

Taking Care of Myself

(An encouragement note from the KKH Children's Emergency team.)

Many young people feel stressed and overwhelmed by problems at home, pressure in school or relationship problems. This is normal. Most of the time, young people are able to manage problems on their own. However, sometimes, things can become too difficult for us to cope on our own.

When do I need more help?

Our body and mind can give us clues to when we might need more help.

We may need help if we experience the following for a prolonged period:

- have difficulty sleeping
- lose our appetite to eat
- difficulties with concentration
- feel irritable
- feel confused
- have thoughts of harming ourselves, or wanting to die

When things get to this point, it is usually a good idea to get extra help for others.

Asking for help is not a sign of weakness.

Who can help me?

Many young people worry about others around them might say if they share about their difficulties. This is why talking to a professional can be helpful.

There is professional help available to help young people overcome these challenges. Based on what you have shared today, you are being referred to the most suitable person to help you with your problem:

<input type="checkbox"/> School Counsellor	<input type="checkbox"/> Psychologist
<input type="checkbox"/> Medical Social Worker	<input type="checkbox"/> Psychiatrist

Do not miss out on the opportunity to touch base with them.

These professionals are experienced with helping many other youths who have problems similar to yours. Through the help of experienced professionals, they have successfully overcome their problems, and gone on to enjoy their youth and pursue their dreams.

Check out their stories of inspiration and courage at this website:

<https://www.chat.mentalhealth.sg>

This is the website of the "Community Health Assessment Team", CHAT, which has been helping young people (16-30 yrs old) in Singapore with mental health concerns since 2009.

How can others help me?

Allow someone professional to help you effectively so that you do not have to suffer and cope on your own. There are good treatment choices available. **There is no need to suffer in silence nor feel ashamed of asking for help.**

A mental wellness professional will be able to listen to the emotional pain that we experience, and then help us learn skills and strategies to cope with these difficult thoughts and painful feelings.

Sometimes, our brain can also behave in ways that makes it difficult for us to cope with what is happening around us. In these situations, medication can sometimes help our brains work a little better. **You can always talk to the professional to discuss what treatment options work best for you, and decide what kind of treatment options you prefer.**

The earlier we understand what is happening to us, the earlier we learn about what we can do to help things get better.

The next step...

You have already proven that you are courageous by allowing us to help you in KKH Children's Emergency. But this is only the first step. Do allow a professional to help you through this difficult journey.

Seeking help is a sign of strength!



(name of doctor/ nurse)