



Post-Therapy Communication

Communication with both your loved one and the therapist is important in the recovery journey of your loved one. It allows you to understand what is being discussed and how you can help to support your loved one out side of therapy.

Here are a few tips to aid the process:

Collaborate with the therapist

Mutual information exchange can help significantly in the recovery process of your loved one

Giving space

Trust that your loved one is in good hands and instead of giving them pressure, let them come to you and share their experience with they are ready.

Information sharing and boundaries

You could arrange a time with the therapist after the session to discuss progress of therapy. The therapist will share relevant information on how to support your loved one.



Financial Help

Chronic Disease Management Programme (CDMP)

Community Health Assist Scheme (CHAS)



Free Therapy

Singapore Association for Mental Health

Silver Ribbon Singapore



Caregiver Support

Caregivers Alliance Limited

Caregiver Association Of Mentally Ill (CAMI)

For more information on how to care for your loved one, visit our resource page.



This brochure is brought to you by final-year students from the Wee Kim Wee School of Communications and Information, and supported by IMH.

Published on: Mar 2022



Caregiving with Confidence

A short guide on caring for your child or teenager with mental health issues





Psychological Preparation

The journey of caregiving may often have a difficult start, with overwhelming emotions and feelings of helplessness.

To better prepare for the road ahead, here are a few ways to mentally prepare yourself:

Regulate your emotions

Be willing to talk to others about your emotions and identify potential triggers that stress or upset you.

Positive Shifts in Mindset

Reframing negative thoughts is helpful in the long run, and can promote better well-being.

Manage expectations

To avoid feeling overwhelmed, adjust your expectations by embracing a more realistic view of your role as a caregiver.



Practising Self-Care

Taking time out to care for yourself will allow you to care for your loved one better.

Self-Care does not require much time

Simply taking a minute to relax and breathe can do wonders for your mind and lower your stress levels.

You can multitask

Self-care can be done with your loved one too. Spend quality time with them with fun or restful activities.



You can ask for help

It is ok to ask your family to help look after your loved one once in a while. Everyone needs some time off and you will come back ready to care for them better.



Communicating Effectively

Communicating well with your loved one is essential for a meaningful relationship.

Listen with empathy

Be ready to provide a listening ear and try to see things from their view. Validate their feelings or experience even if you do not agree with their behaviour.

Pause on the advice

Hear them out before asking if they would like to know what you think.

A safe space

Find your own safe space, whether it is with friends, family or a therapist.

Lead by example

Be vulnerable and honest about your feelings. This will show your loved ones that they can be the same with you.

