

CARING FOR COVID-19 HEROES

* HEALTHCARE WORKERS *



CARING FOR COVID-19 HEROES - HEALTHCARE WORKERS -

"I AM CONSTANTLY FEELING ANXIOUS"

IF YOU'RE EXPERIENCING PHYSICAL OR PSYCHOLOGICAL SYMPTOMS OF ANXIETY, PRACTISE MANAGEMENT STRATEGIES AND REMEMBER THAT SUPPORT IS AVAILABLE.



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

OR VISIT [60.GOV.SG/HELPLINES](https://60.gov.sg/helplines)

PROJECT BY:
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[WWW.SINGAPOREPSYCHIATRY.ORG.SG](https://www.singaporepsychiatry.org.sg)



CARING FOR COVID-19 HEROES

- HEALTHCARE WORKERS -

"I AM FEELING LOW"

IF YOU'RE EXPERIENCING PERSISTENT FEELINGS OF SADNESS OR LOSS OF INTEREST, REMEMBER THAT SUPPORT IS AVAILABLE.



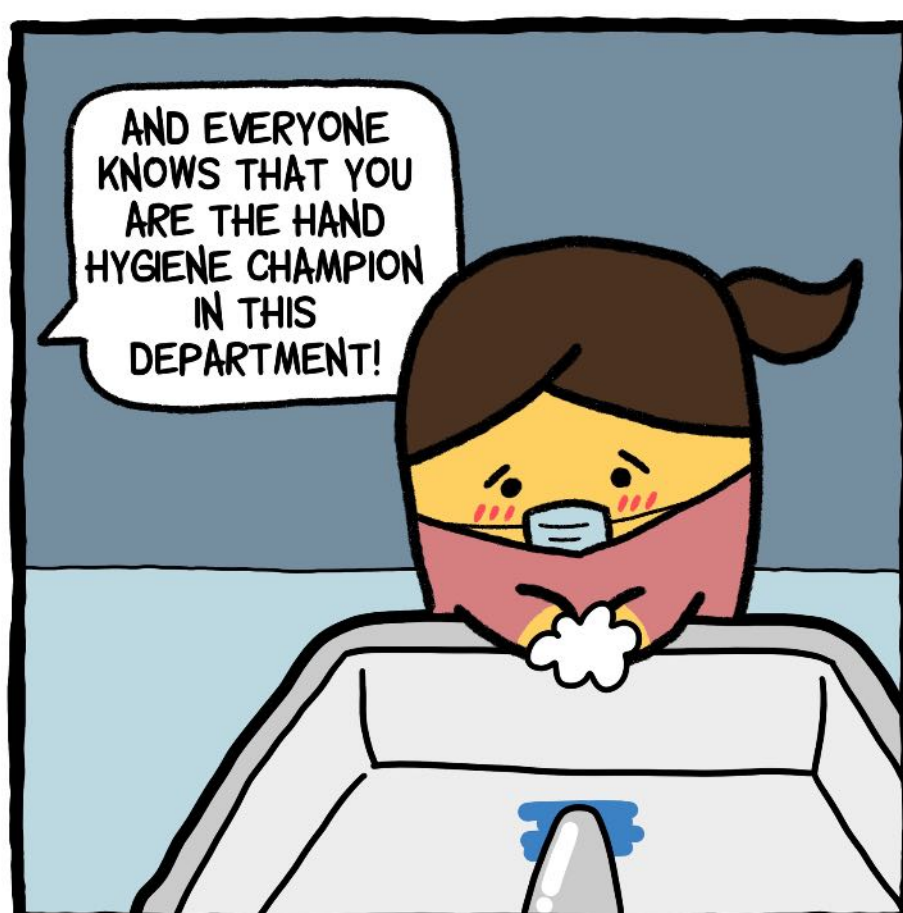
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"I AM FEELING STIGMATISED"

IF YOU'RE EXPERIENCING STIGMATISATION, TALK TO YOUR COLLEAGUES AND SUPERVISORS AND REMEMBER THAT SUPPORT IS AVAILABLE.



