



ALGEE ACTION PLAN

TO HELP SOMEONE IN NEED

Mental health first aid ACTION PLAN

Approach, assess and assist with any crisis

Listen non—judgmentally

Give support and information

Encourage appropriate professional help

Encourage other supports

Professional help is available through:

- **CARE FIRST** (free counselling—EAP scheme) Tel : **0800 0155630**
- Your **GP** or local **NHS** Tel : **111**
- **Citizens Advice** (your local Contact)
- **MIND** Tel : 0300 304 7000
- **Samaritans** Tel : 116 123
- **CrisisTextLine** free text : 85258

REMEMBER IF ANYONE IS HURT OR IN IMMEDIATE DANGER, DIAL 999 IMMEDIATELY