



MH Initiative Project



My emotional well-being Matters!

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through graduates and discoveries that make a difference



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“Looking healthy doesn't mean you have to be sweaty from the gym, curvy, tan or stuffing kale and almonds down your throat. Health is bright eyes, genuineness, a functional alert body, sharp mind, compassion and positivity. If you're healthy it'll show from the energy in your limbs to the glow on your skin. You can't create health. 'Healthy' isn't a look. It's a lifestyle. Live it and it'll show”.

JCUS Psychology Society students



Depression

FEELING DOWN, SAD OR MOODY ?

University is an exciting new time. However, it has its challenges. As a student, there are many obstacles one may have to face, such as tough assignments, time management, and other commitments. Sometimes, it may seem like the end of the world when things do not go your way, however, these feelings will heal in time.

If you have been feeling **sad**, **irritable**, and/or **hopeless** for more than 2 weeks, it may be **depression**. You are not alone, and depression can be treated.

Do not be worried. If you recognise at least five symptoms in yourself or anyone you know, it is not wrong to ask for help.

- ✓ Depressed mood; irritable mood
- ✓ Decreased pleasure in most activities that were enjoyed
- ✓ Weight loss/gain; without being on a diet
- ✓ Change in appetite
- ✓ Insomnia or hypersomnia
- ✓ Psychomotor impediment
- ✓ Feelings of fatigue; or loss of energy
- ✓ Feelings of worthlessness
- ✓ Unwarranted feelings of guilt
- ✓ Finding it harder to think or concentrate; or indecisiveness
- ✓ Recurring thoughts of death or suicide (attempt/plan)



Have you noticed some of these symptoms? You could write them down here and keep track to see if they are worsening or getting better. If you have 5 or more symptoms and they are persistent or worsening, please seek professional help to address it.

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Anxiety

EVER FEEL LIKE EVERYTHING IS JUST TOO MUCH ?

To many of you, university may be the next big step you are taking in life. However, it is also a very new environment, with many new expectations that others, and even yourself, may have of you. Sometimes, the pressure may feel overwhelming. While moderate pressure may be good for you, it can easily build up and be too much to handle.

If you have been **excessively worrying** about 50% of your time in **two domains** (such as school and family life), for at least 3 months, it may be **anxiety**. You are not alone, and anxiety can be overcome.

Do not be worried. If you recognise these symptoms in yourself or anyone you know, it is not wrong to ask for help.

- ✓ Restlessness/Feeling on edge
- ✓ Feeling fatigued easily, despite not using too much energy
- ✓ Has difficulty concentrating, or has the mind go blank occasionally
- ✓ Irritable
- ✓ Muscle tension despite lack of physical activity
- ✓ Disturbances in sleep

You may recognise that there are overlapping symptoms between anxiety and depression. Nonetheless, there is a distinction between both. Either way, the best way to deal with the problem is by seeking help; so do not hesitate.



Have you noticed some of these symptoms? You could write them down here and keep track to see if they are worsening or getting better. If you notice anxiety symptoms and they are persistent or worsening, please seek professional help to address it.

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Anger

EXCESSIVE ANGER IS SELF-DESTRUCTIVE.

University may be a very trying time. It takes time to learn how to juggle assignments, studying, and other commitments, without sacrificing the fun side of life as well. Emotions may run high during this time, and it is perfectly normal to feel any emotion very strongly sometimes. However, there are moments when these emotions may go out of hand, and that is when it is important to step back and look at it properly.

Anger management problems may stem from other emotional symptoms, such as depression, anxiety, paranoia, social isolation, frustration, or even lack of sleep. Remember that **you control your emotions**, and they do not control you.

Do not be worried. If you recognise these symptoms in yourself or anyone you know, it is not wrong to ask for help.

- ✓ Difficult to calm the feeling of anger.
- ✓ Quick and violent reactions to small problems.
- ✓ Often breaking objects during arguments.
- ✓ Physically punching objects to feel a sense of release.
- ✓ Accusing friends or loved ones of things they did not do.
- ✓ Having the same arguments over and over again.
- ✓ Feeling regretful of your actions after the argument had passed.



Have you noticed some of these symptoms? You could write them down here and keep track to see if they are worsening or getting better. If you notice anger symptoms and they are persistent or worsening, please seek professional help to address it.

