



Trauma Informed First Aid Presentation

Looking at trauma informed responses for Physical First Aiders and Mental Health First Aiders and CWU Representatives for when dealing with impactful events and the value of peer-to-peer network support.

SPEAKERS:



From Left to Right in above photo

Catherine Arnold

Catherine is the founder of Trauma Informed First Aid UK; her research interests focus on supporting First Aiders to overcome traumatic stress. Catherine previously worked as a First Aid Trainer for the British Red Cross. She has four years of industry experience as a Public Health Scientist with an extensive CPD portfolio in community and mental health support. Catherine edits a website and newsletter on Trauma Informed First Aid. She has also written for Brake, the road safety charity and presented at the Health and Care Research 2025 conference.

Marissa Lambert

Marissa Lambert is the co-founder and Director of With-you Consultancy Ltd. She is a Registered Mental Health Nurse, with 25 years' experience of working for the NHS in a variety of settings. Marissa led the peer training team at the Institute of Mental Health for 10 years. She worked for Nottinghamshire Healthcare NHSFT with responsibility for developing the national apprenticeship standard for Peer Workers and more recently as the Clinical Skills and Education Lead, managed a Trust wide mental health portfolio. She has particular interest and specialism in resilience-based supervision, trauma-informed approaches and support structures, including peer networks. She holds extensive experience of co-designing and developing innovative programmes.

Discussion slides SNAPSHOT selection below.



Trauma Informed First Aid Presentation

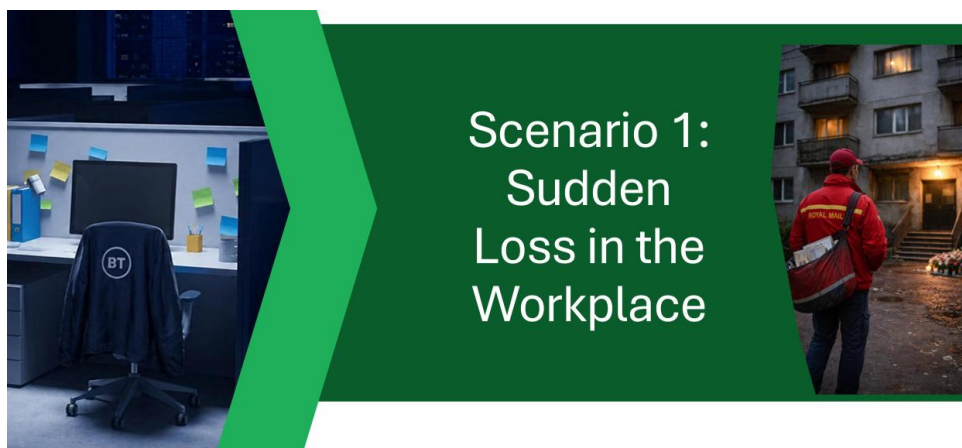
Catherine Arnold and Marissa Lambert

How might you come across trauma in your line of work?

What does traumatic stress feel like?

How would you recognise post-traumatic stress in others?

