



# Mental Health First Aid: ALGEE Action Plan

A Practical, Compassionate Support Guide

*Provided by PPSV Charities*

*Community-centered mental health education and support.*

## How to Use This Guide

This guide is designed to offer supportive, easy-to-understand information for individuals, families, and communities. It can be used for personal education, group discussions, peer support, or as a starting point for seeking help.

## Important Disclaimer

This guide is not a substitute for professional mental health care, diagnosis, or treatment. If you or someone else is in immediate danger or experiencing a mental health emergency, contact local emergency services or a qualified mental health professional right away.

## **The ALGEE Action Plan**

ALGEE is a simple, compassionate framework used to support someone who may be experiencing a mental health challenge.

### **Assess for Risk**

Pay attention to warning signs and prioritize safety. Trust your instincts and seek immediate help when needed.

### **Listen Without Judgment**

Create a safe space by listening with empathy, patience, and respect.

### **Give Reassurance and Information**

Offer calm reassurance and share helpful, accurate information without pressure.

### **Encourage Professional and Community Support**

Help connect the person with professionals, trusted individuals, or community resources.

### **Care for Yourself as a Helper**

Supporting others can be emotionally demanding. Make sure you also seek support and rest when needed.