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Stress

EXCESSIVE STRESS IS SELF-DESTRUCTIVE.

While it may seem unlikely, it is perfectly natural – and in fact, healthy - to feel stress during university. Moderate stress has been shown to be good for us, as it means we care about the consequences of our actions; in this case, our grades, when we are studying. However, if the stress experienced is beyond your ability to cope, it can negatively impact you mentally and physically.

The stress response engages a person's fight or flight response. Constant exposure to stress, or constantly being stressed, will lead to being stuck in those modes, and bring negative consequences to the person. Recognise when the stress you are feeling is too much for you to handle.

Do not be worried. If you recognise these symptoms (both psychological and physical) in yourself or anyone you know, it is not wrong to ask for help.

- ✓ Sleep disturbance.
- ✓ Difficulty concentrating.
- ✓ Irritability.
- ✓ Difficulty relaxing.
- ✓ Muscle tension and pain.
- ✓ Low energy.
- ✓ Changes in appetite.
- ✓ Heart palpitations.
- ✓ Hyperventilation.
- ✓ High blood pressure.
- ✓ Recurring colds and flus.



Have you noticed some of these symptoms? You could write them down here and keep track to see if they are worsening or getting better. If you notice stress symptoms and they are persistent or worsening, please seek professional help to address it.

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Self Harm

SELF HARM AND SUICIDE DO NOT GO HAND IN HAND.

Emotions felt in university may be intense. At times, it may be difficult to cope. Self-harm occurs when people are unable to cope in healthy ways to the problems they are currently facing. While those who inflict self-harm on themselves may not have the intention of suicide, forms of self-harm may lead to serious consequences, including death.

Self-harming may bring a temporary sense of relief or calm, but is immediately followed by guilt, shame, and the return of the painful emotions. Hurting yourself will not help you, or anyone else, in any way.

Do not be worried. If you recognise these symptoms in yourself or anyone you know, do seek help immediately.

- ✓ Fresh scratches, cuts, wounds, or bruises.
- ✓ Hair loss or bald spots.
- ✓ Keeps sharp objects on hand.
- ✓ Spends a lot of time alone.
- ✓ Always wears long sleeves or pants, even in hot weather.
- ✓ Claims to have accidents often.

Do not fall prey to a permanent solution to a temporary problem.



Have you noticed some of these symptoms? You could write them down here and keep track to see if they are worsening or getting better. If you are self-harming and it is persistent or worsening, please seek professional help to address it.

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Where can I seek help?

“You don't have to be at your lowest to ask for help. Ask when you've been feeling down. Ask when you can't stop thinking untrue things about your body. Ask when you're always doubting yourself. Ask when you cry too much. Ask when you don't feel healthy. Ask when you don't feel at your best. Help is waiting for you and there's no shame in it. Ask because you know you're brave enough and deserving enough. Trust me when I say, I know you're deserving. So ask no matter how bright your smile is right now, you don't have to wait for it to shrink”.

JCUS Psychology Society students

STUDENT AFFAIRS



- Approach staff at front desk, Student Affairs
- Staff member will recommend an appropriate service depending on the identified issues.

JCUS Counselling Office



Emergency Services



JCUS Psychology Clinic



External Agencies



You can also access these services directly

JCUS COUNSELLING OFFICE

Walk in to Counselling Office located at D1-14
Call +65 6709 3671

JCUS PSYCHOLOGY CLINIC

Walk in to Psychology Clinic located at B1-03
Call +65 6709 3762 or email psyclinic-singapore@jcu.edu.au

EXTERNAL AGENCIES

For specific issues or other counselling services, you can contact the external agencies listed on pg. 17-18

EMERGENCY SERVICES

Please go to the nearest A&E, call 995 for emergency services, SOS at 1-767, or the IMH 24-hour hotline at 63892000.
Also refer to contact information on pg. 17- 19

