How we can help

HealthServe provides these mental health services:

- 24-hour helpline
- Individual counselling in your native language
- Basic mental health workshops in your native languages.

Remember to call HealthServe if you are feeling unwell, tension, or need help or advice.

Service is free

HealthServe's mental health and counselling services are FREE.

Self-care tips

It's normal to feel sad, stressed, confused, scared, or angry when facing difficulties.

Are you feeling stressed?
3 common groups of stressors:
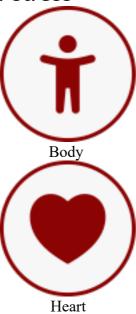
(1) Life events
e.g. marriage, new job

(2) Daily living
e.g. work issues, family issues

(3) Environment
e.g. Covid-19

Listen to the 3 signs of stress

Body

Heart

Mind

Other tips for a healthy mind:

1. Make a list of what you need to do

- Focus on one task at a time.
- Helps you to feel less overwhelmed.

2. Pace Yourself

- If you have any goals relating to managing your condition (e.g., physical activity, checking blood sugar levels), don't aim to be perfect at it immediately.
- Instead, start small and stay consistent, then slowly increase over time.

3. Acknowledge your feelings

- Know that it is normal to feel the way you feel when you are facing a chronic medical condition.
- Pay attention to your feelings. If you feel like it is getting worse, you can call us whenever you need to talk to someone.

4. Talk to your trusted family and friends

- Let them know about your feelings.
- This will allow them to be more understanding towards your feelings and struggles with managing your conditions.

When feeling stressed, we can practise: **S-E-L-F Care Tips**

Smile
Try smiling more!
Exercise
Try walking or stretching!
Love Yourself
Stress is not a sign of weakness
Find a Friend
Reach out and talk to someone.