



MINISTRY OF HEALTH  
SINGAPORE

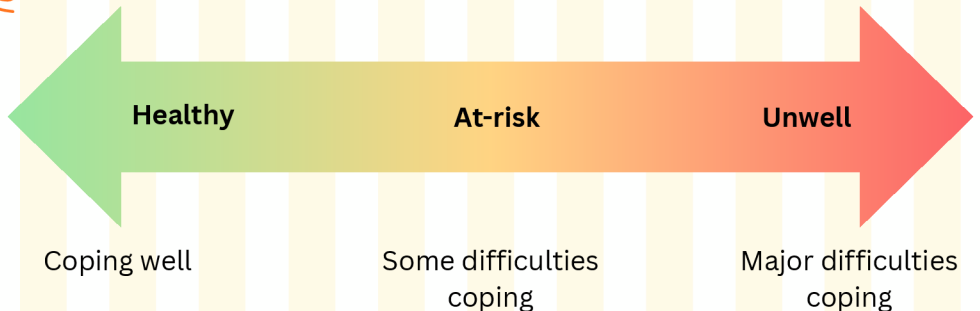
*Life's giving you lemons?*



*We got you.*

## What is mental health?

- The World Health Organisation (WHO) defines mental health as “a state of well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community”.
- **There is no health without mental health.** Mental health is an integral part of overall health and is as important as physical health.
- Mental health **exists on a continuum.** Depending on one’s lifestyle habits and ability to cope, one can move along this spectrum over time and at any time.



Source:  
World Health Organisation. (n.d). *Mental health*. <https://www.who.int/health-topics/mental-health>

# *Mental health challenges arising from life transitions*

Transitions can be exciting times to gain new experiences, yet it can sometimes feel intimidating. Changes caused by transitions could disrupt your routine and feelings of familiarity, comfort and security.

Common transitions include:

- Undergoing puberty
- Adjusting to a new school/ work environment
- Enlisting into National Service (NS)
- Stepping into the workforce
- Entering a new relationship



When faced with such transitions, it is important to stay calm, step out of your comfort zone and relearn skills.

Here are some ways you can keep the stress at bay:

- Be kind to yourself
- Keep an open mind
- Take breaks to do what you love
- Look out for signs of mental distress
- Reach out to your parents, a trusted peer or care professional



## *Balancing your screen use*

In this highly digitalised environment today, the ready availability of devices and screens can bring potential benefits and harm. It is important for you to adopt healthy screen use habits to reduce the potential harm.

Excessive screen use may affect you:

- Increase in sedentary lifestyle, with a heightened risk of obesity
- Difficulty sleeping or disruptions to sleep
- Impact on school and work performance, including tardiness and missing deadlines
- Poorer mental health and well-being



Here are some tips to limit excessive screen use and cultivate healthy screen use habits:

- Engage in offline activities like playing outdoor sports or reading a book
- Share screen-free moments with your family. Put away devices during meal times and bond through offline activities
- Set and track your daily screen time limits
- If you game online, try the 3-2-1 rule:
  - Play games **<3** times a week
  - Limit your total screen time to **<2** hours a day
  - Play games for **<1** hour a day



## *Early warning signs to look out for*

If you have been...

- Crashing out, feeling overwhelmed or exhausted, or experiencing frequent mood swings
- Having negative thoughts
- Avoiding social interactions, not enjoying interests they used to enjoy
- Experiencing an increase in physical health issues
- Not sleeping well or having insomnia

...talking to someone can help.



### *Pro tips for reaching out*

- Acknowledge your feelings
- Communicate your needs
- Seek support early if necessary



Not sure where to begin? Start with the

## *First Stop for Mental Health*

Friendly care professionals will talk to you, figure out what kind of support suits you best and guide you to the right services.