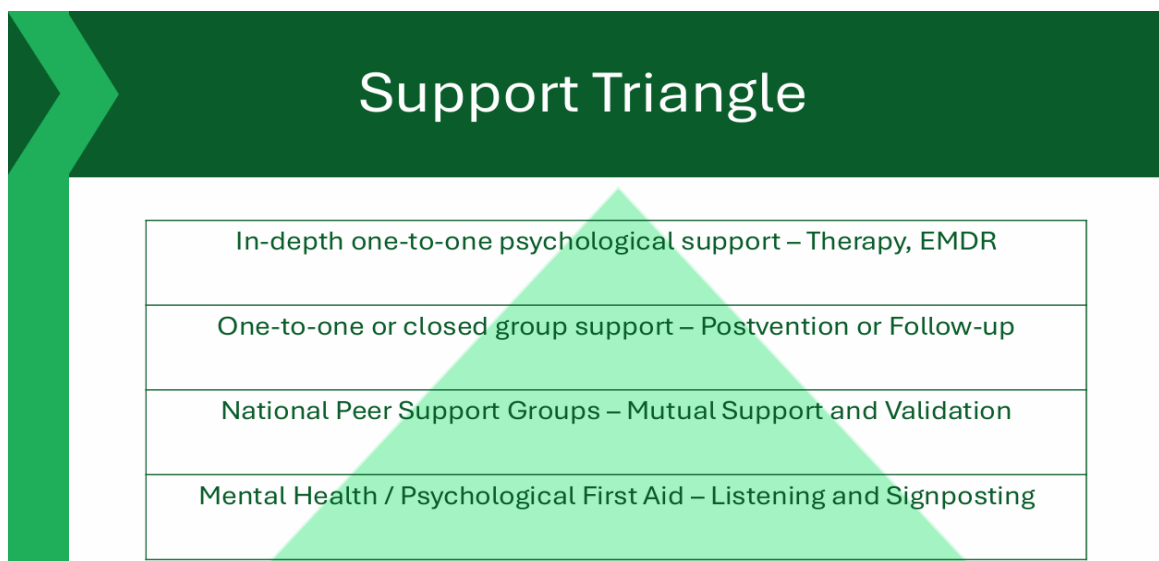
How can you support someone experiencing traumatic stress



**Scenario 2:
Revisiting a
traumatic
location**

**Scenario 3:
Vicarious
Trauma**

The type of support to consider in scenario situations above is exemplified in the support triangle below.



Psychological First Aid / MHFA



Referral to Specialist Services

Support After Bystander Resuscitation (SABRE)



Brake
the road safety charity
www.brake.org.uk

NHS 111
New mental health crisis support service



First Hand

Making sense of lasting memories and emotions after the suicide of someone you didn't know



Eye
Movement
Desensitization &
Reprocessing

TIFA x With-you Collaboration

Peer Support for First Aiders Webinar

Online | 23rd July | 12pm-1pm

Peer Support: Trauma Informed Approaches

2-Day Online Training

National Peer Support Network for First Aiders

Online Network

Mental Health Awareness Week



- Every year 1 in 4 people will experience a mental health problem
- 2 million people waiting for NHS mental health support
- Leading cause of sickness absence
- 300,000 people with long term mental health problems fall out of work every year
- Mental health links to physical health, financial health, relationships, housing, community safety, employment



Mental Health At Work

“organisation-wide strategic approaches were the foundation of good mental wellbeing at work” (NICE guidance – NG212)

- good job quality (including a fair wage)
- role autonomy
- organisational fairness
- respect
- recognition
- **peer support**
- clear communication



What is Peer Support?

It is **system of support** arising from the social justice movement founded on lived experience and involves **mutual** and **reciprocal** relationships that foster **hope, choice, and empowerment**.

Call to Action

Peer Support for First Aiders Webinar



Stay Connected Book in a meeting



Trauma Informed Approaches Training



Thanks, on behalf of the CWU have been offered to CATHERINE ARNOLD from trauma informed first aid UK and MARISSA LAMBERT from the With-You consultancy on their powerful and valuable contributions at the CWU communication workers union conference 2026 Health & Safety fringe meeting.

Vicarious trauma and traumatic impact are so very real for many trade union Reps MHFAiders First Aiders in an ever-changing world of work.

The value and need of peer-to-peer support networks was evident at the CWU H&S Fringe meeting by the comments, Questions and Appreciation of the information presented by 2 expert guest speakers at the start of Mental Health Awareness Week 2026.

Marissa and Catherine presented details of their upcoming webinar 'Peer Support for First Aiders', which has been developed in collaboration between Trauma Informed First Aid (TIFA) and With-you, bringing together their dual expertise and exploring peer support as a vital option for post-incident follow-up support for members of the public or public facing workers who have witnessed an emergency.

