

BENEFITS OF CONTACTING CHAT

- ✓ Get reliable information and resources
- ✓ Get a free and confidential mental health check
- ✓ Ask us any questions you may have about mental health
- ✓ Understand the options available with the freedom of deciding what you want to do

Get in touch WITH CHAT



www.chat.mentalhealth.sg
chat@mentalhealth.sg
6493 6500 / 01

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

Open Tues - Sat, 12pm - 9pm
(Excluding public holidays)

User feedback: HOW HELPFUL WAS CHAT?

I know more after talking to CHAT, so I can do more to solve my problems. This was important for me as neither my family nor friends knew anything.

I felt comfortable talking to CHAT and understanding what I'm going through made me less worried about things. I also learnt some techniques to reduce my anxiety.

+ EMERGENCY CONTACTS

Institute of Mental Health (IMH)

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

Samaritans of Singapore (SOS)

1800 221 4444 (24h)
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

YOUR MINI GUIDE TO

Youth Mental Health



CHAT empowers young people to take charge of their mental health



Community Health
Assessment Team

Ver 2, Feb 2015

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

When left unresolved, mental health problems could 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.¹

In Singapore,

less than a third of those with mental health concerns seek help.²

¹ Patel et al., 2007 ² Singapore Mental Health Study, 2010

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

Early intervention leads to good recovery.

Depression SIGNS AND SYMPTOMS

Loss of **I**Nterest in daily activities

Sleep disturbance
Appetite changes
Depressed mood



Concentration problems
Activity level reduced
Guilt
Energy level decreased
Suicidal thoughts

Anxiety SIGNS AND SYMPTOMS

Psychological

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

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.

