

How to structure conversations with children and young people when discussing their emotional wellbeing and mental health:

The MHFA action plan: ALGEE



The diagram shows the acronym ALGEE arranged in a circle around a central person icon. Arrows point from each letter towards the center.

- A**: Approach the young person, assess and assist with any crisis
- L**: Listen and communicate non-judgementally
- G**: Give support and information
- E**: Encourage the young person to get appropriate professional help
- E**: Encourage other supports

ALGEE can also be applied to family and friends of the person
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Talking tips

-  Keep the chat positive and supportive, exploring the issues and how you may be able to help
-  Keep your body language open and non-confrontational
-  Be empathetic and take them seriously
-  Do not offer glib advice such as "pull yourself together" or "cheer up"
-  Take into account cultural differences in communication styles e.g. how much eye contact is appropriate

Useful questions to ask

- How are you feeling at the moment?
- How long have you felt like this - is it an ongoing issue?
- Who do you feel you can go to for support?
- Are there any work related factors which are contributing to how you are feeling?
- Is there anything we can do to help?