

c. Network of Care and Support

You can strengthen your mental well-being through coping strategies such as finding ways to de-stress and relax. If you need help managing stress or mental health issues, do seek help early. And if you are a caregiver, there is support available for someone with a mental health condition. Here are some examples of the support you can find near home.

? How can you prevent mental health issues



LEARN how to stay mentally "fit" through courses and talks on topics like mindfulness, stress management and family relationships building.



STAY ACTIVE and make new friends by taking part in activities at your nearest wellness centres.



STAY IN TOUCH with your family and friends! Go out and take part in hobbies together.



COMMUNITY INTERVENTION teams work with doctors to provide additional support.

VISIT A GP, or a doctor at the polyclinic / specialist outpatient clinic for consultation, assessment and treatment near home.



? How can you get care and support

SEEK HELP from community intervention teams that provide psychotherapy, basic emotional support, caregiver education and care coordination.



SEEK ADVICE from a social worker or counsellor if you think you or someone is mentally troubled or feels overwhelmed.



? What should you do if you feel mentally unwell

REACH OUT to the community for support, e.g. community outreach teams. Many frontline staff from the grassroots, government and corporate organisations are trained to provide basic support on mental health and dementia.



SUPPORT one another in your recovery journey by joining support groups formed by various community organisations.

If you are a caregiver



RELIEVE the stress of caring for loved ones at home by tapping on caregiver support and respite services such as the eldersit service.

CONSIDER dementia or psychiatric day care for your loved one so you can work with a peace of mind.



STAY-IN CARE and support is available at nursing homes and psychiatric rehab centres if you are unable to care for your loved one at home.



GO FOR caregiver training courses to learn how to better care for your loved one instead of worrying you are doing it poorly.



TAKE CARE of your own wellbeing. Talk to other caregivers for emotional support by joining a caregiver support group. Dementia-Friendly Communities have caregiver support networks that organise activities for caregivers that emphasise self-care.

If you need more information and resources, do write to

ccmh@aic.sg