

### CARE FOR YOURSELF TOO

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

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

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

You can also include emergency helplines in this list.



### CHAT

#### CONTACT DETAILS

[www.chat.mentalhealth.sg](http://www.chat.mentalhealth.sg)

[chat@mentalhealth.sg](mailto:chat@mentalhealth.sg)

6493 6500 / 01

[www.instagram.com/letschatsg](https://www.instagram.com/letschatsg)

CHAT Hub | \*SCAPE  
2 Orchard Link, #04-01A  
Singapore 237978

### OTHER RESOURCES

#### Institute of Mental Health (IMH)

6389 2222 (24h)

[www.imh.com.sg](http://www.imh.com.sg)

#### Samaritans of Singapore (SOS)

1-767 (24h)

[www.sos.org.sg](http://www.sos.org.sg)

#### Singapore Association for Mental Health (SAMH)

1800 283 7019

Weekdays (excl. public holidays)  
9am to 6pm

[www.samhealth.org.sg](http://www.samhealth.org.sg)

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.

### YOUR MINI GUIDE TO

# Helping A Friend IN DISTRESS



Young People's Minds Matter

Apr 2022

### WHEN SHOULD YOU BE CONCERNED?

## Early signs to look out for

-  Trouble sleeping
-  Change in eating patterns
-  Lack of motivation
-  Loss of interest in activities
-  Social withdrawal
-  Alcohol/drug use
-  Self-injury

### WARNING SIGNS OF SUICIDE

Changes in personality or behaviour

Self-loathing

Says things like "I wish I could just disappear"

Gives away treasured things

Preoccupied with death

Talks or jokes about suicide

Makes death threats



### WHAT CAN YOU DO TO HELP?

#### ✓ Checklist

- Show concern
- Give your friend space and time to talk
- Listen carefully and patiently
- Accompany your friend to seek professional support
- Stay in touch

If your friend shows signs of suicide risk, it would be important to seek professional help on his/her behalf.

### What to say

Start with observations to explain why you are concerned, e.g. "Noticed that you haven't been your usual self lately."

Invite a 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?"

### 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.