



# READY

*to  
create*

# CHANGE?

*your guide to a*

## MENTAL HEALTH PROJECT

WITH



Community Health  
Assessment Team

# TRUE *or* FALSE?

- 1 SOMEONE WHO WANTS TO COMMIT SUICIDE MUST BE MENTALLY ILL.
- 2 MENTAL ILLNESSES ARE UNCOMMON AND WILL NOT AFFECT ME OR MY FRIENDS.
- 3 PEOPLE WITH MENTAL ILLNESSES TEND TO BE MORE VIOLENT AND DANGEROUS THAN THOSE WITHOUT.
- 4 OPTIMISTIC PEOPLE PROBABLY DON'T GET MENTAL ILLNESSES.
- 5 PEOPLE WITH MENTAL ILLNESSES CANNOT RECOVER.

TURN OVER FOR THE ANSWERS



## **SOMEONE WHO WANTS TO COMMIT SUICIDE MUST BE MENTALLY ILL.**

People who display suicidal behavior are under extreme distress and emotional pain, but suicidal people may not have mental illnesses. However, people with depression may contemplate suicide.



## **MENTAL ILLNESSES ARE UNCOMMON AND WILL NOT AFFECT ME OR MY FRIENDS.**

Research<sup>1</sup> shows that 1 in 5 young people will experience at least one mental health problem by the time they reach adulthood. Those who do not receive appropriate help may eventually develop a mental illness. Also, mental illnesses affect people of all ages, ethnicities and backgrounds.



## **PEOPLE WITH MENTAL ILLNESSES TEND TO BE MORE VIOLENT AND DANGEROUS THAN THOSE WITHOUT.**

People with mental illnesses are no more violent than anyone else. In fact, those with severe mental illnesses are usually more frightened, confused and despairing than violent.



## **OPTIMISTIC PEOPLE PROBABLY DON'T GET MENTAL ILLNESSES.**

Mental illnesses are caused by a combination of biological, psychological and social factors. Just like how physically healthy people may get cancer, anyone can get mental illnesses, no matter how optimistic they are.



## **PEOPLE WITH MENTAL ILLNESSES CANNOT RECOVER.**

Recovery is possible. There are many treatments and services available for those with mental illness. As with other illnesses, the earlier they get professional help, the better the chances of recovery.

<sup>1</sup>Kessler, R., Berglund, P., Demler, O., Jin, R., & Walters, E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62, 593-602.



**WHAT DO YOU KNOW ABOUT MENTAL HEALTH & ILLNESSES?**

**YOU MAY NOT KNOW MUCH (YET), BUT IF YOU WANT TO INSPIRE AND BE INSPIRED,**

**HERE'S A SUGGESTION:**

**GET INVOLVED IN A MENTAL HEALTH PROJECT.**

*Change the images that people conjure.*



# Join the **CHAT!**



Community Health  
Assessment Team

**YOUR QUESTIONS ANSWERED HERE!**

**WHO ARE WE?**

**WHY MENTAL HEALTH?**

**WHY YOU?**

**HOW YOU CAN GET INVOLVED**

**WHY WORK WITH CHAT FOR PROJECTS?**

**WHAT PROJECTS CAN YOU DO?**

## *Kickstart* **YOUR PROJECT TODAY!**

**GETTING STARTED**

**FUNDING**

**FAQ**

**RESOURCE LIST**

**OTHER PROJECTS: WHAT ELSE HAS BEEN DONE**

## *Appendix:* **MENTAL HEALTH AND YOU<sup>TH</sup>**

**WHAT IS MENTAL HEALTH?**

**MENTAL ILLNESSES**

**ATTENTION! ATTENTION!**

**SOS! OFFERING AND GETTING HELP**

**PROJECT CHECKLIST**

**PROPOSAL TEMPLATE**



Community Health  
Assessment Team

# Join the CHAT! WHO ARE WE?

## CALL US CHAT, OR THE COMMUNITY HEALTH ASSESSMENT TEAM.

Our team is made up of healthcare professionals dedicated to:

- 1) Increasing awareness of youth<sup>1</sup> mental health
- 2) Providing young people with access to mental health resources, and
- 3) Addressing youth mental health concerns by providing a free and confidential assessment service.

