



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.