The webinar responds to an increasing recognition that serious emergencies can have a lasting psychological impact on bystanders and First Aiders, yet support pathways are rarely available and explores the following



- ◇ How safe, relational spaces help people to process, heal and personally recover from traumatic emergencies
- ◇ The emotional and psychological impact of providing First Aid, particularly following

resuscitation attempts or serious incidents

- ◇ Trauma-informed approaches as part of responsible First Aid culture
- ◇ Distinctions between roles Bystanders, First Aid, Volunteer First Response, and Professional Emergency Services
- ◇ Introducing key principles within peer support values and practice
 - ◇ Scope for a National First Aider Peer Support Network

This free webinar is open to all those providing informal or volunteer first aid/responder roles including, workplace First Aiders, Mental Health First Aiders and members of the public who have witnessed or responded to traumatic incidents, including cardiac arrests, suicide attempts, road traffic collisions and serious injuries.

We also encourage Health and Safety representatives across different sectors who would like to explore options to support their staff.

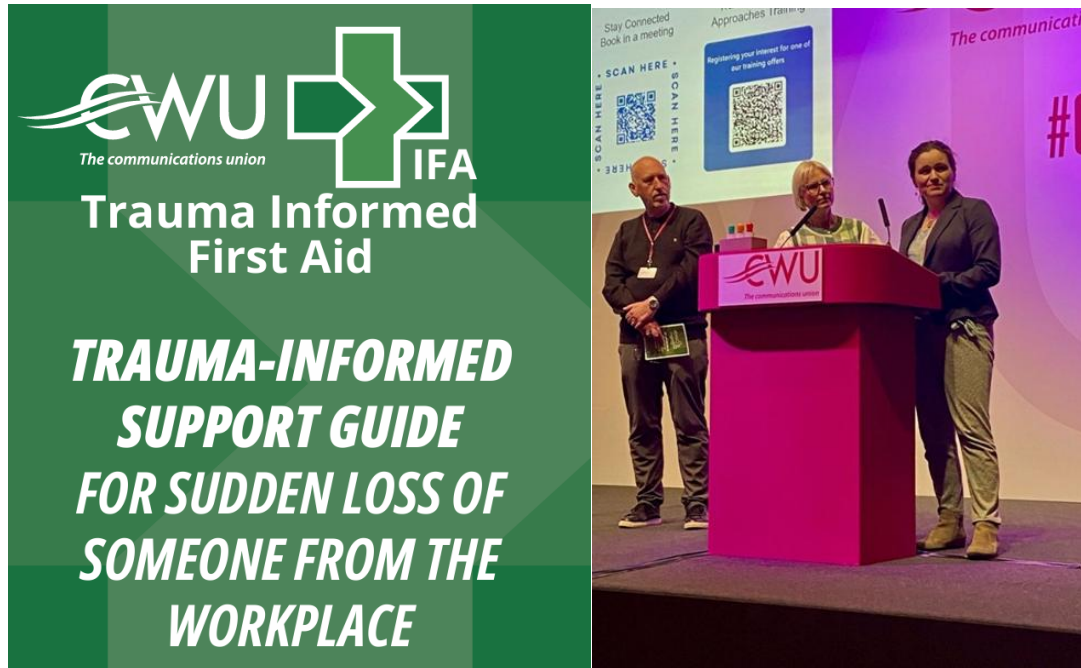
Click here to register your place [🔗 Peer Support for First Aiders – Introductory Webinar](#)

2026

#CWU26



Trauma Informed Support Guides were given out to the CWU Delegates who attended the H&S Fringe meeting. This guidance is also now available on a Sway webpage which will be updated as our collaborative work continues in this area.



Post Traumatic Wellbeing support can be accessed via this link below, Trauma Informed First Aid UK have supported and collaborated with the CWU to help with the production of this guidance.

<https://sway.cloud.microsoft/MPjfbfChb3R2dgD?ref=Link>



Jamie McGovern FRSPH, MIIAIM CWU HSPA

Report for CWU central Services 18/05/26