



## PFA PLEDGE REPORT

### HELLENIC RED CROSS

#### A) Objectives of the pledge:

Please insert here the text of the pledge and specify the objectives to be achieved in the period 2024-2028. For joint specific pledges the objectives should be achieved jointly.

When drafting the objectives, please indicate the following:

- How this pledge is related to the 34th International Conference (e.g. Conference themes, resolutions, commissions, side events, follow-up of the 33rd International Conference etc.).
- Should this pledge be related to a resolution, please specify how it addresses the monitoring and implementation of the commitments set out therein.
- How this pledge helps to address the needs of vulnerable, at-risk and affected populations and communities.

Psychological First Aid (PFA) is integral to the Hellenic Red Cross interventions and has been integrated into the NS programs and services. The PFA aims to support people affected by Armed conflicts, natural disasters, and other crises, which take an immense toll on the mental health and psychosocial well-being of individuals, families, and communities, including those responding to humanitarian needs.

It complements and supports the implementation of the proposed resolution of the 33rd International Conference *Addressing Mental Health and Psychosocial Needs of People Affected by armed conflicts, natural disasters and other emergencies*.

Psychological first aid is a first approach to assisting people in acute distress. It helps them feel calm, safe, and supported. It alleviates their mental health and psychosocial needs and promotes their individual and community resilience. It can also link them to more specialized support when necessary.

Furthermore, learning PFA skills and understanding reactions to crises empowers the helper to not only help others but also apply the same skills to his own crises.



B) Action plan:

Please indicate the time frame and the list of measurable actions that you intend to implement by 2028. To ensure successful implementation, it is helpful to provide as detailed information as possible on the planned steps.

Hellenic Red Cross will continue to include the PFA in implementing its actions by 2028 in the following ways.

- Implementation of PFA training for the NS staff and volunteers.
- Implementation of PFA training for the community (citizens, MHPSS practitioners of other public organizations and NGOs, and practitioners of different working fields like teachers, police, etc.).
- The PFA is integrated into all the MHPSS programs, activities, and interventions.
- PFA Guide that provides information on PFA principles, understanding, and provision. The Guide is available in hard copy and uploaded to the HRC web page.
- Implement social actions and campaigns to raise awareness and sensitize the community on MHPSS issues, including PFA.
- Participate in national and international conferences and forums to advocate for attention to mental health and psychosocial support in humanitarian response, including the importance of psychological first aid.
- Operation of mentoring and supervision mechanisms for implementing regular meetings with the staff and volunteers, aiming, among others, to develop their PFA skills and capacities.





C) Indications for measuring progress:

Please include information on how you intend to measure the progress on implementation (e.g. number of people trained, number of public awareness campaigns, number of actions implemented, etc.).

The Hellenic Red Cross will measure progress in implementing programs and activities related to the PFA in the following ways.

- Number of staff and volunteers trained in PFA.
- Number of local community members trained in PFA (citizens, MHPSS practitioners of other public organizations and NGOs, and practitioners of different working fields like teachers, police, etc.).
- Number of PFA trainings for staff, volunteers, and community members.
- Number of social actions and campaigns to raise awareness and sensitize the community on MHPSS issues, including PFA.
- Number of national and international conferences and forums participation to advocate for attention to mental health and psychosocial support in humanitarian response, including the importance of psychological first aid.
- Number of visits on the HRC website PFA Guide.
- Number of PFA Guide hard copies distributed in several actions and activities.
- Number of mentoring and supervision meetings with the staff and volunteers, aiming, among others, to develop their PFA skills and capacities.
- Number of staff and volunteers receiving mentoring and supervision, including, among others, developing their PFA skills and capacities.





**Hellenic  
Red Cross**

D) Resource implications:

Please indicate as far as possible the resources that may be required to support the implementation of this pledge.

The resources required to support the implementation of this pledge include.

- HRC MHPSS staff that will provide the PFA training.
- HRC volunteers and staff that will provide PFA in the frame of the HRC MHPSS programs and services provision.
- HRC facilities used to provide the PFA in the frame of the HRC MHPSS programs and services.
- HRC facilities used to deliver the PFA training.
- HRC Website.
- Hard copies, leaflets, banners, and other tools are needed to make the community actions visible on PFA.