

The Five Steps of the

ALGEE

Action Plan

Approach, assess, assist in any crisis; scan for safety.

Listen non-judgmentally: open posture, soft voice, allow silences.

Give reassurance & information: early, brief, and calming.


Encourage professional help: counselor, PCP, referral.

Encourage other supports: family, school, faith, routines.

If you or
someone you
know needs help,
Amudim is here.

The Amudim logo is displayed in a large, white, lowercase, sans-serif font. It is centered within a white outline of a smartphone screen. Above the logo, within the same outline, is a small notch containing a horizontal line and a dot, representing a camera or sensor.

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