

A.L.E.C.

A 4 step action plan to help a friend or loved one in a mental health crisis.

ASK

LISTEN

ENCOURAGE

CONNECT

Gertrude and
Leonard
Fairbanks
Foundation



SIGNS OR CLUES

- Are they looking or acting different?
 - Self-care, hygiene, energy level, etc.
 - Spending more time by themselves
 - Uninterested, moody, more emotional
- Did something happen?



Examples:

- A **BIG** change is someone's life
- Changes in their mental health we can't see

WHAT DOES THIS SIGN MEAN?



AND THESE?



**Shallow
Water**



WHAT DO YOU THINK THESE SIGNS MEAN?



ASK

- **It is okay to plan ahead!**

- This conversation is about **them**.
- Add hotline number to contacts.

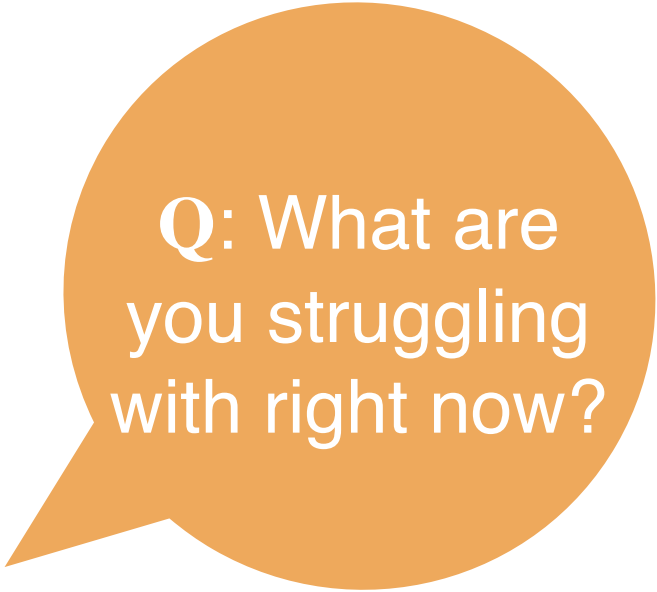
- **Where is the best place to ask?**

- Pick a place where they would feel most comfortable.
 - Have a friend or loved one there for added support, but **ONLY** if the person you're helping is okay with it.



HOW TO EXPRESS CONCERN

- Do not blame them for how they are feeling, or assume they are choosing to feel this way.
- **What do I say?**
 - Express concern using an **I statement**. Example:
“I feel (your feeling) when I see (their behavior) because I don't want anything to happen to you.”



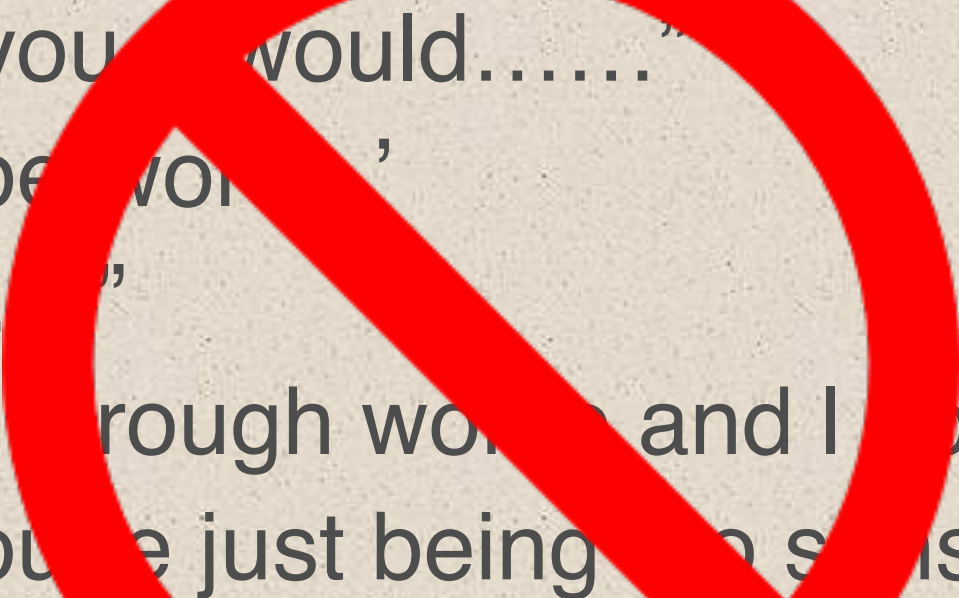
Q: What are you struggling with right now?

LISTEN

- **Make frequent eye contact**
- **Do not give advice or try to fix.**
 - Put your cellphone away

“I can look directly at someone, nod when they’re talking, maybe even throw in a “yeah”, and still not hear a single word they said...”

ENCOURAGE

- “If I were you, I would.....”
 - “It could be worse.”
 - “At least ...”
 - “I’ve been through worse and I got through it.”
 - “Maybe you’re just being a little sensitive.”
- 

ENCOURAGE

- “I want you to know you mean a lot to me.”
- “I want you to know your feelings matter.”
- “~~You~~ We are going to get through this.”
- “I want you to know you’re stronger than you realize.”

CONNECT

- **What if they make me promise to not tell?**
 - Their life is more important than your friendship.
 - Tell a trusted adult **ASAP**.
- **What if they don't want my help?**
 - Not a safety issue? Offer to be there if they change their mind.



PLACES TO CONNECT

AT SCHOOL

- Friend
- Teacher
- Guidance Counselor
- Trusted adult

WHO TO TALK TO 24/7

- Parents/Guardians
- SLO Hotline Card- 800-783-0607
- Text HOME to 741741

Text line is also on your ALEC card



PRACTICE

- Create an action plan to help the person you care about.
- Use your action plan card and worksheet as a guide.
- Write your plan on the white paper.



WHAT

- Survey:
 - It's not a quiz.
 - Don't add your name
- Questions???
- Go make a difference!