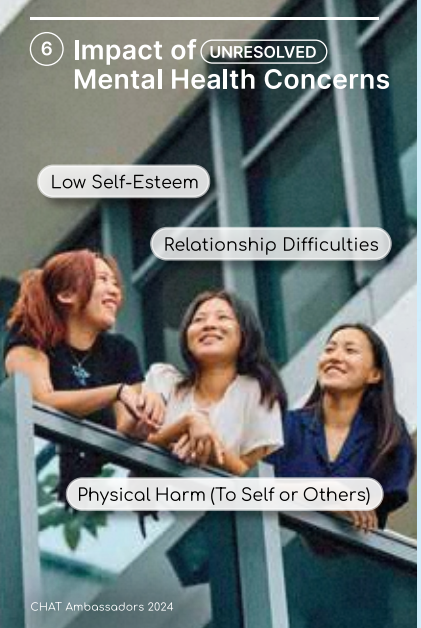
6 Impact of UNRESOLVED Mental Health Concerns



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

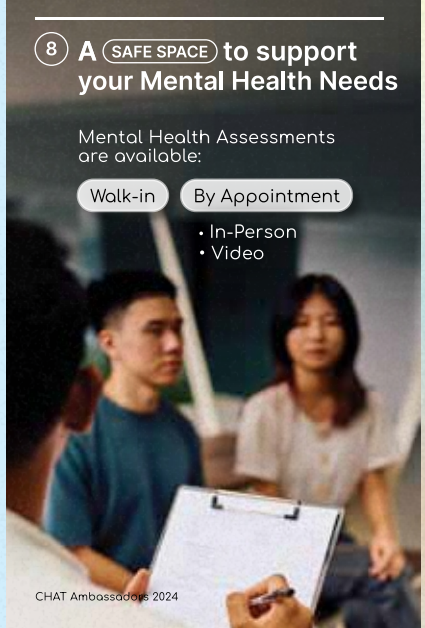
C-MG-03-2026

8 A SAFE SPACE to support your Mental Health Needs

Mental Health Assessments are available:

Walk-in | By Appointment

- In-Person
- Video



9 Other RESOURCES

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

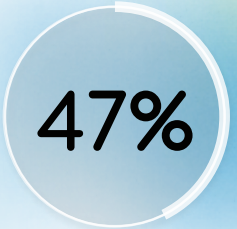
Samaritans of Singapore (SOS)
24-hour Hotline: 1767
24-hour CareText: 9151 1767
(via WhatsApp)
www.sos.org.sg

YOUR MINI GUIDE To →

Work & Mental Health

CHAT
Young People's Minds Matter

1 In early adulthood, there are many transitions going on in your life. Starting your career can be especially stressful and may trigger symptoms that negatively impact your mental health.



of the workers in Singapore feel mentally or physically exhausted by their work.

Source: Tellus Health, 2024

2 Anxiety SIGNS & SYMPTOMS

BEHAVIOURAL
- Avoidance of anxiety-provoking places and/or situations.
- Withdrawal from friends and/or family.
- Limiting amount and scope of daily activities.

PHYSICAL
- Heart palpitations
- Breathlessness
- Sleep disturbance
- Cold sweat
- Dizziness

PSYCHOLOGICAL
- Excessive fear and worry
- Poor Concentration
- Irritability
- Poor Memory

3 Depression SIGNS & SYMPTOMS

Loss of **IN**terest in daily activities

Sleep Disturbance

Appetite Changes

Depressed Mood

Concentration Problems

Activity Levels Reduced

Guilt

Energy Levels Decreased

Suicidal Thoughts

4 When to SEEK Support

1. If low mood and/or anxiety continue for more than 2 weeks
2. Significant changes in your appetite, sleep and/or ability to work
3. Social withdrawal and/or reduced quality of relationshipsto work
4. Thoughts or self-harm or suicide

! If you experience any of the above, please consider talking to a mental health professional.

5 Managing Work STRESS

Make friends at work and establish a support system

Understand your job scope and expectations

Know your limits. Do not be afraid to seek help

Participate in mental health workshops, join mental health events, or join a support group to understand and manage mental health issues better