

HOW TO HELP

5 Ways to Help A Friend in Distress

- 1. Explain**
Give valid observations to show clearly why you are concerned.
- 2. Wait & Listen**
Don't rush your friend into giving you an answer, or assume you know what is happening.
- 3. Suggest & Respect**
Gently suggest that they seek professional help. Acknowledge that it is easier said than done and respect their preferences and decisions.
- 4. Be There & Look Out**
Accompany your friend to seek help and look out for signs of self-harm or suicidal thoughts. Get help on their behalf if necessary.
- 5. Follow Up & Share**
Stay in touch with your friend and share the responsibility of supporting them. E.g. make a list of supportive people your friend can call.

3 Ways to Help Yourself

- 1. Share**
Tell someone you trust about your feelings and concerns. Take your time to share.
- 2. Try Out Self-Help Tools**
Increase your activity level (e.g. take a hot shower or go for a walk) or try techniques to improve your sleep.
- 3. Talk To A Professional**
Mental healthcare professionals can give you different perspectives and recommend suitable resources.

GET More Help



Emergency Contacts

SOS (Samaritans of Singapore)

T: 1800 221 4444 (24h)

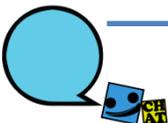
www.sos.org.sg

IMH Mental Health Helpline

T: 6389 2222 (24h)

www.imh.com.sg

Or bring your friend to any hospital's
A&E Department.



Chat with CHAT

CHAT is a team which helps and supports young people with mental health concerns.

CHAT Hub @ *SCAPE,

2 Orchard Link, #05-05, S(237978)

T: 6493 6500 / 01

CHAT@mentalhealth.sg

www.chat.mentalhealth.sg

We provide a free and confidential mental health check and other mental health resources.



Community Health
Assessment Team

A case of the blues?

A fact sheet for understanding depression

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WHAT IS *depression?*

1. Depression is a **medical condition**. People cannot just “snap out of it”. Left untreated, it may lead to suicide.
2. There is no single cause of depression. Rather, **many social, biological, psychological and environmental factors** are at play.
3. There are **different types** of depression such as major depressive disorder, dysthymia, depression in bipolar disorder, and psychotic depression.
4. Even if it's the same type of depression, people may **experience it differently** and behave differently.
5. Depression **can be treated** and there are many ways of treating it. For example, medication, counselling, and/or various types of therapy. The earlier treatment starts, the more **effective** it is likely to be.

SIGNS & SYMPTOMS

Loss of

Interest in daily activities and/or hobbies

Sleep disturbances

Appetite changes

Depressed moods

Concentration problems

Activity level reduced; restlessness

Guilt

Energy level decreased; tiredness

Suicidal thoughts

To tell the difference between depression and “feeling blue”, look at the **intensity** and **duration** of the signs and symptoms.

If the signs and symptoms have gone on for more than **two weeks**, and are affecting the person's **daily functioning**, it's time to seek help.

STATS



350 million people (> 5% of the world population) are battling depression. It is the leading cause of disability worldwide.

In Singapore, depression is the **MOST COMMON** mental illness.

1 in 17

Singaporeans will have depression at least once in their lifetime



Sources:

Singapore Mental Health Study 2010

<http://www.annals.edu.sg/pdf/41VolNo2Feb2012/V41N1p49.pdf>

World Health Organization Depression Fact Sheet

<http://www.who.int/mediacentre/factsheets/fs369/en/>