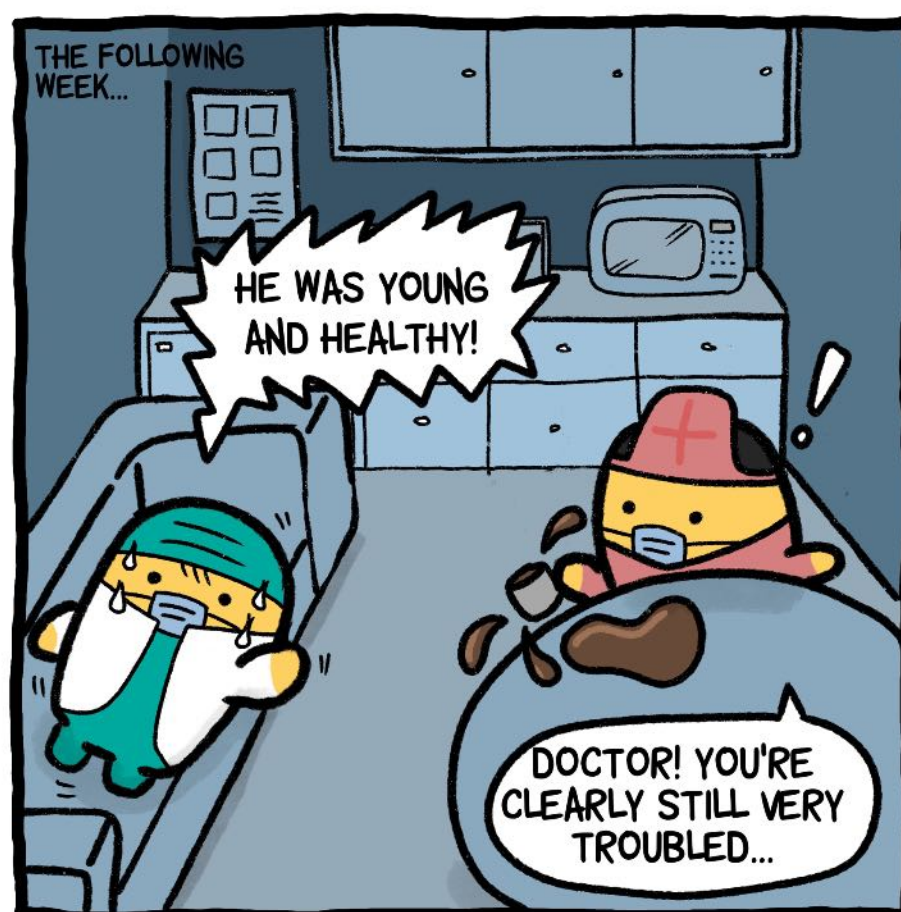
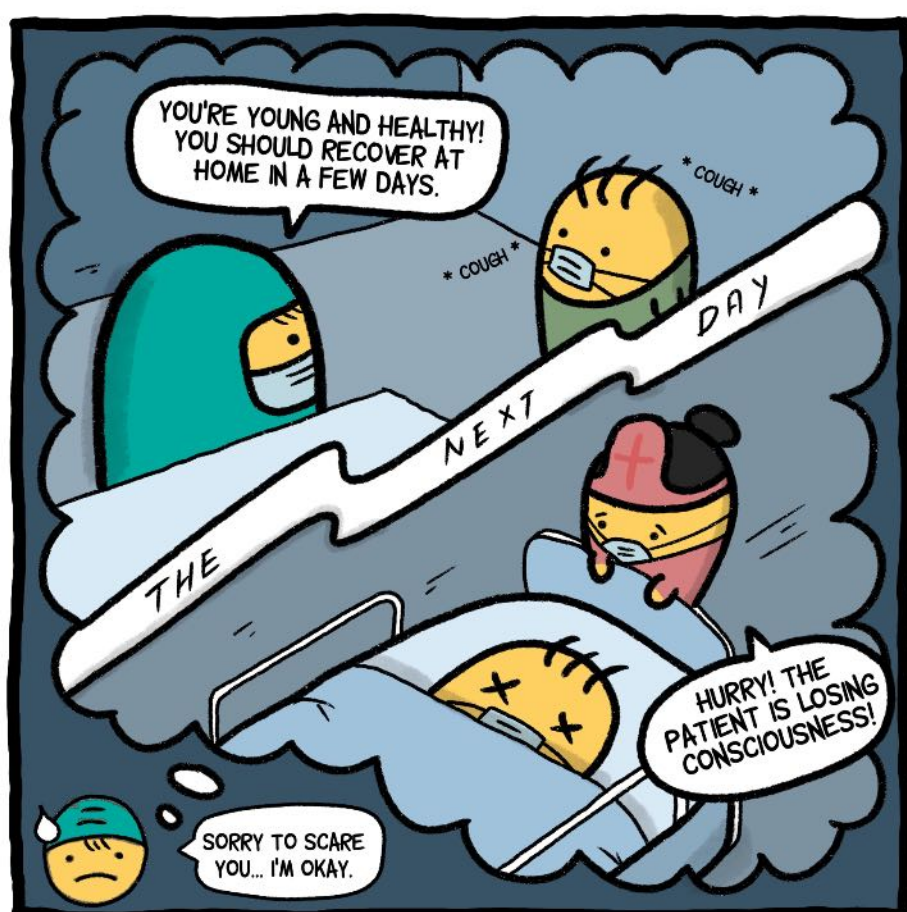
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"I CAN'T STOP THINKING ABOUT IT"

IF YOU'RE EXPERIENCING PERSISTENT EMOTIONAL DISTURBANCES FOLLOWING A TRAUMATIC EVENT, REMEMBER THAT SUPPORT IS AVAILABLE.



