



# SKILLS TO COPE IN A CRISIS?

First aid education for those who need it most

**Refusing to ignore people in crisis**

# Would your group, volunteers or community have the skills to cope in a crisis?

The British Red Cross works with organisations and community groups who support people who are at risk and would have the greatest impact from a first aid intervention, including:

- > People living with issues around drug and alcohol usage.

Our tailored first aid sessions provide people with the skills and confidence to help in a first aid emergency.

What can you expect from our first aid session?

- > Effective, easy to learn first aid education in a relaxed and informal style.
- > We provide relevant first aid skills tailored to the needs of the group.
- > We break down the barriers to helping others.
- > We build confidence and willingness to help in a first aid emergency.
- > They are fully funded – there is no cost to you.

For more information on what is available in your area, please contact the Crisis Education Support Centre on:

Tel: 0344 412 2734

Email: [adulteducation@redcross.org.uk](mailto:adulteducation@redcross.org.uk) or

**Clare Ouaddane, Crisis Education Co-ordinator**

**[COuaddane@redcross.org.uk](mailto:COuaddane@redcross.org.uk) 07889 644768**

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