



MHFA England

Mental Health First Aid- ALGEE



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Mental Health First Aid is about “Catching and Passing”. It is about guiding the person towards the support they need. In doing so, you can speed up a person’s recovery and stop a mental health issue from getting worse. This approach will not teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

When giving Mental Health First Aid, follow the ALGEE approach:

A pproach, assess and assist- Sit next to the person, give full attention (limit distractions), stay calm, open body language, give comfortable eye contact

L isten and communicate non judgementally- Have an open conversation, encourage person to talk, reassure them help is available, reassure them you care and are without judgement

G ive support and information- Give information to their condition, give hope for recovery, offer emotional support and understanding, have realistic expectations, do not blame them or ask them why

E ncourage professional help- recommend ‘hub of hope’ app/website to look for support in the local area. Discuss wide range of options- GP, counsellors, psychologists, IAPT, hopelines etc

E ncourage other supports- recommend things to ease such as breathing techniques, grounding techniques meditation, self-care etc.