External Agencies I can contact for help

IMH (Institute of Mental Health's Mental Health Helpline)	Psychiatric emergency / crisis / suicide	Helpline support 6389 2222
CHAT (Community Health Assessment Team)	Assessments in crisis situations	Drop-in centre CHAT Hub *SCAPE #05-05, 2 Orchard Link 237978 Tel: 6493 6500 / 6501 Fax: 6820 7190 Email CHAT@mentalhealth.sg
SOS (Samaritans of Singapore)	Helping persons at risk / suicide	Suicide Prevention Hotline 1800 221 4444 Address 10 Cantonment Close #01-01 Singapore 080010 Fax: 6220 7758 Email support pat@sos.org.sg Text Message m.me/SamaritansofSingapore
SACC at AWARE	For those who have experienced sexual assault	Helpline support 6779 0282 Operating Hours: Mon to Fri: 10am-6pm Drop-in centre 5 Dover Crescent #01-22, Mon-Fri: 10am-6pm Email support sacc@aware.org.sg WhatsApp chat 9781 4101 Operating Hours: Mon-Fri: 10am-6pm
PAVE	For families facing violence	Drop-in centre 211 Ang Mo Kio Ave 3 #01-1446 Singapore 560211 Mon-Fri: 9am-1pm/ 2pm-6pm Tel: 6555 0393 / Fax: 6552 5290 Email: intake@pave.org.sg

External Agencies I can contact for help

<p>NAMS</p>	<p>For those with gambling problems</p> <p>Addictions management service.</p>	<p>24 Hours Helpline support 1800-666 8668</p> <p>Phone 6732 6837</p>
<p>Singapore Association For Mental Health (SAMH)</p>	<p>Counselling</p>	<p>Helpline support 1800-283-7019</p>
<p>OOGACHAGA</p>	<p>Counselling and Support Services for LGBT</p> <p>Support Groups</p>	<p>Hotline & Whatsapp Counselling Hotline: 6226 2002 Whatsapp: 8592 0609 Operating Hours: Tue, Wed, Thu: 7pm – 10pm; Sat: 2pm – 5pm.</p>
<p>Care Corner Counselling Centre (Mandarin)</p>	<p>For Individual Counselling, Marital and Family Therapy</p>	<p>Hotline Counselling (Mandarin) 1800-3535-800</p> <p>Address Blk 62B Lorong 4 Toa Payoh #02-143 Singapore 312062</p> <p>Telephone 6353-1180 Email cccc@carecorner.org.sg</p>
<p>Shan You Counselling Centre (Mandarin)</p>	<p>Counselling centre in Mandarin</p>	<p>Yuan Yuan Helpline (Mandarin) 6741-9293</p> <p>Operating Hours: Mon, Wed, Thu & Fri: 9am-6pm; Tue: 12.00pm-9.00pm Closed on Saturday, Sunday and Public Holidays</p>

Where can I get psychiatric help in Singapore, as an International student?

Location	Details	Procedure	Average Cost for International Students
IMH (Institute of Mental Health)	Buangkok Green Medical Park 10 Buangkok View Singapore 539747	Two ways to get an appointment: 1st way: 1)Walk into A & E if you are experiencing unmanageable suicidal thoughts. 2)Psychiatrist will be scheduled to see you immediately. 2nd way: 1)Call 6389 2200 for appointment 2)Inform them that you have received a referral letter by your GP or Psychologist 3)Waiting time is approximately 1 month	1. \$115 (includes consultation and medication) Follow up appointment at outpatient clinic \$153 2. \$153 for consultation (does not include medication) Follow up appointment is \$119
SGH (Singapore General Hospital – Department of Psychiatry)	Outram Park, Singapore 169608	1)GP or Psychologist to send in Referral Letter via fax 2)SGH Psychiatric Department will fax back appointment date within one working day (FAX no: 62273670) 3)Appointment normally scheduled within a week, depending on availability	\$162 for consultation (does not include medication)
NUH (National University Hospital - Neuroscience Clinic)	Kent Ridge Wing, Zone C Level 4 National University Hospital 5 Lower Kent Ridge Road Singapore 119074	1)GP or Psychologist need to email the referral or set an appointment (appointment@nuhs.edu.sg) or call 6772 2002 2)NUH will reply and inform appointment date	\$134 (First consultation) \$102 (Repeat Consultation)



We hope you have found the information in this booklet useful. It is important to be emotionally well, in order to really make the most of your time here at James Cook University Singapore. Please check in with the symptoms of common emotional difficulties every now and then to ensure you are taking care of your emotional well-being.