

When is SFA Needed?

When stress injury results in behavior or statements indicating:

- Impaired or diminished role function
 - Work, Spouse, Parent, Friend
- No longer feeling like normal self
- Excessive guilt, shame or blame
- Panic, rage, or depression
- Loss of control

Essential SFA Skills:

1. Recognize when a peer has a stress injury
2. Act: If you see something, say something
 - To the distressed person
 - To a trusted support of the distressed person
3. Know at least 2 trusted resources you would offer to a peer in distress