

# YOU'VE GOT THIS!

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



Ministry of Education  
SINGAPORE

## MANAGING YOUR WELL-BEING

How have you prepared yourself emotionally when receiving your results? Here are some tips that 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 ECG Centre @ MOE  
<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 377 2252

A helpline providing emotional support and practical advice.

**Mindline** | Call: 1771 | WhatsApp: 6669 1771

A national round-the-clock helpline and textline to support mental well-being with resources.

**Carey** | Visit: <https://carey.carecorner.org.sg/>

An online platform by Care Corner that provides free mental health check-ins with mental health professionals.

**CHAT** | Visit: CHAT Hub at \*SCAPE, #04-01A | Call: 6493 6500/ 6501

Personalised and confidential mental health checks and consultations for youths.

**SOS** | Call: 1-767 (24-hour helpline) | WhatsApp: 9151 1767 (24-hour Care Text)

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

**You are never alone in this journey!**