

TAKE CARE OF YOURSELF TOO

It's not easy to care for a friend who is down. **Remember that there is a limit to what you can do** and share the responsibility with friends and/or family.

For example, make a list of supportive people whom your friend can contact whenever he/she is in distress.


You may also include emergency helplines in the list.


CHAT *contact details*



 www.chat.mentalhealth.sg

 chat@mentalhealth.sg


 6493 6500 / 01


 www.facebook.com/chatfans

CHAT Hub | *SCAPE
2 Orchard Link, #05-05
Singapore 237978


OTHER RESOURCES


Samaritans of Singapore (SOS)

 1800 221 4444 (24h)


 www.sos.org.sg

Institute of Mental Health (IMH)


 6389 2222 (24h)

 www.imh.com.sg

Singapore Association for Mental Health (SAMH)

 1800 283 7019

Weekdays (excl. public holidays)
9am - 1pm, 2pm - 6pm

 www.samhealth.org.sg

Your support could possibly help your friend feel better understood and less alone. Your companionship and understanding could also make it easier for your friend to seek professional help.

NEVER UNDERESTIMATE THE DIFFERENCE YOU CAN MAKE IN SOMEONE ELSE'S LIFE.



YOUR MINI GUIDE TO

HELPING A FRIEND IN *distress*



Ver 3, Feb 2020



Community Health
Assessment Team

WHEN SHOULD YOU BE CONCERNED?

Early signs TO LOOK OUT FOR

- ! Trouble sleeping
- ! Change in eating patterns
- ! Lack of motivation
- ! Loss of interest in activities,
- ! Social withdrawal
- ! Excessive alcohol/drug use
- ! Self-injury

SIGNS OF SUICIDAL THOUGHTS

- ☠ Unusual changes in personality or behaviour
- ☠ Self-loathing
- ☠ Says things like "I wish I could just disappear"
- ☠ Gives away treasured things
- ☠ Preoccupied with death
- ☠ Talks or jokes about suicide
- ☠ Makes death threats

*This list is not exhaustive



Checklist: WHAT CAN YOU DO TO HELP?

- ✓ Show concern
- ✓ Give your friend space and time to talk
- ✓ Listen carefully and patiently
- ✓ Accompany your friend to see a mental health professional
- ✓ Stay in touch

If your friend has signs of suicidal thoughts/behaviour, it may be necessary to seek professional help on his/her behalf.

What to say

Start with observations to explain why you are concerned, e.g. "I noticed that you haven't been your usual self lately. Is everything ok?"

Invite a friend to share more, e.g. "I feel concerned. Would you like to talk about it?"

Offer suggestions, e.g. "I hear that counselling can be quite helpful. Maybe this is something that you can consider."

Acknowledge that it is not easy to seek help and offer to accompany your friend, e.g. "Going for counselling takes effort and courage. Would you like me to accompany you?"

What NOT to say

DON'T

give advice such as "Don't be sad" or "You need to think positive".

DON'T

jump to conclusions and say things like "I think you are depressed" or "You need to see a counsellor".

AVOID

terms like "problem" or "difficulty" because they may connote weakness.