Factors that can complicate grieve process
- How to support someone grieving
- Self-care

Session: Suicide Prevention

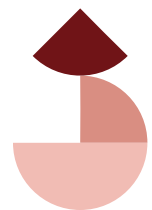
Duration: 4 hours

Training Summary

This session focus on creating an understanding on suicide and how to support individuals experiencing self-harm behavior, suicidal thoughts or ideation.

Training Outline

- Common myths and facts of suicide
- Key terminologies
- Risk and protective factors
- How to communicate someone having suicidal thoughts
- Assessment and safety plan
- Psychoeducation
- Self-care



Session: Sexual Gender based Violence

Duration: 4 hours

Training Summary

This session introduces Sexual gender-based violence and how to provide assistance to a survivor of SGBC keeping in mind the impact and possible challenges.

Training Outline

- Key terminologies
- Risk and protective factors
- Types of SGBV
- Impacts of SGBV
- Survivor centered approach
- Handling disclosure
- Making referral
- Possible challenges
- Self-care

Mental health in Workplace

Duration: 2 hours







Training Summary

This session focus on creating an understanding on the importance of workplace and how to provide support to co-workers.

Training Outline

- What is mental health
- Why it is important to promote wellbeing at workplace
- Common distressing events and reactions
- Risk factors and protective factors
- Communications skills
- Peer support
- How to support as an organization
- Self-care



- Humanity 
- Impartiality 
- Neutrality 
- Independence 
- Voluntary Service 
- Unity 
- Universality 