

6 What CHAT does

- 1 ASSESSMENT**
Provide confidential and personalised mental health assessments
- 2 INTERVENTION**
Provide brief therapy and e-counselling services (webCHAT)
- 3 TRAINING**
Train young people and helping professionals
- 4 OUTREACH**
Raise mental health awareness through outreach events and collaborations

7 CHAT — Centre of EXCELLENCE for Youth Mental Health




*SCAPE, 2 Orchard Link,
#04-07, Singapore 237978

Tuesdays – Saturdays*
(Closed on Sun and PH)

Mental health assessment: 12pm to 9pm	E-counselling (webCHAT): 1pm to 8pm
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*Available for Walk-in

www.chat.mentalhealth.sg
chat@mentalhealth.sg
6493 6500 / 01

  letsCHATsg
 CHATYouthInMind



Scan for
information

C-MG-01-2025

8 Other RESOURCES

national mindline 1771
Hotline - Dial 1771
WhatsApp - Message 6669 1771
Webchat - Visit mindline.sg/fsmh

Samaritans of Singapore (SOS)
24-hour Hotline: 1767
24-hour CareText: 9151 1767
(via WhatsApp)
www.sos.org.sg

- 9 CHAT offers a range of in-person and online services tailored to the unique needs of young people, including:

- 1** Mental health assessments
- 2** E-counselling (webCHAT)
- 3** Brief therapy
- 4** Mental health literacy programmes

YOUR MINI GUIDE To —>

Youth Mental Health

1 Understanding Mental **HEALTH** and Mental **ILLNESS**

WHAT IS MENTAL HEALTH?

A state of wellbeing in which the individual:

- Realises his or her own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Able to make contribution to his or her community

WHAT IS MENTAL ILLNESS?

A health condition involving changes in emotion, thinking or behaviour (or a combination of these) that results in significant and persistent problems in one's everyday life.

2 Why **YOUNG** People?

Youth and young adulthood are marked by significant neuropsychological and physical development, putting them at risk for developing a mental illness.

About 1 in 3 young people aged between 15 and 35 years in Singapore reported experiencing severe or extremely severe symptoms of depression, anxiety and/or stress¹



Among those who reported having severe or extremely severe mental health symptoms, about 2 in 3 sought help via informal or formal mental health support and/or services.



¹National Youth Mental Health Study, 2024

3 Factors linked to **POOR** Mental Health

– Spending more than three hours on social media daily

– Vaping or smoking

– Having negative body image and excessive concerns about one's body shape

– Experiencing cyberbullying

– Adverse childhood experiences

4 Factors linked to **BETTER** Mental Health

+ High level of resilience

+ Healthy self-esteem

+ Social support, such as family, friends and/or professional help

5 Top 3 Sources of **HELP** Among **YOUTHS**

Medical services

Family and friends

Self-help resources



CHAT Ambassadors 2024