

IMPACT OF UNRESOLVED Mental Health Concerns



CHAT

Contact Details

www.chat.mentalhealth.sg

chat@mentalhealth.sg

6493 6500 / 01

www.instagram.com/letschatsg

CHAT Hub | *SCAPE
2 Orchard Link, #04-01A
Singapore 237978



OTHER Resources

Institute of Mental Health (IMH)

6389 2222 (24h)

www.imh.com.sg

Samaritans of Singapore (SOS)

1-767 (24h)

www.sos.org.sg

Singapore Association for Mental Health (SAMH)

1800 283 7019

Weekdays (excl. public holidays)
9am to 6pm

www.samhealth.org.sg

WHAT CHAT DOES

- Provide confidential and personalised mental health checks
- Answer questions one may have about mental health
- Share resources to help one decide on the next steps
- Train young people and helping professionals
- Raise mental health awareness through outreach events and collaborations



YOUR MINI GUIDE TO

Youth Mental HEALTH



Young People's Minds Matter

Apr 2022

UNDERSTANDING Mental Health



Good Mental Health

- Mild distress
- Can cope with normal life stresses

Mental Health Problems

- Moderate distress
- Struggles with normal life stresses

Mental Illnesses

- Severe distress
- Significant changes in ability to function with day-to-day tasks

Unresolved problems may increase one's risk of experiencing mental illnesses

WHY Young People?

Academic pressures and relationship challenges with friends and/or family can easily make young people feel overwhelmed.

Internationally,

 **1 in 5** young people suffer from a mental health problem.¹

In Singapore,

 **less than a quarter** of those with mental health concerns in the general population seek help.²

¹ Patel et al., 2007
² Singapore Mental Health Study, 2016

Depression SIGNS AND SYMPTOMS

Loss of **I**nterest in daily activities

Sleep disturbances
Appetite changes
Depressed mood

Concentration problems
Activity level reduced
Guilt
Energy level decreased
Suicidal thoughts



Anxiety

SIGNS AND SYMPTOMS

Behavioural

- Avoidance of anxiety-provoking places and/or situations
- Withdrawal from friends and/or family
- Limiting amount and scope of daily activities

Physical

- Heart palpitations
- Breathlessness
- Sleep disturbance
- Dizziness
- Cold sweat

Psychological

- Excessive fear and worry
- Poor concentration
- Irritability
- Poor memory



Psychosis

SIGNS AND SYMPTOMS

Delusions

Fixed and false beliefs not held by people with the same cultural background, e.g. paranoid beliefs

Disordered thinking

Confused thoughts that do not join up properly

Hallucinations

Sensing (e.g. seeing/hearing) things that feel real, but do not exist in reality



Recognise warning **signs** and seek **support** because **early intervention** ensures **good recovery**