

## HOW CHAT CAN HELP

✓ Provide you with a confidential and personalised mental health check

✓ Answer any questions you may have about mental health

✓ Let you know the options that are available to you, so that you can decide what you want to do

## Get in touch WITH CHAT



-  [www.chat.mentalhealth.sg](http://www.chat.mentalhealth.sg)
-  [chat@mentalhealth.sg](mailto:chat@mentalhealth.sg)
-  6493 6500 / 01
-  [www.facebook.com/chatfans](https://www.facebook.com/chatfans)

### CHAT Hub | \*SCAPE

2 Orchard Link, #05-05  
Singapore 237978



## MENTAL HEALTH CHECK

### How it works



- 1 Make an appointment through our website
- 2 On the scheduled day, our youth support worker will seek to understand your concerns
- 3 We will then discuss possible steps you can take to improve your mental health
- 4 If these steps include going to a hospital or seeing a counsellor, we will also link you up with the appropriate professionals

## EMERGENCY CONTACTS



### Institute of Mental Health (IMH)

 6389 2222 (24h)  
 [www.imh.com.sg](http://www.imh.com.sg)

### Samaritans of Singapore (SOS)

 1800 221 4444 (24h)  
 [www.samaritans.org.sg](http://www.samaritans.org.sg)

### Singapore Association for Mental Health (SAMH)

 1800 283 7019  
Weekdays (excl. public holidays)  
9am - 1pm, 2pm - 6pm  
 [www.samhealth.org.sg](http://www.samhealth.org.sg)

## YOUR MINI GUIDE TO

# Youth Mental Health



CHAT empowers young people to take charge of their mental health

Ver 3, Feb 2018



Community Health  
Assessment Team

## WHAT IS Mental Health?

### Mental Well-being

- Occasional stress
- No impairment

### Emotional Problems/ Concerns

- Mild to moderate distress
- Mild / temporary impairment

### Mental Illnesses

- Marked distress
- Moderate to disabling impairment

If left unresolved, mental health issues may evolve into **mental disorders**.

## WHY Young People?

**It's not easy being a young person.** Exams, peer pressure, and family or relationship problems can leave you feeling down, frustrated & confused.

*Internationally,*

**1 in 5** young people suffer from a mental health problem.

*In Singapore,*

**less than a third of those with mental health concerns seek help.<sup>2</sup>**

<sup>1</sup> Patel et al., 2007<sup>2</sup> Singapore Mental Health Study, 2010

Recognise the **signs and symptoms** and seek professional help.

**Early intervention leads to recovery.**

## Depression SIGNS AND SYMPTOMS

Loss of **I**Nterest in daily activities

**S**leep disturbances

**A**ppetite changes

**D**epressed mood

**C**oncentration problems

**A**ctivity level reduced

**G**uilt

**E**nergy level decreased

**S**uicidal thoughts



## Anxiety SIGNS AND SYMPTOMS

### Psychological

- Excessive fear and worry
- Poor concentration
- Irritability
- Restlessness
- Sleep disturbances

### Physical

- Heart palpitations
- Breathing difficulties
- Feeling faint or dizzy
- Sweating

### Behavioural

- Avoidance of situation
- Obsessions or compulsions
- Distress in social situations

## 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

If you find yourself experiencing some of these symptoms, please contact CHAT.



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