

6 Impact of **UNRESOLVED** Mental Health Concerns

Low Self-Esteem

Relationship Difficulties

Physical Harm (To Self or Others)

CHAT Ambassadors 2024

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

C-MG-03-2025

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 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

YOUR MINI GUIDE To →

Work & Mental Health



- ① In early adulthood, there are many transitions going on in your life. Starting your career can be especially stressful and may trigger symptoms that negatively impact your mental health.



of the workers in Singapore feel mentally or physically exhausted by their work.

Source: Tellus Health, 2024

② Anxiety SIGNS & SYMPTOMS

BEHAVIOURAL

- Avoidance of anxiety-provoking places and/or situations.
- Withdrawal from friends and/or family.
- Limiting amount and scope of daily activities.

PHYSICAL

- Heart palpitations
- Breathlessness
- Sleep disturbance
- Cold sweat
- Dizziness

PSYCHOLOGICAL

- Excessive fear and worry
- Poor Concentration
- Irritability
- Poor Memory

③ Depression SIGNS & SYMPTOMS

Loss of **I**nterest in daily activities

Sleep Disturbance

Appetite Changes

Depressed Mood

Concentration Problems

Activity Levels Reduced

Guilt

Energy Levels Decreased

Suicidal Thoughts

④ When to SEEK Support

① If low mood and/or anxiety continue for more than 2 weeks

② Significant changes in your appetite, sleep and/or ability to work

③ Social withdrawal and/or reduced quality of relationship to work

④ Thoughts or self-harm or suicide

! If you experience any of the above, please consider talking to a mental health professional

⑤ Managing Work STRESS

Make friends at work and establish a support system

Understand your job scope and expectations

Know your limits. Do not be afraid to seek help

Take part in mental health workshops, join mental health events, or join a support group to understand and manage mental health issues better