



HOW TO SUPPORT SOMEONE IN MENTAL HEALTH DISTRESS


ALGEE is the action plan used in Mental Health First Aid (MHFA) to provide support to someone experiencing a mental health problem or crisis. The components of ALGEE are:

A  **Approach, Assess, and Assist**


- Approach the person and help with immediate need
- Identify signs of distress or potential harm
- Find an appropriate time and place for a conversation

L  **Listen Non-judgmentally**


- Practice active listening without imposing judgments
- Help the person feel respected and understood
- Maintain appropriate body language and eye contact

G  **Give Support and Information**

- Provide reassurance and emotional support
- Offer practical help and information about resources
- Validate the person's feelings and experiences

E  **Encourage Appropriate Professional Help**

- Guide them towards suitable professional support
- Provide information about mental health services
- Underline the importance of professional assistance

E  **Encourage Other Supports**

- Promote self-help strategies and support mechanisms
- Suggest reaching out to friends, family, or networks
- Ask what coping strategies have worked in the past

The ALGEE action plan is designed to be flexible, allowing Mental Health First Aiders to apply steps in any order appropriate to the situation