With the Ministry of Health's support, we launched our programme in 2009.

We want to change young people's attitudes toward mental health, by changing their affect (feelings), behaviour and cognition (or their ABC).



## JOIN US!

### Find out more:

-  [www.YouthInMind.sg](http://www.YouthInMind.sg)
-  [www.facebook.com/chatfans](http://www.facebook.com/chatfans)
-  [chat@YouthInMind.sg](mailto:chat@YouthInMind.sg)
-  6493 6500 / 01
-  **CHAT Hub**

\*SCAPE #05-05. 2 Orchard Link  
Opening hours: 12 noon to 9pm  
Tuesdays - Sundays,  
excluding public holidays

<sup>1</sup>Those between 16 and 30 years old



# Join the CHAT! WHY MENTAL HEALTH?

**FACT**

The World Health Organisation's definition of mental health<sup>1</sup>:  
 A state of emotional and social well-being in which every individual:

- Realises his or her own abilities,
- Can cope with the normal stresses of life,
- Can work productively, and
- Is able to make a contribution to his or her community.



**THERE ARE A MILLION AND ONE PROJECT TOPICS OUT THERE. WHY FOCUS ON MENTAL HEALTH?**



Everyone should care about mental health, but too few of us do. Mental health is not just the absence of mental illness. **It includes positive aspects, such as the ability to cope with daily stress and living life to the fullest.** It's relevant to everyone.



You and your friends are at a highly vulnerable age. **Many major mental health problems and illnesses have their onset in youth<sup>2</sup>.** For most, the first onset is in their twenties. Find out more about the common youth mental illnesses in our appendix.



Make a guess: How many young people in Singapore have a mental health problem?

**The answer: One in five<sup>3</sup>.**

The sooner young people receive professional help, the better the recovery. Yet, less than a third of them do<sup>4</sup>.



**Many youths with mental problems don't seek help because of the stigma of mental illnesses.** Too many misconceptions exist, and these often result in discrimination. Close to nine out of ten<sup>5</sup> people with mental illnesses reported feeling stigmatised and discriminated against.

<sup>1</sup> [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)

<sup>2</sup> The Singapore Mental Health Study 2010, <http://www.annals.edu.sg/pdf/41VolNo2Feb2012/V41N1p49.pdf>

<sup>3</sup> The Singapore Mental Health Study 2010 <http://www.annals.edu.sg/pdf/41VolNo2Feb2012/V41N1p49.pdf>

<sup>4</sup> The Singapore Mental Health Study 2010 <http://www.annals.edu.sg/pdf/41VolNo2Feb2012/V41N1p49.pdf>

<sup>5</sup> Stigma Shout (2008) survey by Time to Change <http://www.time-to-change.org.uk/sites/default/files/Stigma%20Shout.pdf>

# Join the **CHAT! WHY YOU?**

**1 YOU ARE YOUNG -**  
Young enough to be highly vulnerable to mental problems, but old enough to be an advocate for change.

**2 YOUR FRIENDS & PEERS ARE HIGHLY VULNERABLE TOO.**  
You know what makes young people tick, and we need your help.

**3 YOU & YOUR FRIENDS MAY HAVE SOME MISCONCEPTIONS ABOUT MENTAL HEALTH & ILLNESSES.**  
That's fine. This simply means you understand these misconceptions well, so you're in the best position to bring about change.

**4 YOU HAVE THE KNOWLEDGE & SKILLS.**  
Whatever your area of study, there's a way to apply what you've learnt. Together, we can figure out the best way to translate your classroom learning into real world expertise.

HELP TO CREATE AN ENVIRONMENT WHICH IS CONDUCTIVE TO OPEN CONVERSATIONS ABOUT MENTAL HEALTH. THIS EMPOWERS YOUNG PEOPLE TO SEEK HELP FOR THEIR MENTAL HEALTH CONCERNS, AND ENCOURAGES THOSE WITH MENTAL ILLNESS TO SHARE THEIR EXPERIENCES.

*Create the change.  
CHAT is here to help.*





# Join the CHAT! HOW YOU CAN GET INVOLVED

*You can contribute in many ways. Some ideas:*



## PLAN A VISIT

to the Institute of Mental Health. Guided tours, including a talk by CHAT, are available for schools and organisations.



