

## Key Elements of Mental Health First Aid—ALGEE

[Information about Mental Illness and Mental Health Problems](#)

[Action For Happiness — 10 Keys to Happier Living](#)

[Togetherall—Anonymous Online Mental Health Community Support](#)

[Useful Talking Tips  
Supportive conversations  
with Young People](#)

[Supporting with Empathy](#)

[Creating a Self-Care Plan for  
Young People](#)

[Adult Self-Care Plan  
Editable Version](#)

[Five Ways To Wellbeing  
Action Plan for Young People](#)

[Adult Self-Care Plan  
Printable Version](#)

[Stay Safe — Create a Safety Plan \(Electronic Version\)](#)

[Stay Safe — Create a Safety Plan \(Printable Version\)](#)

[Hub of Hope - Access Local Professional Support](#)  
[National Mental Health Database](#)

[Crisis Support Contact Numbers](#)