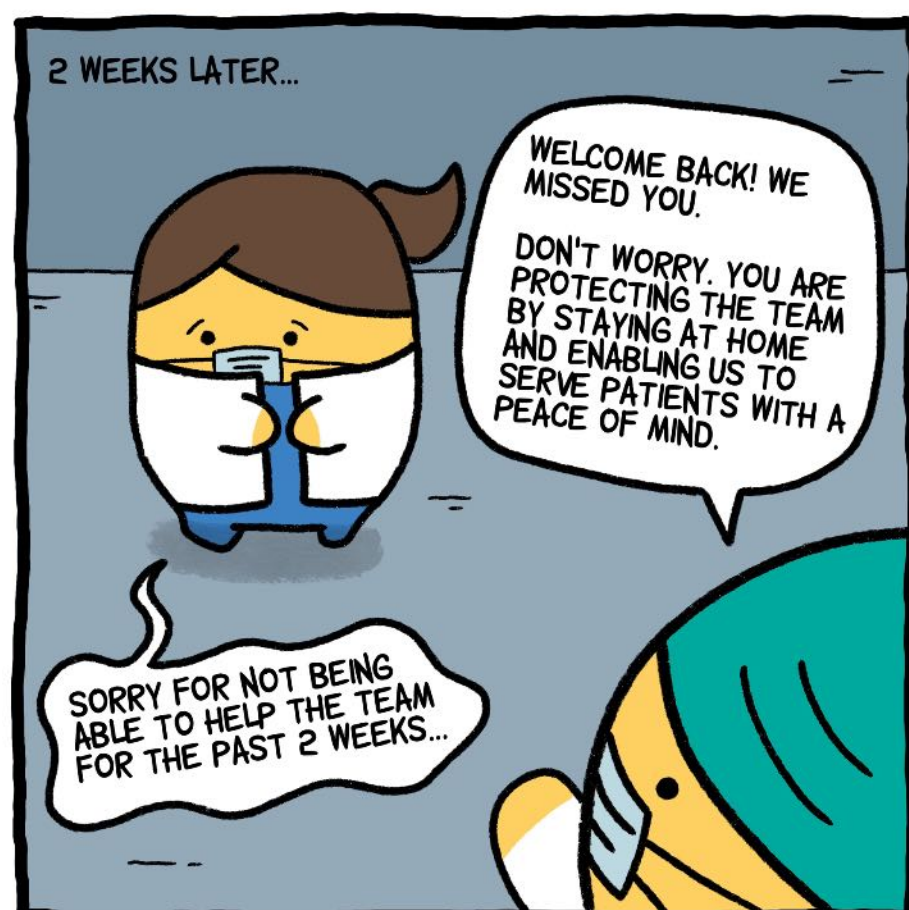
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"I AM FEELING GUILTY"

IF YOU'RE FEELING GUILTY AND FRUSTRATED DURING QUARANTINE, SHARE YOUR FEELINGS WITH FAMILY AND FRIENDS AND REMEMBER THAT SUPPORT IS AVAILABLE.



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"I AM FEELING EMPTY AND EXHAUSTED"

IF YOU'RE FEELING OVERWHELMED AND EMOTIONALLY DRAINED, FIND WAYS TO REDUCE YOUR STRESS AND REMEMBER THAT SUPPORT IS AVAILABLE.