## INCLUDE

our publicity materials such as memo pads and postcards in your orientation packs and goodie bags.



## DISPLAY

our posters / bathroom stickers around your school or distribute them to your friends.

Visit the IMH website [www.imh.com.sg](http://www.imh.com.sg) and click on "Visit IMH Programme" on the right hand side for more information and contact details.



## FEATURE CHAT

or talk about mental health in your campus newsletter or on your notice board.



## INVITE US

to give talks or hold exhibitions on mental health in your school, for example, during orientation or wellness weeks.



## PLAN

and execute a project on mental health by working with CHAT.

Email us at: [chat@YouthInMind.sg](mailto:chat@YouthInMind.sg) / or call: 6493 6500 / 01



# Join the CHAT! WHY WORK WITH US?



## SUPPORT

We have the contacts and resources. Doctors? Youth workers? We have the right people and information. Even if we don't, we know the right resources to turn to.



## GUIDANCE

Feeling unsure about the topic you've chosen? Talk to us. We have worked with many students from various schools and disciplines. We know the challenges and constraints you face, and more importantly, what options are available to overcome them.



## FUNDING

CHAT provides reimbursement for essential project items (E.g. campaign posters) on a case-by-case basis. We also provide some publicity materials, such as post-it notes and memo pads, for free.



## VENUE

CHAT Hub is conveniently located in the heart of Orchard Road, making us a central location for meetings or events. We also provide advice on alternative venues.



## PUBLICITY

Tap on CHAT's platforms to draw attention to your project. We've established ourselves as the people to go to for youth mental health issues, and we can help you to publicize your project.

# Join the CHAT! WHAT PROJECTS CAN YOU DO?

REALLY, THE QUESTION SHOULD BE,  
"What can't you do?"

You know as well as we do the stigma of mental illness, and the lack of awareness on mental health. Some great work has been done, but there's still so much to do. We welcome your suggestions!

Some of our latest projects:



## BURST THE SILENCE - A PHOTO PROJECT

(ONGOING)

[burstthesilence.tumblr.com](http://burstthesilence.tumblr.com)

This photo campaign aims to de-stigmatise youth mental health problems.

On the website, you can see photos of young people who have decided to "burst the silence" about mental health issues. Read their thoughts on mental illness—Some of them have never had mental health disorders while others do.

Their sharing helps other young people to feel less alone in their struggles, and hopefully be less hesitant to seek help than before.



## BURST THE SILENCE - A POSTCARD PROJECT

(ONGOING)

[www.letterstoamanda.com](http://www.letterstoamanda.com)

A collaboration between CHAT and a group of NUS students who started Letters to Amanda, it encourages young people to speak up, share, and listen.

Young people write their feelings, secrets and struggles on anonymous postcards which are sent to CHAT.



## DROP THAT LABEL

(MAY - OCT 2013)

[www.facebook.com/dropthatlabelsg](http://www.facebook.com/dropthatlabelsg)

A NUS student-led initiative which encouraged students to drop the labels of stigma associated with mental health issues.

Black and white badges with messages about mental illness were distributed. These badges could be exchanged for green badges on World Mental Health Day (October 10) to signify that the students had "dropped that label".

The project team also produced a video which they showed at the end of lectures, and held a photo contest using the hashtag #dropthatlabel.

Here's the challenge: What other projects can you think of?



Kickstart  
YOUR PROJECT  
TODAY!

# GETTING STARTED



## 1 CHOOSE YOUR AREA OF INTEREST

Which area of mental health are you passionate about? Do you want to eradicate the stigma of mental illnesses? Do you feel compelled to enhance the mental wellbeing of your peers? Narrow your choices. Next, determine your project objective- what do you hope to accomplish?

## 2 RESEARCH

Learn as much as you can about your topic and look up other campaigns. For a start, look through our resource list of reliable websites (Page 13).



TIP

Always make sure your sources are reliable. Verify the credibility of your source by checking its background and comparing its information with other sources.

## 3 PLAN, PLAN, PLAN

Planning is crucial. Consider these questions: What materials and resources do you need? What are the responsibilities of each group member? How much time do you have? How much time and money do you need?



