

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)

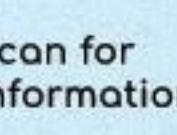
Mental health assessment: 12pm to 9pm | E-counselling (webCHAT): 1pm to 8pm

*Available for Walk-in

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

  letsCHATsg

 CHATYouthInMind



Scan for information

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:

Mental health assessments

E-counselling (webCHAT)

Brief therapy

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.

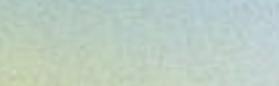
2 Why **YOUNG** People?

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



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



Spending more than three hours on social media daily



Experiencing cyberbullying



Vaping or smoking



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

