ALGEE is a mnemonic device for Mental Health First Aid’s 5-step Action Plan – and the name of the program’s koala mascot.

**A**ssess for risk of suicide or harm

**L**isten nonjudgmentally

**G**ive reassurance and information

**E**ncourage appropriate professional help

**E**ncourage self-help and other support strategies

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**CAN YOU HELP EXPAND MENTAL HEALTH FIRST AID?**

**YES!**

- Find out how to get certified in Mental Health First Aid at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)
- Write your legislator asking him or her to support the Mental Health First Aid Higher Education Act

Scan the QR code

Make-Your-Own-ALGEE
A lesson in origami and mental health literacy

The Mental Health First Aid Act makes MHFA accessible in communities across the country in order to better prepare communities to respond to individuals in distress and potentially developing mental health concerns.

FOLLOW THE 10 STEPS below to make your own origami ALGEE and to learn about how you can support the Act.

1. Use scissors to cut out the paper:

2. Fold in half:

3. Fold to meet the center line:

4. Fold on the dotted line to create space for the nose:

5. Fold on the dotted line:

6. Fold on the dotted line to make ears:

7. Flip paper over:

8. Fold backward on the dotted line:

9. Fold on the dotted line to create space for the nose:

10. Attach shirt through tab and meet ALGEE!
Add a small slit for the T-shirt tab.

Use here.