TIP

Do a cost estimate and draw up an initial budget. For funding options, refer to the next section on grants.

## 4 SEND US YOUR PROPOSAL

Inspire us!  
Email a brief proposal to  
[chat@YouthInMind.sg](mailto:chat@YouthInMind.sg)

You may choose to make use of our proposal template in the appendix.



## 5 EXECUTE YOUR PROJECT

After we review your proposal, let's discuss how best to execute it. The checklist in the appendix will help to keep you on track.



# Kickstart YOUR PROJECT TODAY! **FUNDING**

## YOUTH ADVOLUTION FOR HEALTH (YAH) GRANT

“advocate” + “revolution” = “advolution”

The Youth Advolution for Health (YAH) program supports youth who are interested to play an active role in promoting health among their peers.

Mental wellness is one of the approved topics.

The YAH Grant provides funding of up to \$1000 for your project.

CONTACT

Email your proposal  
or any enquiries to:

Wesley\_Teo@hpb.gov.sg  
Wendy\_Pang@hpb.gov.sg  
Mindy\_Chen@hpb.gov.sg

or contact them at

6435 3281  
6435 3152  
6435 3040

YOUR SCHOOL MAY ALSO HAVE SPECIAL PROJECT GRANTS THAT YOU CAN TAP ON. ALTERNATIVELY, CONSIDER WRITING TO LOCAL FOUNDATIONS OR CORPORATE SPONSORS.

CHAT IS HAPPY TO HELP WITH REVIEWING YOUR APPLICATIONS BEFORE YOU SEND THEM OUT.





## **Q. WHAT ROLE WILL CHAT PLAY IN MY PROJECT?**

**A.** CHAT provides expertise, funding, and contacts on a case-by-case basis. For more information, read Page 7, or contact us directly at [chat@YouthInMind.sg](mailto:chat@YouthInMind.sg)

## **Q. WILL CHAT PROVIDE FUNDING FOR MY PROJECT?**

**A.** Yes! CHAT will fund the materials which we consider essential for your project. For information on other funding sources, refer to the Funding section (Page 11).

## **Q. WHAT KIND OF PROJECTS CAN I EMBARK ON?**

**A.** We support outreach and de-stigmatisation projects related to mental health. Examples include awareness campaigns and educational exhibitions.

## **Q. I HAVE A FEW PROJECT IDEAS IN MIND. WHAT SHOULD I DO?**

**A.** First, narrow down your choices and choose the idea that you want to develop. Then, refer to Page 10 for Steps to Getting Started. We are glad to discuss it with you, so contact us for a meet-up!

## **Q. I WANT TO BE A MENTAL HEALTH ADVOCATE BUT I DON'T HAVE ANY IDEAS!**

**A.** Which area of mental health are you most passionate about or interested in? Start researching from there. Have a clear objective right from the start- what kind of change do you hope to instill in your peers? Once you have answered these questions, check out our previous projects for some inspiration!

## **Q. CAN I STILL BE INVOLVED IN A PROJECT IF I HAVE NO PRIOR KNOWLEDGE OF MENTAL ILLNESSES OR PSYCHOLOGY?**

**A.** Yes, of course! Anyone with a passion for mental health awareness can start a project and we are here to support you. We've worked with many students who've never studied mental health.

## **Q. I'VE NEVER WRITTEN A FORMAL PROPOSAL. WHAT SHOULD I INCLUDE?**

**A.** Fret not- we're not looking for a formal business proposal! Just include your project objectives and scope, such as what you hope to achieve, your target group, and what you will be doing. If you want, you may use our proposal template in the appendix.

# Kickstart YOUR PROJECT TODAY!

# RESOURCE LIST

## From Singapore

ORGANISATION	WEBSITE	CONTENT
Community Health Assessment Team (CHAT)	<a href="http://www.YouthInMind.sg">www.YouthInMind.sg</a>	CHAT provides free mental health assessments, as well as information on student projects and mental health.
The Singapore Association for Mental Health (SAMH)	<a href="http://www.samhealth.org.sg">www.samhealth.org.sg</a>	SAMH is a voluntary welfare organisation which promotes mental health. Their website provides information about some mental health issues and the services they provide.
Mental Health First Aid Singapore (MHFA)	<a href="http://www.mhfa.com.sg/mhfa1.html">www.mhfa.com.sg/mhfa1.html</a>	MHFA aims to increase awareness about mental health issues. They provide resources and links specific to various illnesses and issues.
Health Promotion Board (HPB)	<a href="http://www.hpb.gov.sg/HOPPortal">www.hpb.gov.sg/HOPPortal</a>	HPB focuses on a wide range of health issues. The mental health section has educational materials and articles for background reading.

