



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