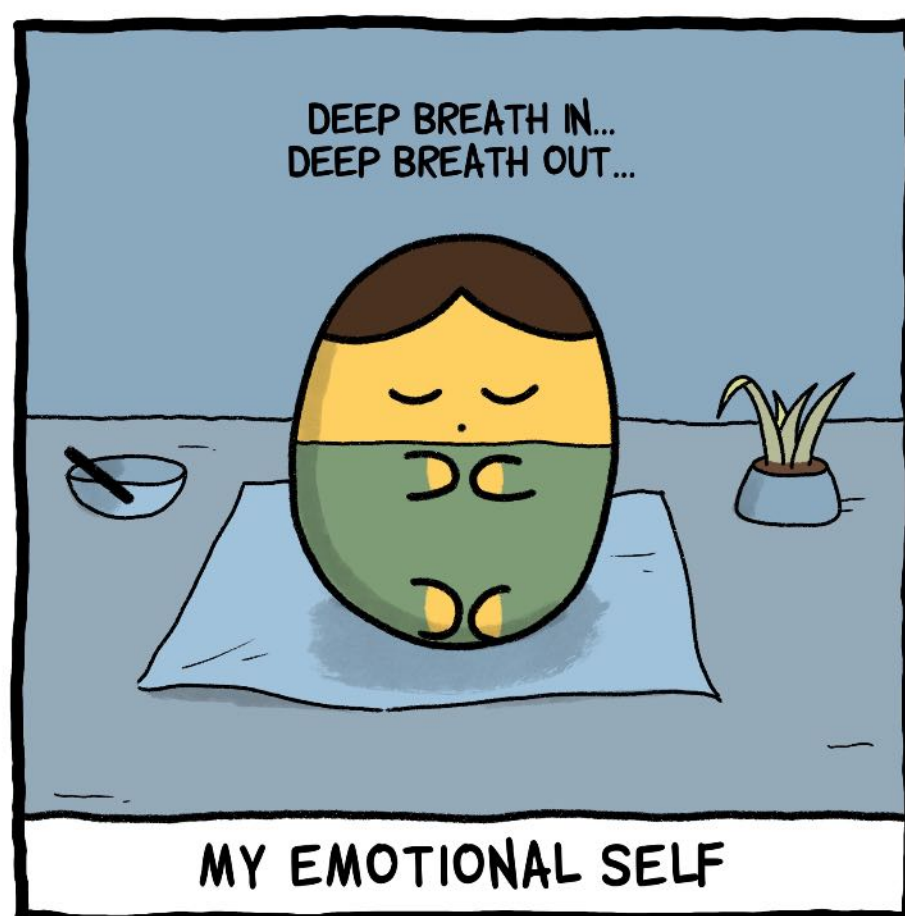
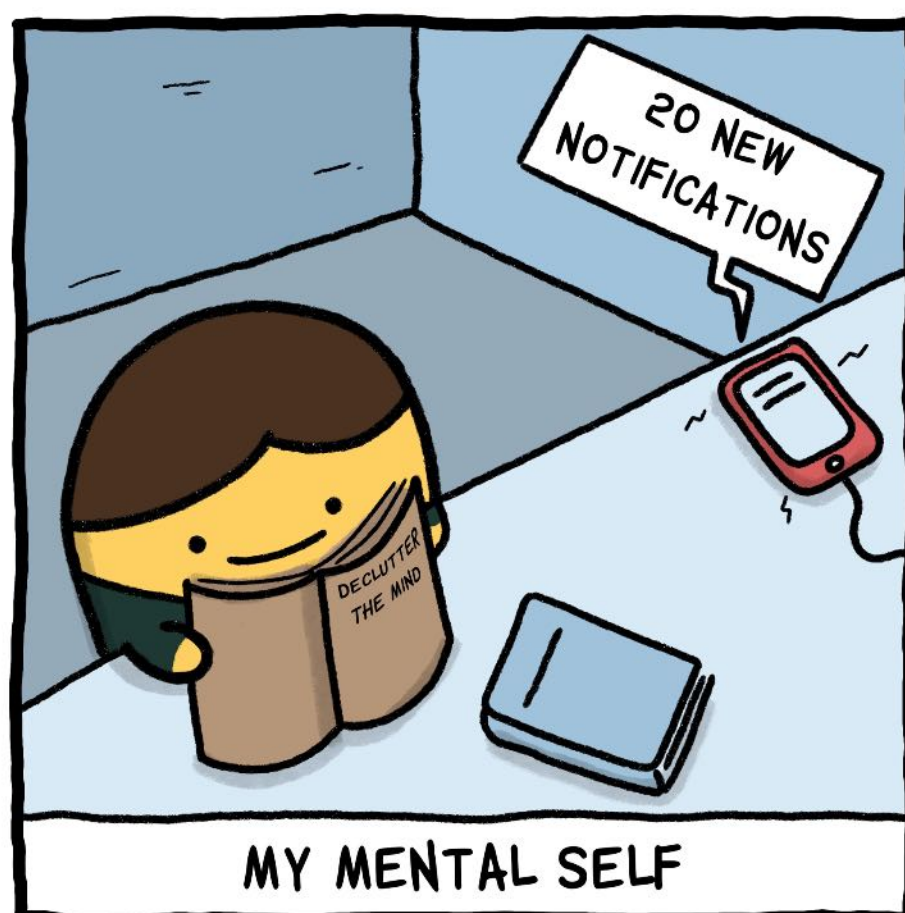
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"SELF-CARE FOR BETTER HEALTH CARE"

TAKE TIME TO CHECK IN WITH
YOURSELF AND RECHARGE IN
SIMPLE DAILY ACTIVITIES.



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ARTWORK & STORY:

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