For all age groups



Confidential



No charge



**CALL:** national mindline 1771 or WhatsApp 6669 1771



**CLICK:** [mindline.sg](https://www.mindline.sg) for self-help resources



**VISIT:** community mental health teams such as CREST-Youth or connect with CHAT

## *Stay winning when you seek help early*

- Research has shown that seeking help early allows us to address issues early, before symptoms escalate and worsen. Early intervention also often leads to better long-term outcomes.
- Do not use general-purpose AI chatbots (e.g. ChatGPT, Gemini, etc) as your mental health support. As they are not built for mental health care, they may not provide accurate diagnostic and appropriate care information.
- Reaching out and talking to someone you trust can help you feel better. Parents, family members and friends can play these important roles in supporting your mental well-being.
- While family and friends are important social support, seeking help from care professionals who have the expertise and skills hits different. They ensure that you receive appropriate professional care.
- If you have been feeling distressed for weeks, seek professional help. Care professionals would be able to provide guidance and journey alongside you as you work towards better mental well-being.
- The support from care professionals and informal social networks are not exclusive. Rather, they complement each other.



# *Busting myths about mental health & accessing mental health services*

Myth	Fact
<p>My problems/ symptoms are not that deep. I can solve this on my own without help.</p>	<p>Don't trivialise your feelings or distress! While it is heartening that you are determined to solve issues independently, it is okay to allow others to support you. You may also end up misinterpreting your symptoms and cause yourself unnecessary stress.</p>
<p>Experiencing mental health issues is a sign of personal weakness.</p>	<p>Experiencing mental health issues does not mean that you are weak. Instead, these issues arise as a result of a combination of biological and environmental factors. This combination affects how the brain works, which in turn affects how one processes their thoughts and feelings, and react to their environment.</p>
<p>Seeking help will cause me to be viewed negatively by others.</p>	<p>Seeking help is a sign of courage and personal strength. Talking to someone about your struggles will help you feel less alone, and receiving professional help is important in supporting your recovery.</p>
<p>Treatment of mental health issues can only be provided by a doctor/ psychiatrist and requires life-long medication.</p>	<p>Mental health issues do not necessarily need to be treated by a doctor or psychiatrist. Depending on the types and severity of your needs, treatments may be provided by various care professionals, including psychologists and counsellors in the community.</p> <p>Treatment for mental health issues is tailored to each individual's needs. While medication can be effective for some, it is not the only option. Care professionals will assess the condition and administer treatments that would work best for you.</p>

# Types of mental health professionals

## Counsellors

Trained professionals who provide counselling, guide clients in developing coping skills and direct them to appropriate resources.



## Social Workers

Trained professionals who assess and assist clients in their social and psychological needs, and support them through therapies. They work with different agencies across sectors to render holistic assistance.

## General Practitioners (GPs)

GPs on the Mental Health General Practitioner Partnership (MHGPP) Programme are trained to identify, diagnose and support persons with mental health conditions in the community. They may also make referrals to other mental health and allied health services if required.



## Psychologists

Mental health professionals who provide psychological assessments, psychotherapy and counselling for mental health conditions. They provide psychological interventions such as Cognitive Behavioural Therapy and Motivational Interviewing. They may make referrals to psychiatrists if they deem that medical treatment is required.



## Psychiatrists

Medical doctors who diagnose mental health conditions and manage treatment. They can also prescribe medication.





## Useful resources

To tide you through the good and the not-so-good times . . .

### [Community Mental Health Wayfinding Tool](#)

Locate your nearby community mental health teams with just 3 clicks, based on your needs, age and location.

### [MindSG](#)

Get tips and tools to care for your well-being.

### [Mental health e-learning](#)

Understand signs and symptoms of common mental health conditions.



Parts of this resource were adapted from MindSG, the Parenting for Wellness (PFW) initiative ([go.gov.sg/pfw](https://go.gov.sg/pfw)) and Digital for Life (DfL) portal ([digitalforlife.gov.sg](https://digitalforlife.gov.sg)).

MindSG is an online portal by the Health Promotion Board (HPB) that hosts a library of curated mental health resources. The PFW initiative was developed by the Ministry of Education, Ministry of Social and Family Development and HPB to empower parents with key knowledge and skills to support their child's well-being and navigate parenting in this digital age. The DfL portal was developed by the Infocomm Media Development Authority (IMDA) to provide parents with resources to guide their children in building healthy digital habits from young.

Information presented in this resource is accurate as of May 2026.