## From Other Countries

ORGANISATION	WEBSITE	CONTENT
Rethink Mental Illness	<a href="http://www.rethink.org">www.rethink.org</a>	This British charity provides information about various mental illnesses and its past campaigns.
Cope Care Deal	<a href="http://www.copecaredeal.org">www.copecaredeal.org</a>	This website provides general information about youth mental health, such as how to cope with mental health issues, and taking care of your own mental health.
ReachOut.com	<a href="http://www.au.reachout.com">www.au.reachout.com</a>	ReachOut is an online youth mental health service with real accounts of youth issues and tips on staying mentally healthy.





*Kickstart*

**YOUR PROJECT  
TODAY!**

**OTHER PROJECTS:  
WHAT ELSE HAS BEEN DONE**

*Locally*

## **OUT OF SIGHT, OUT OF MIND**

[www.silverribbonsingapore.com/projects.php](http://www.silverribbonsingapore.com/projects.php)

A photo exhibition by Silver Ribbon Singapore. Photos portray the lives and mental health experiences of patients at two rehabilitation centres: Sunlove Home and Surya Home.

## **HAPPINESS REVOLUTION PROJECT**

[thehappinessrevolution.sg](http://thehappinessrevolution.sg)

A mental wellness awareness campaign by a group of NTU students which encourages youths to pledge to do something meaningful and which makes them happy.

## **THE HIDDEN PAIN CAMPAIGN**

[www.samaritans.org.sg/images/Life-is-great.pdf](http://www.samaritans.org.sg/images/Life-is-great.pdf)

A suicide-prevention campaign by Samaritans of Singapore (SOS). Features graphic ambigrams (words that change meaning when viewed in a different way); positive phrases change when viewed upside down. For example, "I'm fine" becomes "Save me".

*Overseas*

## **WE'VE GOT YOUR BACK (AUSTRALIA)**

[www.headspace.org.au/about-headspace/what-we-do/we've-got-your-back-campaign](http://www.headspace.org.au/about-headspace/what-we-do/we've-got-your-back-campaign)

Headspace, Australia's National Youth Mental Health Foundation, uses posters and videos to raise youth awareness about daily mental health struggles.

## **LET'S CALL BULLS#IT (CANADA)**

[callbs.ca/#home](http://callbs.ca/#home)

A youth-for-youth anti-stigma movement. Youths are encouraged to write about the labels they deem ridiculous and share their experiences with mental illnesses.

## **RIGHT BY YOU CAMPAIGN (CANADA)**

[rightbyyou.ca/en](http://rightbyyou.ca/en)

A Canadian Non Profit Organization, Partners in Health, aims to convince the government to provide more services and funding for mental health, and especially for suicide prevention. Also raises awareness about youth mental health issues and suicide.

# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>

### WHAT IS MENTAL HEALTH?

Think of mental health as a spectrum. Our position on the spectrum may change depending on what's happening in our lives.



Mental well-being doesn't mean your life is free of worries. You may still experience mild to moderate distress because of the problems you are facing. But someone who's mentally healthy can deal with these problems. On the other hand, if problems remain unresolved and prevent you from going about your life, mental disorders may result. So it is important to seek help when necessary.

### MENTAL ILLNESSES

**MENTAL ILLNESSES ARE LIKE PHYSICAL ILLNESSES - THEY ARE A HEALTH CONDITION.**

Mental illnesses comprise mental, emotional, behavioural, perceptual, and sometimes physical, problems. They may cause significant and prolonged distress to your daily life and relationships.

What exactly causes a mental illness? Most mental illnesses involve a change in brain chemicals but there is no single cause. Instead, a combination of biological, psychological, and environmental factors is usually responsible for the onset of an illness.

