

Psychological Care		Reference Materials on General Psychological Care (1/3) General Information on Psychological Care		
	Title	Issued by	Issued in	URL
(i)	Psychological First Aid (PFA) Field Guide	World Health Organization (WHO) Japanese translation: National Center of Neurology and Psychiatry, Care Miyagi, (Public Interest Incorporated Foundation) Plan Japan	2011	https://saigai-kokoro.ncnp.go.jp/pdf/wh_o_pfa_guide.pdf
(ii)	Guidelines for Local Mental Health Care Activities after a Disaster	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Health and Labor Science Special Research Program	January 2003	https://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_guide.pdf
(iii)	Roadmap for Local Mental Health Care Activities after a Disaster	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	—	https://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_map.pdf
(iv)	Mental Health Manual for Disaster Rescuers and Helpers	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	—	https://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_saigai_manual.pdf
(v)	Guide for Providing Psychological Support in the Event of a Nuclear Disaster - How to Respond to Local Residents -	(Public Interest Incorporated Foundation) Nuclear Safety Research Association (Project commissioned by the Ministry of Education, Culture, Sports, Science and Technology)	March 2009	https://www.jspn.or.jp/uploads/uploads/files/activity/mental_info_nuclear.pdf

This table shows reference materials on general psychological care as well as the health effects of disasters and radiation.

(i) is a guide for Psychological First Aid (PFA) translated in Japanese. It provides points that supporters should consider in practicing PFA, such as what to do and what not to do.

(ii) is a guideline on how to manage stress after a disaster. It is directed to doctors, public health nurses, nurses, psychiatric social workers, other professionals, and administrative officials and explains specific measures to deal with the psychological effects of disasters on local residents.

(iii) is a roadmap showing psychiatric health activities that should be implemented immediately after a disaster and over mid and long terms. It is directed to health and medical personnel and explains the psychological and mental reactions of disaster victims and corresponding activities.

(iv) is a manual on how disaster helpers should manage stress. It is directed to health and medical personnel and explains the mental and physical reactions of helpers and how to manage stress.

(v) is a guide showing how to provide psychological care in the event of a nuclear disaster. It provides examples of typical psychological reactions after a disaster and first-aid methods for people with anxiety, and recommends consulting with doctors promptly if helpers notice such reactions. It also recommends using a check sheet to check symptoms that are likely to be seen in helpers, and taking appropriate measures.

Included in this reference material on March 31, 2015

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