

CHAT Talk: 'I'm here for you, erm...'



Young People's Minds Matter

Overview

Have you ever felt stuck when you were supporting a friend through a difficult period? Hoping to help someone but unsure of what to do?

This talk seeks to help answer those questions. If you are looking to develop a better understanding on how to look out for a friend in distress, offer support and talk about seeking professional help, join us for this talk.

Course Content

- Identify signs and symptoms of mental illnesses
- Recognize different avenues of support
- Distinguish between helpful and unhelpful responses when supporting someone struggling with mental health issues
- Discuss ways to respond emphatically to someone struggling with mental health issues

Duration: 1 hour

Pre-requisite: CHAT Talk: Mental Health Begins with Me

Target participants: Young people aged 16 to 30

ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, CHAT is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at *SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Talk will be delivered by one of CHAT's team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.