**Psychological First Aid for COVID-19 Frontline Workers in AI/AN Communities**

**Social Media Toolkit**

**FACEBOOK POST**

NEW free resource: We are proud to announce the release of Psychological First Aid for COVID-19 Frontline Workers in AI/AN Communities! This release includes a culturally adapted online training and guide intended to promote mental health and resilience among Indigenous communities. These resources teach skills to support healthy coping, responding to serious distress, providing supportive communication, and more.

Access the free guide and online training here: [bit.ly/PsychFirstAid4COVID19](http://bit.ly/PsychFirstAid4COVID19)

#Indigenous #MentalHealth #COVID19 #NativeWellness #IndigenousWellness

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**INSTAGRAM POST**

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**TWITTER POST**

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