

# YOU'VE GOT THIS!

On your education journey, look for people who you can turn to for support. And be there for your friends too!



Ministry of Education  
SINGAPORE

## MANAGING YOUR EMOTIONS

How have you prepared yourself emotionally when receiving your results? The following tips may help:



- Sleeping well
- Practising deep breathing
- Exercising
- Spending time with family



- Talking with friends, teachers, parents/guardians, School Counsellor/Education and Career Guidance (ECG) Counsellor

## BEING A SUPPORTIVE FRIEND

Look out for your friends who may be feeling down. If you see someone who needs some support, try C.H.E.E.R.ing them on!

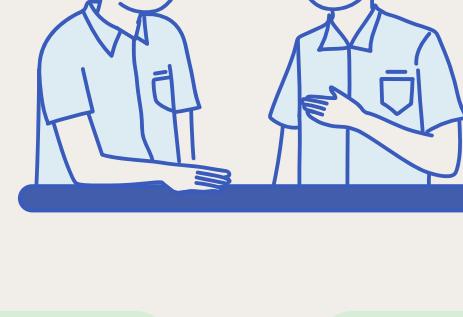
### Calm them down

"Hey, let's sit down and take a step back ok?"



### Hear them out

"I am listening.  
I am here for you."



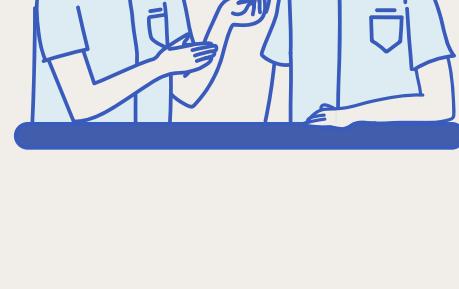
### Empathise with them

"It seems like this is a difficult time for you."



### Encourage seeking help

"Thanks for sharing. Why don't we speak with a trusted adult who can help?"



### Refer to a trusted adult

"Would you like me to go with you to talk to our teacher or School Counsellor?"



## PLANNING YOUR NEXT STEP

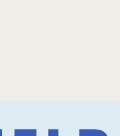
These resources will help you chart your path ahead:



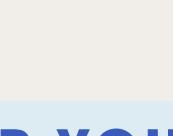
- What's Next Brochure  
<https://go.gov.sg/whats-next-nlevel>



- Contact the MOE ECG Centre  
<https://go.gov.sg/moe-ecg-centre>



- MySkillsFuture Student Portal  
<https://go.gov.sg/MySFSec>



- Chat with your school's ECG Counsellor

## HELP IS READILY AVAILABLE FOR YOU

eC2 | Visit: <https://www.ec2.sg>

An e-Counselling Centre where you can talk to trained counsellors.

TOUCHline | Call: 1800 3772252

A helpline providing emotional support and practical advice.

[mindline.sg](https://www.mindline.sg) | Visit: <https://www.mindline.sg>

An online platform with tools, tips and resources on health and well-being.

CHAT | Visit: CHAT Hub at \*SCAPE, #05-05 | Call: 6493 6500/ 6501

Personalised and confidential mental health checks and consultations for youths.

SOS | Call: 1-767 (24-hour helpline)

Round-the-clock emotional support for those in distress, thinking of suicide or affected by suicide.

You are never alone in this journey!