# impact of unresolved Mental Health Concerns



school/work

self or others



# +++ OTHER Resources

## Institute of Mental Health (IMH)

- ) 6389 2222 (24h)
- www.imh.com.sg

## Samaritans of Singapore (SOS)

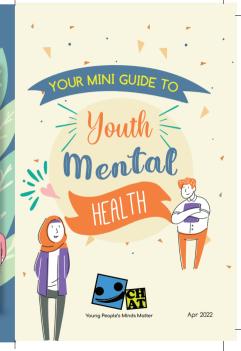
- **)** 1-767 (24h)
- www.sos.org.sc

## Singapore Association for Mental Health (SAMH)

- 1800 283 7019
- Weekdays (excl. public holidays)
- www.samhealth.org.sg

## WHAT CHAT DOES

- Provide confidential and personalised mental health checks
- Answer questions one may have about mental health
- Share resources to help one decide on the next steps
- Train young people and helping professionals
- Raise mental health awareness through outreach events and collaborations



# UNDERSTANDING 1





## Good Mental Health

- Mild distress
- Can cope with normal life stresses



## Mental Health Problems

- Moderate distress
- Strugales with normal life stresses



### Mental Illnesses

- Severe distress
- Significant changes in ability to function with day-to-day tasks

Unresolved problems may increase one's risk of experiencing mental illnesses

Academic pressures and relationship challenges with friends and/or family can easily make young people feel overwhelmed



1 in 5 young

suffer from a mental health problem.

In Singapore,

less than **IIII** a auarter

of those with mental health concerns in the general population seek help.2

> 1 Patel et al., 2007 2 Sinappore Mental Health Study, 2016

# (Pepression SIGNS AND SYMPTOMS

Loss of **IN** terest in daily activities

S leep disturbances

A ppetite changes

D eoressed mood

5 uicidal thoughts

Concentration problems A ctivity level reduced Guilt E nergy level decreased



- Excessive fear and worry
- Poor concentration
- Irritability



## Behavioural

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

## Physical

- Heart palpitations - Breathlessness
- Sleep disturbance

- Dizziness

- Cold sweat

- Poor memory

## Psychosis SIGNS AND SYMPTOMS

### Delusions

Fixed and false beliefs not held by people with the same cultural background, e.g. paranoid beliefs

## Disordered thinking

Confused thoughts that do not join up properly

## Hallucinations

Sensing (e.g. seeing /hearing) things that feel real, but do not exist in reality

Recognise warning Signs and seek support because early intervention ensures good recovery