- **BIOLOGICAL:** Genetics; chemical imbalances in the brain
- **PSYCHOLOGICAL:** Low self-esteem; poor coping abilities; adverse childhood experiences
- **ENVIRONMENTAL:** Life stresses such as unemployment

Mental health problems and mental illnesses can be treated. Treatment is most effective when implemented as soon as possible. To do this, we must first recognize the symptoms of common mental illnesses.

*Presented here are brief summaries of common mental illnesses. For in-depth information, check out the Resources section on Page 13.*

### MOOD DISORDERS

There are different mood disorders with varying levels of mania (severe high) and dysphoria (severe low). Put simply, someone having a manic episode will have an unusually high level of energy, with intense emotions and thoughts, while someone in a depressive episode will have low energy levels and display symptoms of depression.



# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>

In fact, depression is one of the most common mood disorders in Singapore. It is marked by distressing symptoms that impair someone's life for a prolonged period of time. Depression is not the same as "having the blues". Symptoms include:

Loss of **I**Nterest in daily activities

**S**leep disturbances

**A**ppetite changes

**D**epressed mood

**C**oncentration problems

**A**ctivity level falls

**G**uilt

**E**nergy level falls

**S**uicidal thoughts

“  
IF LEFT UNTREATED,  
DEPRESSION IS THE  
NUMBER ONE CAUSE  
OF SUICIDE”

## ANXIETY DISORDERS

It's normal to feel anxious about an important interview or a major event. When does this anxiety become a disorder? It is when the anxiety becomes excessive and the intense worry impairs a person's ability to perform daily tasks. Although there are different anxiety disorders (E.g. panic disorder, obsessive compulsive disorder), most have similar symptoms:

### PHYSICAL

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

### PSYCHOLOGICAL

- Excessive fear or worry
- Poor concentration
- Irritability
- Restlessness
- Sleep disturbance

### BEHAVIORIAL

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

## EATING DISORDERS

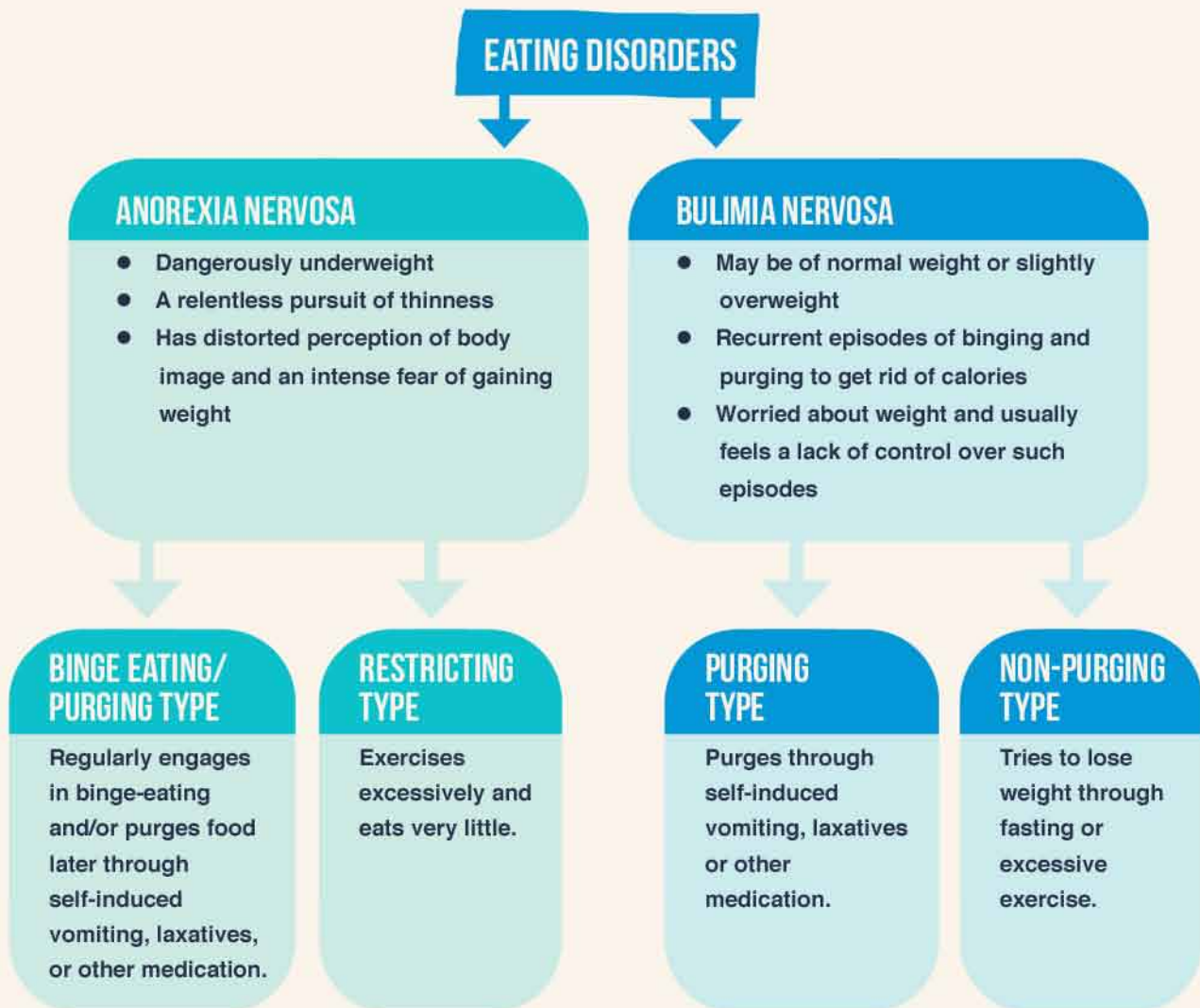
Many people have gone on diets or tried to lose weight. However, for those with eating disorders, weight loss efforts have severe consequences. They lose weight by fasting, purging, and/or exercising excessively.

