



## **Apply ALGEE to help Alex**

You have been concerned about your friend Alex for some time now. You have noticed over recent weeks that Alex hasn't seemed their usual, friendly, outgoing self and their outlook on life seems to have changed dramatically.

Alex worries about going out and meeting people. Alex frequently reports feeling sad and they don't have the energy to get up in the morning nor to carry out daily duties and you wonder if their appetite has diminished as you have noticed they have lost a significant amount of weight lately.

You decide to face time Alex to check how they are going and when Alex answers the call you notice their shaky voice, and heavy breathing. Alex's eyes also appear puffy and their face red and you can't be certain but you think Alex has just been crying. You also notice the kitchen in the background is very messy which is most unusual for them.

You are worried about Alex and decide to use ALGEE to have a MHFA conversation with them.