

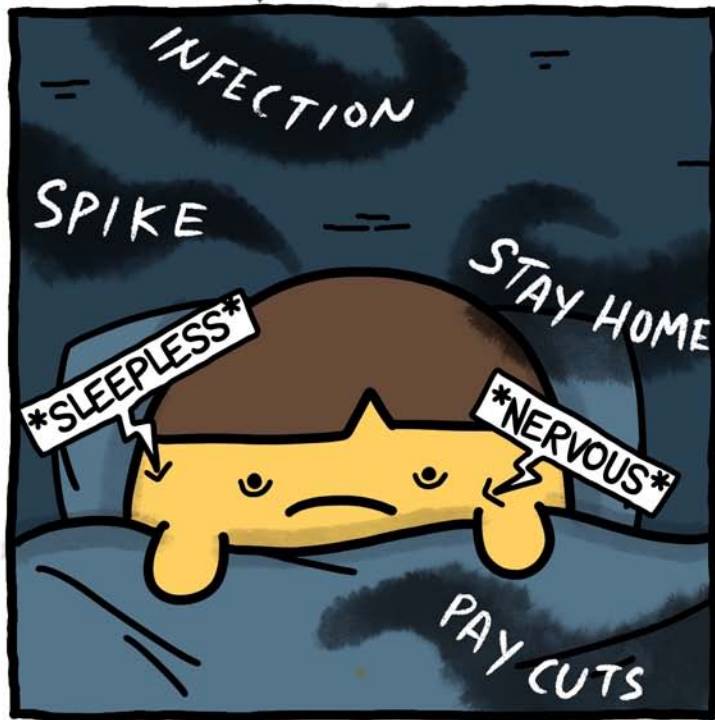


# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

AN INITIATIVE BY THE SINGAPORE PSYCHIATRIC ASSOCIATION

# ARE YOU CONSTANTLY FEELING ANXIOUS?





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

"ARE YOU CONSTANTLY FEELING ANXIOUS?"

IF YOU'RE EXPERIENCING PHYSICAL AND PSYCHOLOGICAL SYMPTOMS OF ANXIETY, KNOW THAT SUPPORT IS AVAILABLE.



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://www.go.gov.sg/helplines)



# ARE YOU FEELING LOW?





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

"ARE YOU FEELING LOW?"

IF YOU'RE EXPERIENCING  
PERSISTENT FEELINGS OF  
LOW MOOD, KNOW THAT  
SUPPORT IS AVAILABLE.

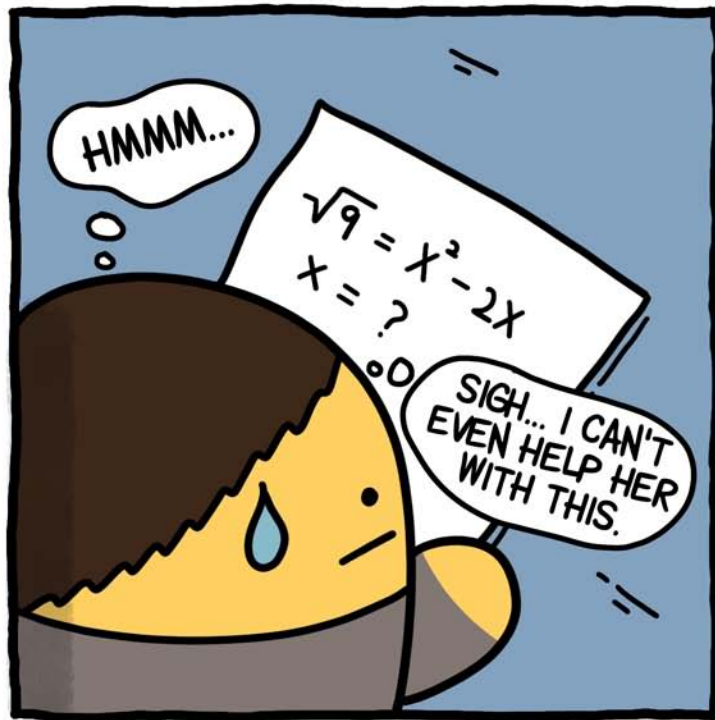
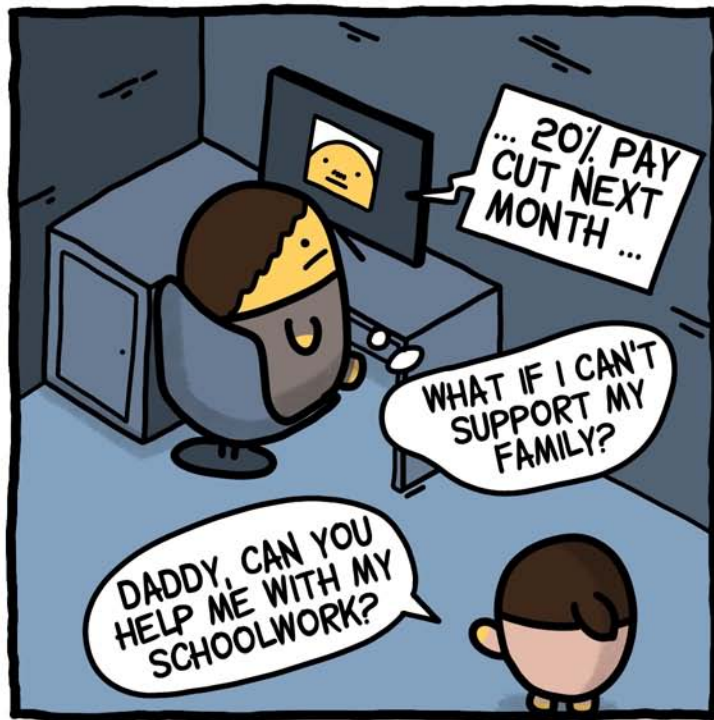


TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://www.go.gov.sg/helplines)



# GUILT AND FRUSTRATION





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

## "GUILT AND FRUSTRATION"

WE OFTEN BLAME OURSELVES FOR THINGS WHICH ARE BEYOND OUR CONTROL. REMEMBER TO BE KIND TO OURSELVES AND SUPPORT EACH OTHER IN TIMES OF DIFFICULTIES.