“  
THEY BECOME SO PREOCCUPIED WITH THEIR BODY IMAGE AND EATING HABITS  
THAT THEY MAY DEVELOP SERIOUS HEALTH PROBLEMS, OR EVEN DIE.”

There are two main types of eating disorders- anorexia nervosa and bulimia nervosa.

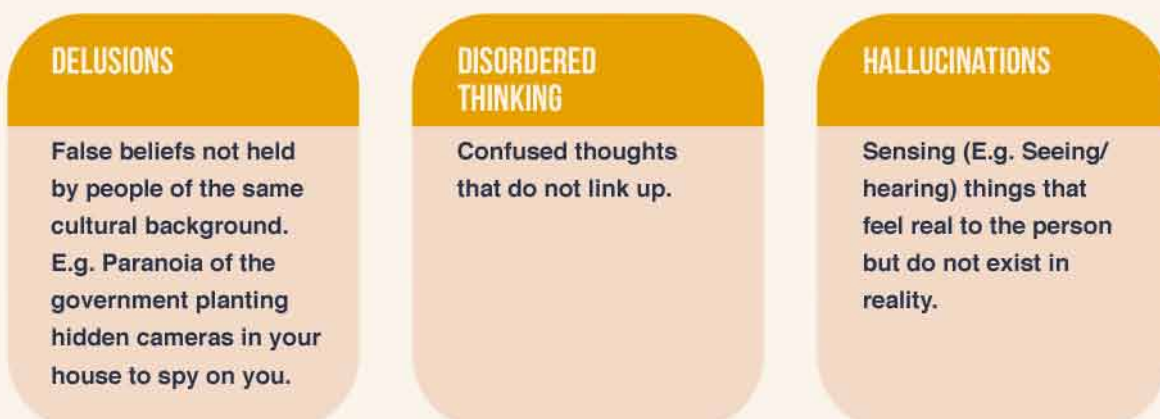
# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>



## PSYCHOSIS

Psychosis is a mental condition which affects an individual's thinking, perception, feelings, and behaviour. It's characterized by delusions, hallucinations, and disorganised behaviour, which can cause people to lose touch with reality. It causes significant distress and impairment to them and their loved ones. Psychosis mostly strikes during late adolescence and early adulthood.





# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>

### ATTENTION! ATTENTION!

Unresolved problems can cause significant distress to anyone, and not just those with mental illnesses.

