



Mental Wellness over my March holiday



Agenda

- My mental well-being

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- Where can I go?

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- Who can I talk to?
-

My mental well-being

- **Make time for self-care** (Read a book/ Play a sport/ Go out with my friends!)
- **Sleep early** (Why stay up late till 12am scrolling endlessly through TikTok when I can be having a sweet dream~)
- **Eat healthful food** (Avoid fried and sugary stuff and gobble down those veges!)
- **Try exercise** (That thing in your head, called a brain, releases feel good hormones of dopamine & serotonin when you're working out that body)
- **Good friends are hard to find** (Evaluate your choices and stay with the right crowd)
- **Time with the Family** (Don't forget to tell mummy and daddy that you love them)

My mental well-being

- **Make time for self-care**

(Read a book/ Play a sport/ Go out with my friends!)

- **Regulate sleep pattern- Sleep Early**

(Why stay up late till 12am scrolling endlessly through TikTok when I can be having a sweet dream~)

- **Eat healthful food**

(Avoid fried and sugary stuff and gobble down those veges!)

Where Can I go?

If I am feeling down, this is where I can go...



Roundbox @ Toa Payoh - Youth Drop-in Centre

RoundBox at Children's Society

A conducive place for fun and friends~

Address:

Blk 122 Lor 2 Toa Payoh #01-06
Singapore 310122

Opening Times:
Mon- Fri (9am to 6pm)

Closest MRT station:
Braddell MRT

Bus
232, 235, 129

Who can I talk to?

When I am feeling down, I can call the school to...

❖ Ask for help from teachers, school counsellors, etc...

School Telephone Number:

6288 9013

Operating Hours:

Monday to Friday

8am to 5pm

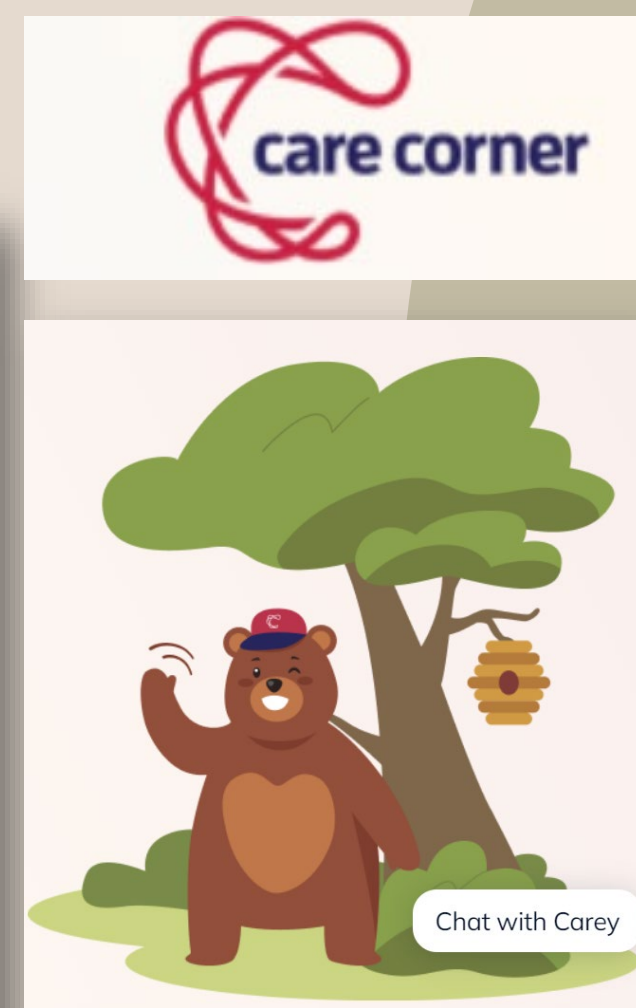
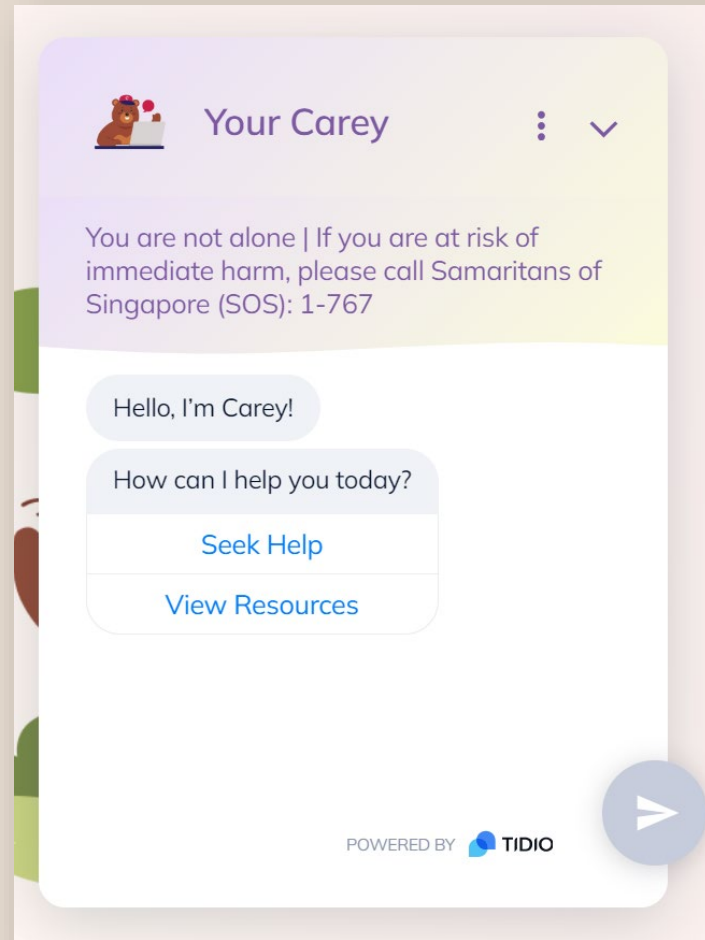
Who can I talk to?

