



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

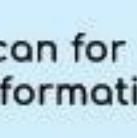
E-counselling
(webCHAT):
1pm to 8pm

*Available for Walk-in

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

letsCHATsg

CHATYouthInMind



Scan for
information

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

C-MG-03-2025

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

YOURMINIGUIDE 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.

47%

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 **IN**terest 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 relationships 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