“ SUCH DISTRESS CAN EVENTUALLY LEAD TO SELF-HARM, AND EVEN SUICIDE. ”

### SELF-HARM

Self-harm, or self-injury, is the intentional infliction of harm on one's own body. **Common forms of self-harm behaviour include cutting, burning, bone-breaking and hair-pulling.** Individuals may be using self-harm to cope with their overwhelming feelings, but they will eventually feel guilty about and ashamed of their behaviour. Warning signs include irritability, poor sleeping and eating habits, and social withdrawal. Self-harm is often associated with a mental illness, such as depression.

### SUICIDE

**Suicide is among the top three causes of death among young people aged 15 to 35 years old<sup>1</sup>.** People who commit suicide believe that no one can help them, and that there is no other way out of the pain except death. Timely intervention will save lives. Do recognise the warning signs and offer your help!

#### PHYSICAL SIGNS

- Drastic change in appetite
- Drastic change in sleep patterns
- Drastic change in weight
- Fatigue or lethargy
- Drastic change in physical appearance
- Lack of interest in appearance
- Poor health

#### PSYCHOLOGICAL SIGNS

- Persistent depressed mood
- Unstable emotions
- Easily agitated and frustrated
- Feelings of hopelessness and helplessness
- Difficulties in concentration and decision-making
- Anxiety
- Unrealistic expectations of self

#### BEHAVIORIAL SIGNS

- Social withdrawal
- Drastic change in attitude / personality
- Giving away prized possessions
- Self-harm behaviors
- Noticeable increase in compulsive behaviors
- Unexplained crying
- Substance abuse
- Direct or indirect suicide threats

<sup>1</sup> World Health Organisation: Preventing Suicide (2000), [http://whqlibdoc.who.int/hq/2000/WHO\\_MNH\\_MBD\\_00.4.pdf](http://whqlibdoc.who.int/hq/2000/WHO_MNH_MBD_00.4.pdf)

# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>

### SOS! OFFERING AND GETTING HELP

#### OFFERING HELP TO A FRIEND IN NEED

Don't be afraid to talk to someone whom you think is contemplating suicide. It will **NOT** increase the likelihood of it happening. Instead:

- Listen and don't be judgemental
- Stay with the person and do not leave the person alone
- Seek immediate help from an adult you trust - a teacher, parent or counsellor



Alternatively, call **999**, or the Samaritans of Singapore (SOS) at **1800 221 4444** (Both operate 24/7)

#### GETTING HELP

Many people are more than willing to support and help you through difficult times. If you need help, or if you know someone who needs help, check out the resources at:

[www.youthinmind.sg/uploadedFiles/Content/Getting\\_Help/Resources\\_For\\_Youths.pdf](http://www.youthinmind.sg/uploadedFiles/Content/Getting_Help/Resources_For_Youths.pdf).

**IF YOU ARE FEELING SUICIDAL, PLEASE CALL  
999 OR SOS IMMEDIATELY**



# Appendix

## MENTAL HEALTH AND YOU<sup>TH</sup>

### PROJECT CHECKLIST

*Have you....*

- Decided on your topic
- Decided on the nature and objective(s) of your project
- Done your research
- Looked up other projects related to your topic
- Decided on the materials and resources you will need
- Assigned roles to each member
- Planned a timeline and set your goals
- Planned your budget
- Drafted your proposal
- Contacted other relevant parties (Eg. sponsors, printers)

### SUGGESTED PROPOSAL TEMPLATE

- Project Group Size: \_\_\_\_\_ people
- Contact Person: \_\_\_\_\_  
Email / Phone No. \_\_\_\_\_
- Time Frame: \_\_\_\_\_ weeks / months, from \_\_\_\_\_ to \_\_\_\_\_
- Project Objective(s), in point form:  
(a) \_\_\_\_\_  
(b) \_\_\_\_\_  
(c) \_\_\_\_\_
- Target Group(s): \_\_\_\_\_
- Action Plans, in point form:  
(a) \_\_\_\_\_  
(b) \_\_\_\_\_  
(c) \_\_\_\_\_
- Is this for schoolwork? Y (School: \_\_\_\_\_) / N