

➤ The Mental Health First Aid Action Plan: ALGEE



NOTICING SIGNS AND SYMPTOMS:



BEHAVIORS



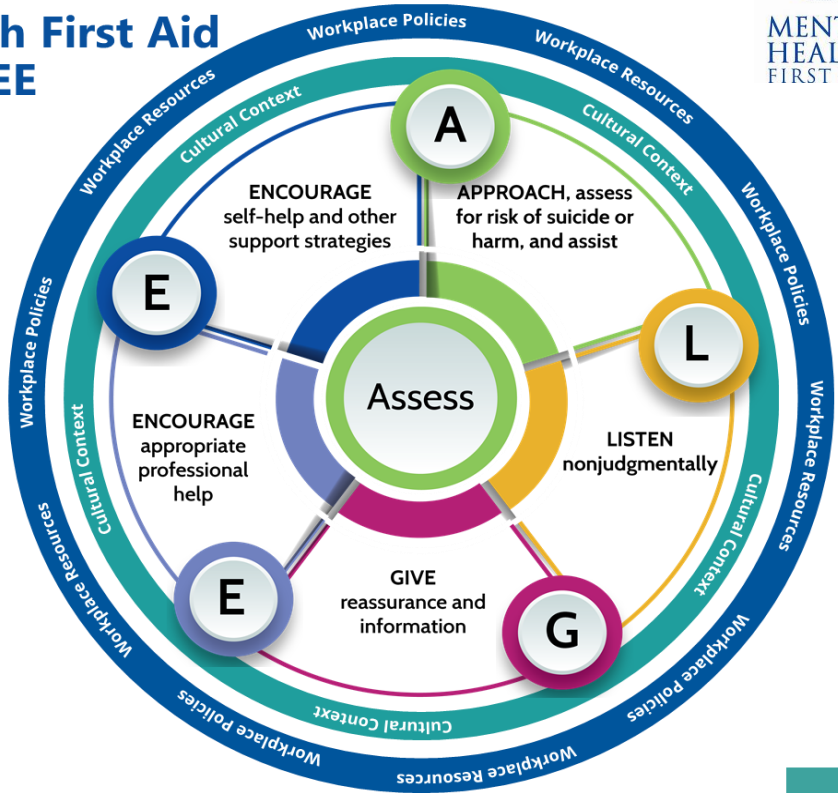
PHYSICAL CHANGES



FEELINGS AND EMOTIONS



THOUGHTS



WHAT WORKPLACE OR COMMUNITY “PEOPLE, PROGRAMS, AND ACTIVITIES” MAY BE HELPFUL FOR A PERSON WITH A MENTAL HEALTH CHALLENGE?

Workplace or Community:

<u>People</u>	<u>Programs</u>	<u>Activities</u>

MHFA At Work Toolkit



Self-Care Planning

Professional	Personal



#BeTheDifference:

1

- One Person
- One Team
- One Company
- One Industry