



COPING WITH DEPRESSION AND LOW MOOD



Depression might look like...

What can I do?

Speak to a trusted adult



A parent or counsellor can be a great source of help during difficult times.

Reach out to friends



You may not feel like it but maintaining connections with others can have a significant impact on your mood and perspective.

Adopt healthy habits



Try sleeping more, eating better, and getting some movement into your day. You will feel better after taking care of yourself.



Get some Vitamin D

Try doing something outdoors such as taking a walk, or light sports.

HELP IS A CLICK AWAY

SHINE Youth & Children Services
<https://www.shine.org.sg/resilience>

Limitless Singapore
<https://www.limitless.sg/depression>

Wysa Chatbot
<https://www.mindline.sg/wysa-chat>

Mindline Singapore
<https://mindline.sg/youth/home>



When should I seek help?



Seek help when your low mood persists after 2 or more weeks, or if you have tried making several positive changes but still feel depressed.

HELP IS A CALL AWAY

Samaritans of Singapore
1-767
(24hr)

**Singapore Association
for Mental Health**
1800-283-7019
(Mon - Fri, 9am - 6pm)

CHAT
6493 6500
(Tue - Fri, 1pm - 8pm)

Tinkle Friend
1800-2744-788
(Mon- Fri, 2.30pm to 5pm)