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://www.go.gov.sg/helplines)



# WE ALL HAVE THE SAME FEARS





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

"WE ALL HAVE THE SAME FEARS"

THIS SITUATION AFFECTS ALL OF US.  
SUPPORTING AND RESPECTING EACH  
OTHER WILL HELP US GET THROUGH  
THIS TOGETHER!



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://www.go.gov.sg/helplines)



# CAN'T STOP THINKING ABOUT IT





# CARING FOR OUR MENTAL WELLBEING

— DURING COVID-19 —

"CAN'T STOP THINKING ABOUT IT"

IF YOU'RE HAVING RECURRING  
TROUBLING MEMORIES THAT ARE  
AFFECTING YOU, REMEMBER  
THAT HELP IS AVAILABLE.



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://go.gov.sg/helplines)



# TAKING CARE OF OUR ELDERLY





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

## "TAKING CARE OF OUR ELDERLY"

MANY ELDERLY STRUGGLE WITH LONELINESS AND ANXIETY DURING THIS PERIOD. WE CAN SUPPORT THEM BY REACHING OUT AND HELPING THEM WITH ERRANDS.

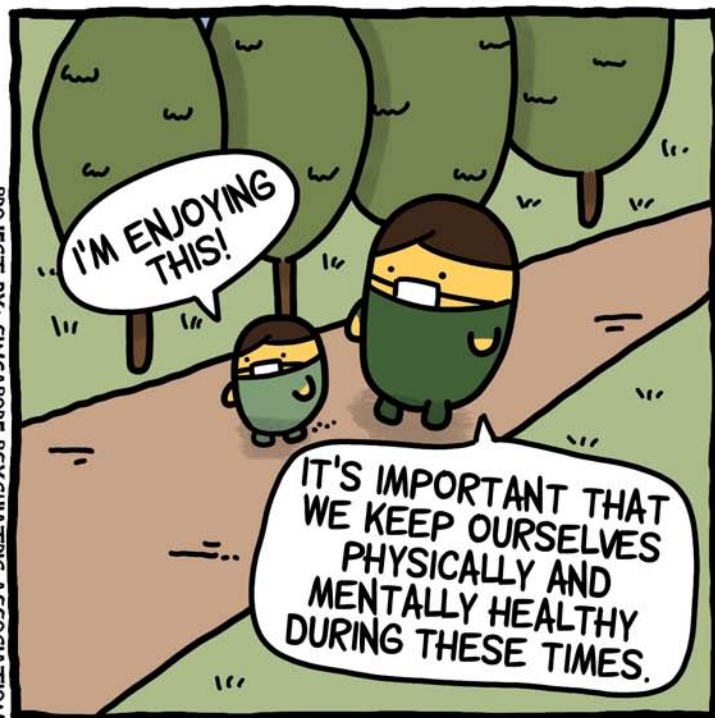


TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://go.gov.sg/helplines)



# SUPPORTING OUR CHILDREN





# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

## "SUPPORTING OUR CHILDREN"

CHILDREN MAY BE IMPACTED BY FEAR AND ANXIETY DURING THESE TIMES. CHECKING IN WITH HOW THEY'RE FEELING AND GIVING REASSURANCE CAN HELP.



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://go.gov.sg/helplines)





**C**ONNECT WITH OTHERS



**A**DJUST YOUR THINKING



**R**ECOGNISE YOUR FEELINGS



**E**XERCISE REGULARLY



# CARING FOR OUR MENTAL WELLBEING

DURING COVID-19

## "PRACTISING SELF C.A.R.E"

CARING FOR OUR SOCIAL,  
MENTAL, EMOTIONAL AND  
PHYSICAL NEEDS MAINTAINS OUR  
WELLBEING TO ENABLE US TO  
COPE WITH CHALLENGES.



TO SPEAK TO SOMEONE,  
CALL NATIONAL CARE  
HOTLINE: 1800-202-6868

OR VISIT [GO.GOV.SG/HELPLINES](https://www.go.gov.sg/helplines)



# ACKNOWLEDGEMENTS:

## COORDINATED BY:

DR CHRIS CHEOK CHENG SOON  
DR CHRIS TAN ZE JIA  
MS CHEW QIAN HUI

## ARTWORK & STORY:

FORESTFORESTWOLF  
BESSTORIES

## CONTRIBUTORS:

DR ADRIAN LOH SENG WEI  
DR CHRIS CHEOK CHENG SOON  
DR CHRIS TAN ZE JIA  
MR DESMOND ANG TOON SZE  
DR GILES TAN MING YEE  
DR SIM KANG

## SUPPORTED BY:

SINGAPORE PSYCHIATRIC  
ASSOCIATION



## EDUCATIONAL FINANCIAL SUPPORT PROVIDED BY:

MITSUBISHI TANABE PHARMA  
SINGAPORE PTE. LTD



Mitsubishi Tanabe Pharma Singapore