When I am feeling down, I can chat with...

Carey

My mental, health buddy.

- ❖ Carey can support me through mental health check-ins and counselling sessions.
- ❖ Carey also provides me consultations with mental health professionals.
- ❖ Finally, Carey can teach me self-help tools to help me cope better.



URL: <https://carey.carecorner.org.sg/>
(Carey is FREE. No payment needed)

I am upset...I feel extremely lousy...

Try the Quick Chat - ec2.sg

The Quick Chat is:

- one-to-one mental health screening
- online chat
- for youths aged 12 and above
- talk about mental health or emotional concerns.
- service is provided free-of-charge.

Opening hours:

Monday, Thursday, Friday
10am to 12pm, 2pm to 5pm
(excluding Public Holidays)

Help is available...Speak with someone today!



ec2.sg



If I am on the verge of losing control, or
If I am at risk of immediate harm,

I can call...



Hotline

1767

Help is available...Speak with someone today!

Take the First Step Towards Recovery

I am addicted...
(for example, vaping, gaming, gambling)
I need help to quit my bad habit!



All Addictions
6-RECOVER
6-7326837

Help is available...visit the website
Chat with someone today!

URL: <https://www.nams.sg/>

If you are in distress you may also contact the following agencies



Institute of Mental Health (IMH)
Mental Health Helpline- 6389 2222
(24-hour Hotline)



Singapore Association for Mental Health (SAMH)
Helpline 1800 283 7019
Mon - Fri: 9am - 1pm, 2pm - 6pm (closed on PH)



Care Singapore HEARAU
Whatsapp Text Helpline: 6978 2728
Monday - Friday
10am - 5pm (closed on public holidays)



Community Health Assessment Team (CHAT)-
Call: 6493 6500 / 6493 6501
webchat: <https://www.chat.mentalhealth.sg>/Tues -
Sat: 12pm - 9pm (closed on Mon & public holidays)

