6 What CHAT offers?

1. **MENTAL HEALTH ASSESSMENT**
   Confidential & personalised sessions to understand concerns & needs
2. **COUNSELLING & THERAPY**
   Emotional / psychological intervention
3. **SUPPORT**
   Connecting with mental health services
4. **MENTAL HEALTH LITERACY PROGRAMMES**
   Outreach, Talks & Workshops

7 CHAT — Centre of EXCELLENCE for Youth Mental Health

*SCAPE, 2 Orchard Link,
#04-07, Singapore 237978

Mon: 9am to 5pm
Tue - Sat: 12pm to 9pm
(Closed on Sun & Public Holidays)

Walk-in for Mental health assessments are available from Mon - Sat

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

letsCHATsg
CHATYouthInMind

Scan for information

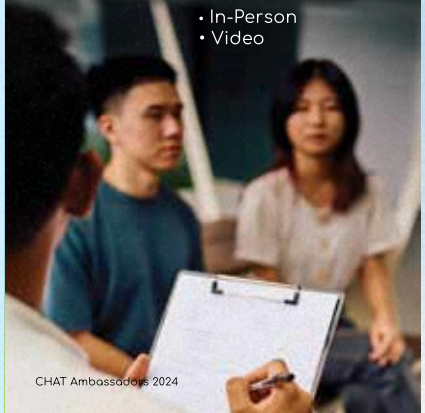
C-MG-01-2026

8 A SAFE SPACE to support your Mental Health Needs

Mental Health Assessments are available:

Walk-in | By Appointment

- In-Person
- Video



CHAT Ambassadors 2024

9 Other RESOURCES

national mindline 1771
Hotline - Dial 1771
WhatsApp - Message 6669 1771
Visit mindline.sg/fsmh

Samaritans of Singapore (SOS)
24-hour Hotline: 1767
24-hour CareText: 9151 1767
(via WhatsApp)
www.sos.org.sg

YOUR MINI GUIDE To →

Youth Mental Health

CHAT
Young People's Minds Matter

1 Understanding Mental HEALTH and Mental ILLNESS

WHAT IS MENTAL HEALTH?

A state of wellbeing in which the individual:

- Realises their own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Able to make contribution to their community

WHAT IS MENTAL ILLNESS?

A health condition involving changes in emotion, thinking or behaviour (or a combination of these) that results in significant and persistent problems in one's everyday life.

2 Why YOUNG People?

Youth and young adulthood are marked by significant neuropsychological and physical development, putting them at risk for developing a mental illness.

About 1 in 3 young people aged between 15 and 35 years in Singapore reported experiencing severe or extremely severe symptoms of depression, anxiety and/or stress[1]

Among those who reported having severe or extremely severe mental health symptoms, about 2 in 3 sought help via informal or formal mental health support and/or services.

[1] National Youth Mental Health Study, 2024

3 Factors linked to POOR Mental Health

- Having negative body image and excessive concerns about one's body shape
- Spending more than three hours on social media daily
- Experiencing cyberbullying
- Vaping or smoking
- Adverse childhood experiences

4 Factors linked to BETTER Mental Health

- High level of resilience
- Healthy self-esteem
- Social support, such as family, friends and/or professional help

5 Top 3 Sources of HELP Among YOUTHS

