

BLENDYED YOUTH MENTAL HEALTH FIRST AID

Exercise 3.1 ALGEE SCENARIOS



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Australia

Jamie

Jamie is a Year 10 student who has made some comments in class recently about looking at some pro ana websites. Recently Jamie was also involved in a very unpleasant bullying episode at school that was caught on a camera phone. The video appeared online and has since been passed around and has come to the attention of some of the teachers.

Although the bullying incident was dealt with, you realise that Jamie is now often absent from school. You call her home to speak with her parents. They say that she is still very upset about the incident and reports feeling tired, and too unwell to attend school. They tell you that they are also concerned about her overall mood as she has had problems with anxiety and depression in the past.

Apply ALGEE to help Jamie.

Questions to answer whilst completing your ALGEE worksheet:

- Q 1:** You have information about Jamie from your own observations and her parents. How much of this will you bring up in your conversation with her?
- Q 2:** How will you encourage Jamie to speak to her parents?

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Hasan

Hasan, a young person from Indonesia, is a regular volunteer in your community group. Hasan's family have newly migrated to Australia and he is still learning English. You know that prior to their relocation, Hasan's family experienced a traumatic event. Hasan is often tired and he has told you before that he doesn't sleep well at night because he has nightmares. He is also easily startled by unfamiliar sounds and can be wary of new people he doesn't know around him.

Although he likes to talk to you, Hasan seems shy around young people his own age. You get the impression that it has been hard for him to fit in. Hasan appears very self-critical of himself and often makes comments about not being good enough at school and talks about hating his body and needing to exercise more.

Apply ALGEE to help Hasan.

Questions to answer whilst completing your ALGEE worksheet:

There may be cultural differences in terms of how mental health problems are perceived and the level of involvement of significant others in Hasan's culture of origin.

Q 1: What are some of the considerations you will need to be mindful of in your approach with Hasan?

Q 2: How will you encourage Hasan to speak with his parents?

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Bridget

Your daughter Sarah is in Year 8 and has made a new friend at school called Bridget. When Sarah asks if she can stay at Bridget's place one Friday night, you are pleased to let her go and be social.

When you pick up Sarah on Saturday morning, you chat to her about Bridget. Sarah says that she felt uncomfortable staying in Bridget's room because Bridget has old food lying around. You ask Sarah what she means and she says that there are old biscuit packets, empty ice-cream containers, chocolate bar wrappers and drink cans under her bed. Sarah describes how Bridget got upset and defensive when Sarah asked her about them. You suggest that maybe Bridget just hasn't cleaned her room lately.

Sarah says that Bridget is often very sad at school and often cries when she is teased about her body size. Sarah also tells you that Bridget gets anxious a lot and panics if things are out of order or don't follow a particular routine.

Apply ALGEE to help Bridget.

Questions to answer whilst completing your ALGEE worksheet:

Q 1. What are the different ways in which a Mental Health First Aider could approach this scenario? What are the pros and cons of these different approaches?

Q 2: How will you encourage Bridget to speak with her parents?