

Useful telephone numbers

If the person would prefer to speak to someone outside the family and treating team, consider the following contacts for support:

- **KK Women's and Children's Hospital**
If you have a designated case manager (Department of Psychological Medicine), call +65 6394-2205 from Mon to Fri, 8.30am to 5.30pm.
- **Samaritans of Singapore (SOS)**
24hrs: 1800-221 4444
- **Singapore Association for Mental Health (SAMH)**
1800-283-7019
- **Tinkle Friend (Singapore Children's Society - for primary school children)**
Mon to Fri, 9.30am to 11.30am, 2.30 to 5.30pm:
1800-2744 788
- **Touchline for youths**
Mon to Fri, 9.00am to 6.00pm: 1800-377-2252

Useful telephone numbers

Appointments/ Specialist Outpatient Clinics
Enquiries Hotline +65 6294-4050
KK Ask-A-Nurse Service 1900-KK-Nurse or
1900-55-68773
(chargeable at S\$0.80
per minute)



KK Women's and
Children's Hospital
SingHealth

100 Bukit Timah Road
Singapore 229899
Tel: +65 6-CALL KKH (+65 6-2255 554)
Fax: +65 6293-7933
Website: www.kkh.com.sg
 www.facebook.com/kkh.sg



KK Women's and
Children's Hospital
SingHealth

Safety at Home

Reg No 198904227G WPSM/sah0114

PATIENTS. AT THE HEART OF ALL WE DO.®

Here are some ideas and tips on helping your loved one during this difficult time.

Ensuring the environment at home is safe

- Ensure window grills and balcony grills are locked. If cannot be locked, consider using a padlock or a bicycle chain to secure them.
- Put away all items that can be used for self-harm or suicide - belts, ropes, blades, scissors, knives, bleach and all medicine. Consider using a lockable drawer to secure these items.
- Consider searching their room and possessions for any items that may cause harm to them.
- If medication is prescribed, ensure that medication is dispensed by a carer and not left in the possession of the person.
- Consider not leaving the him/ her alone at home and accompany the person for all outings.

Things to do at home

- Consider drawing up a timetable and filling it with productive (eg. doing some simple light home chores, school work) and pleasurable things (eg. watching a comedy, playing a board game).
- If it is safe to do so, consider going out for walk with the person and some light exercise.
- Set aside time to talk about their concerns and worries.
- Encourage the person to communicate their thoughts on self-harm and suicide. Find an alternative method of communication if talking about it directly is difficult (text message, email, writing things down).
- Consider massage, prayer, meditation and deep-breathing as a way of managing their distress and anxiety.

Self-care for carers

- Get help from other family members and friends to take turns caring for the person.
- Take time to talk and get support from someone you trust and respect.
- Find time to take a break and do something you enjoy once in a while.
- Contact **The Caregivers' Association of the Mentally Ill (CAMI) Helpline (24hrs)** for telephone advice and support: +65 6782-9371

What to do if you are concerned that things are getting worse

- During working hours (Mon to Fri, 8.30am to 5.30pm)
 - Call the Department of Psychological Medicine, designated case manager: +65 6394-2205.
- After working hours, consider the following options
 - Call **Institute of Mental Health (IMH) Crises Hotline** for advice (24hrs): +65 6389-2222.
 - Bring your loved one to Emergency Room, IMH, if you are unable to manage your loved one safely at home.
 - If the person has harmed himself/ herself physically, bring to the nearest Accident and Emergency Department for medical attention. If you are really concerned about the person and you cannot take them to a place of safety, contact the police (call 999) for assistance.
- Below are some useful contacts to help transport your loved one to IMH in the event you are unable to manage this
 - **CIVIC Private Ambulance:** +65 6333-3000
 - **The Caregivers' Association of the Mentally Ill (CAMI) Help line (24hrs):** +65 6782-9371