

As a **SageCraft** Practitioner, you may on occasion meet someone who is in crisis. Depression & Anxiety, even Psychosis, Substance Abuse, Eating Disorders, Self Harm ... You must develop the ability to spot the important signs in those you work with.

We've all heard of CPR

But what about ALGEE?

It's another first aid acronym you should learn and remember.

Assess risk of suicide or harm

Listen non-judgmentally

Give reassurance and information

Encourage the person to get appropriate professional help

Encourage other supports
(e.g. self-help and other support strategies)

You must realize that many Client problems are beyond your abilities. You need to know the a basic protocol to HELP them. Mental Health First Aid is a sound program; 8-hours in length. It gives you enough skill to to recognize the signs of a difficult-to-face mental illness. The "A.L.G.E.E." model above will give you some tools to help Clients alleviate and handle more serious struggles.