

6 Care For **YOURSELF** Too

Remember that we all have our limits, so share the responsibility of care with others too.

It's not easy to care for a friend in need.

For an example, make a list of people whom your friend can contact for support too.

You can also include emergency helpline in this list.

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

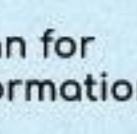
E-counselling (webCHAT):
1pm to 8pm

*Available for Walk-in

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

  letsCHATsg

 CHATYouthInMind



Scan for information

8 Other **RESOURCES**

9 Your support could possibly help your friend feel less alone, more understood and easier to seek further support from helping professionals.

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



CHAT Ambassadors 2024

YOUR MINI GUIDE To →

Helping a Friend in Distress

1 When Should You Be CONCERNED

1 DISTRESSED

Presence of emotional distress

2 DEVIANCE

Changes in thinking, mood and behaviour

3 DYSFUNCTION

Difficulties in performing day-to-day tasks and responsibilities

4 DANGER

Presence of suicidal and self-harm thoughts and/or behaviour

5 DURATION

Distress or dysfunction lasting for at least 2 weeks

6 DETERIORATION

Worsening of mental state

2 Warning SIGNS of Suicide

TALKING ABOUT

- Wanting to die
- Being a burden to others
- Immense guilt or shame

FEELING

- Empty, hopeless or having no reason to live
- Unbearable emotional or physical pain

CHANGE IN BEHAVIOUR

- Making a plan or researching ways to end one's life
- Giving away treasured items
- Showing risky behaviours such as self-harm or driving too fast
- Using drugs or alcohol more often

3 What Can You Do to HELP

1 SHOW CONCERN

Share observations to explain why you are concerned

2 GIVE SPACE AND LISTEN INTENTLY

Share observations to explain why you are concerned

3 SHOW EMPATHY AND CONCERN

Reassure them that you are here for them and encourage them to reach out for support

4 What to SAY

- ✓ Start with observations to explain why you are concerned, e.g.

"I noticed that you haven't been your usual self lately."

- ✓ Invite your friend to share more, e.g.

"I feel concerned. Is everything ok?"

- ✓ Offer suggestions, e.g.

"I hear that counselling can be quite helpful. Maybe this is something that you can consider?"

- ✓ Acknowledge that it is not easy to seek help and offer your companionship, e.g.

"Going for counselling can feel intimidating. Would you like me to accompany you?"

5 What NOT to SAY

- ✗ DON'T give advice such as "Don't be sad" or "You need to think positive".

- ✗ DON'T jump to conclusions and say things like "I think you are depressed" or "You need to see a counsellor".

- ✗ AVOID terms like "problem" or "difficulty" because they may connote weakness.