6 Care For YOURSELF Too

Remember that we all have our limits, so share the responsibility of care with others too.

It's not easy to care for a friend in need.

For an example, make a list of people whom your friend can contact for support too.

You can also include emergency helpline in this list.

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-02-2026

8 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

9 Your support could possibly help your friend feel less alone, more understood and easier to seek further support from helping professionals.

Never underestimate the difference you can make in someone else's life.



CHAT Ambassadors 2024

YOUR MINI GUIDE To ⟶

Helping a Friend in Distress

Young People's Minds Matter

1 When Should You Be CONCERNED

1. **DISTRESSED**
   Presence of emotional distress
2. **DEVIANCE**
   Changes in thinking, mood and behaviour
3. **DYSFUNCTION**
   Difficulties in performing day-to-day tasks and responsibilities
4. **DANGER**
   Presence of suicidal and self-harm thoughts and/or behaviour
5. **DURATION**
   Distress or dysfunction lasting for at least 2 weeks
6. **DETERIORATION**
   Worsening of mental state

2 Warning SIGNS of Suicide

TALKING ABOUT
- Wanting to die
- Being a burden to others
- Immense guilt or shame

FEELING
- Empty, hopeless or having no reason to live
- Unbearable emotional or physical pain

CHANGE IN BEHAVIOUR
- Making a plan or researching ways to end one's life
- Giving away treasured items
- Showing risky behaviours such as self-harm or driving too fast
- Using drugs or alcohol more often

3 What Can You Do to HELP

1. **SHOW CONCERN**
   Share observations to explain why you are concerned
2. **GIVE SPACE AND LISTEN INTENTLY**
   Encourage them to share without hurrying them to do so and listen without interrupting
3. **SHOW EMPATHY & ASSURANCE**
   Reassure them that you are here for them and encourage them to reach out for support

! If you are concerned for your friend's safety, it is important to seek professional help on their behalf.

4 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."
- ✓ Invite your friend to share more, e.g.
  "I feel concerned. Is everything ok?"
- ✓ 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 your companionship, e.g.
  "Going for counselling can feel intimidating. Would you like me to accompany you?"

5 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.