

# Mental Health First Aid



Mental Health First Aid (MHFA) equips you to recognize the signs of declining mental well-being and provide initial support or help during a crisis. It offers a simple Action Plan (ALGES) to guide you in providing support until professional help is available. These actions can be used in any order.

## A.L.G.E.S. Action Plan



### Approach and Assess

Approach the person, assess and assist with any crisis



### Listen

Listen and communicate non-judgmentally



### Give Reassurance

Give reassurance and information



### Encourage

Encourage the person to reach out to supports



### Self-Care

Self-care for the first aider

If you are in distress, you can call or text **988 (1-866-APPELLE in Quebec)** at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.

To learn more about MHFA training, and the MHFA Action Plan (ALGES) visit: [OpeningMinds.org](https://OpeningMinds.org)