If you are in distress you may also contact the following agencies



AssistLine by Brahm Centre

Call: 6655 0000

WhatsApp call or chat: 8223 0000

Daily: 9am - 10.30pm

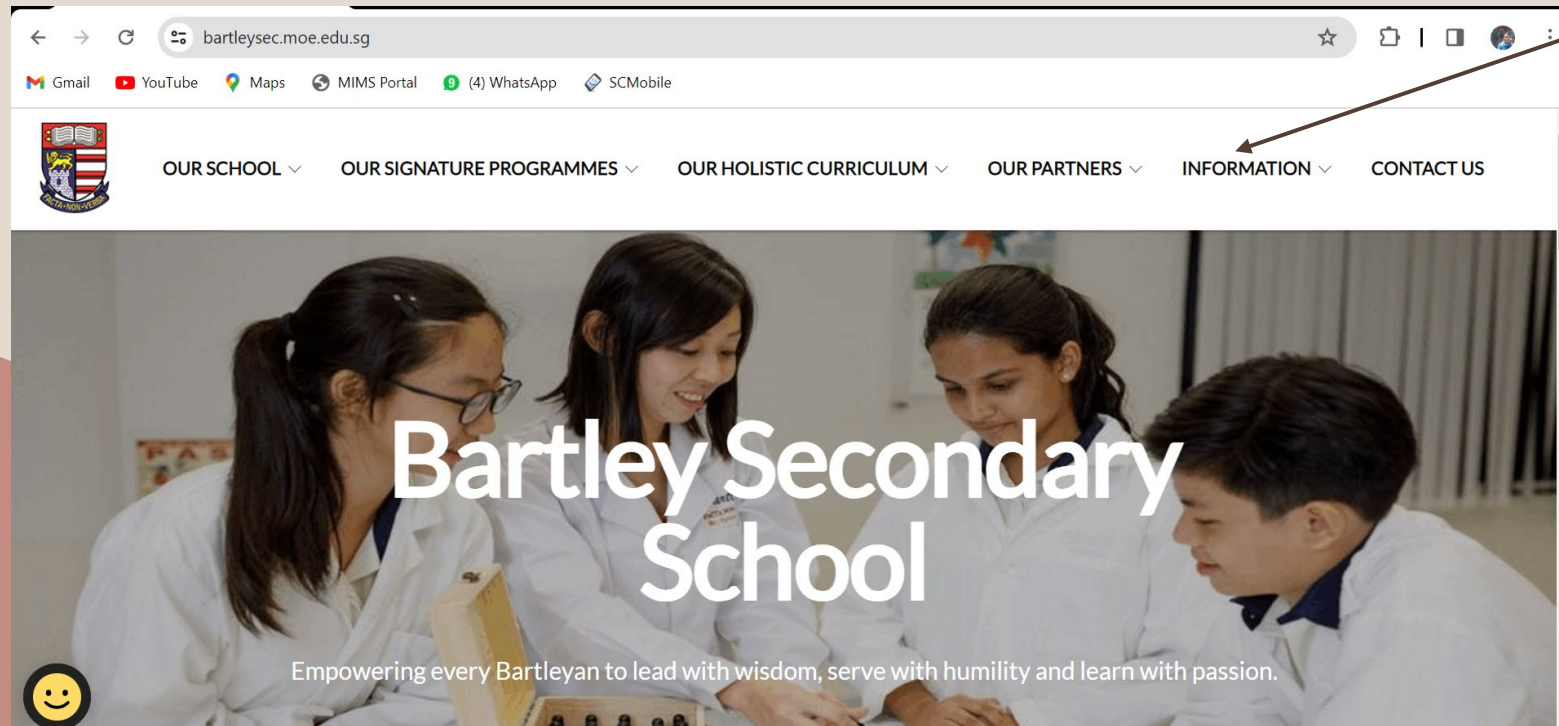


National Anti-Violence and Sexual Harassment
Helpline: 1800-777-0000

You may refer to this deck of slides at any time from our Bartley Secondary School Website

URL: <https://www.bartleysec.moe.edu.sg/>

Click 'Information' to access the slides





thank you

HAVE A LOVELY BREAK, AND WE'LL SEE YOU IN TERM 2!

