

# THE MENTAL MUSINGS

The Psychological Research Newsletter

Welcome to our 10th issue! Have you, or someone whom you know, ever struggled with mental health issues, but don't quite know where to start getting help? If so, this is the issue for you! Join Ann Ting and Mirah as they explore the different types of Mental Health Resources and their effectiveness for different individuals.



Hey Ann Ting, you've been looking rather stressed and tired over the past week, is everything alright?

Hi Mirah, I'm worried for my younger brother, he is going through a hard time, and I don't know how to help him... he's been staying in bed all day and saying things like he doesn't see the meaning in life anymore... our family doesn't even know where we can start to provide him help. Do you know what we can do?



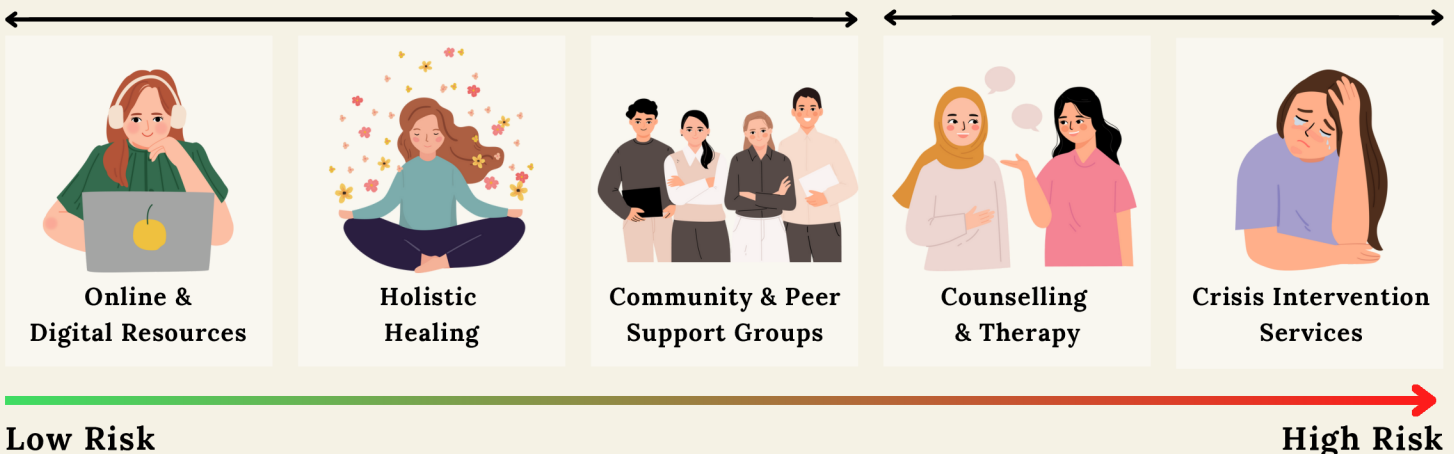
Oh no, that sounds rather serious, I'm sorry your family is going through such a tough time. I did learn about some mental health resources during my ParaCounsellors training course. I also went home to research on other available resources. Let's go through them together to see what would work best for your situation!

## TYPES OF MENTAL HEALTH RESOURCES

Over the years, mental health resources have evolved alongside our changing world. Where traditional services have focused on high-risk situations, there is now a growing emphasis on prevention. As a result, non-traditional resources have emerged, adapting to our fast-paced, digital world.

### Non-Traditional

### Traditional



While mental health resources are now more widely available than ever, their effectiveness can vary depending on the individual's needs. **High Risk** individuals are those who are in severe mental distress and/or pose immediate danger to themselves or others. For example, individuals who are actively planning to, or are in the process of taking their own lives are high in risk of causing harm to themselves. On the other hand, while **Low Risk** individuals may also experience stress, these individuals have more stable mental health, strong social support, and good coping skills that help them to navigate their mental headspace. Risk level aside, different mental health resources provide different benefits, making their effectiveness different depending on the individual's needs. Understanding the different types of resources is important in being able to make informed decisions and offer the best support to yourself or others. Let's explore them together!

## 1 Online & Digital Resources

**What it is:** mental health resources on online platforms such as apps and websites.

**Examples:**



IPS Resource Hub



Intellect



Mindline.sg

**Key Benefits:**

- Increased accessibility and reach to mental health assistance.
- Increased help-seeking behaviour.
- Reduced stigma against mental health issues.

**Effective For:**

- ✓ Those looking for easily and immediately accessible self-guided resources.
- ✗ Those in severe crisis who need face-to-face intervention.
- ✗ Those seeking a hands-on, face-to-face therapeutic approach.
- i While digital and online resources may not be suitable for those in severe crisis, many do offer crisis helplines and information for immediate support.

## 2 Holistic Healing

**What it is:** mental health treatment approaches focusing on treating the 'whole person'.

**Examples:**



Art Therapy



Music Therapy



Meditation

**Key Benefits:**

- Reduced stress.
- Reduced negative mental health symptoms (e.g., anxiety and depression).
- Increased emotional regulation.

**Effective for:**

- ✓ Individuals looking for non-traditional methods to manage mental health.
- ✗ Those in need of clinically based interventions.
- ✗ Individuals with severe mental health conditions in need of medication.
- i While holistic healing may not be suitable as a primary intervention for severe mental health conditions, they can be beneficial as complimentary therapies alongside clinical treatments!

## 3 Community & Peer Support Groups

**What it is:** mental health support groups providing emotional support and shared experiences.

**Examples:**



ICA ParaCounsellors



Care Corner



PSALT Care

**Key Benefits:**

- Build self-confidence and self-esteem.
- Gain broader perspectives on self and others.
- Reduced social isolation.

**Effective for:**

- ✓ Individuals seeking social support hesitant to approach professional help.
- ✗ Those in crisis needing specialised, clinical mental health treatment.

- i While community and peer support groups may not be suitable for crisis situations, they can be valuable alongside professional treatment for many mental health conditions.

## 4 Counselling & Therapy

**What it is:** counselling or therapy sessions led by therapists, counselors, or psychologists.

**Examples:**



IPS Counselling



Singapore Counselling Center

**Key Benefits:**

- Emotional support and healing.
- Increased coping skills.
- Reduced mental health symptoms.

**Effective for:**

- ✓ Those needing structured, evidence based mental health care.
- ✗ Those seeking short-term, informal, and/or self-guided support.
- i While counselling and therapy is a traditional, evidence based mental health resource, some individuals may benefit from a combination of professional therapy and other resources (e.g., peer support or digital tools).

## 5 Crisis Intervention Services

**What it is:** services that provide immediate support for those in mental health crises.

**Examples:**



Samaritans of Singapore  
Tel: 91511767



Institute of Mental Health  
Tel: 63892222

**Key Benefits:**

- Immediate support to high-risk individuals.
- Prevention of further harm to the individual in crisis.
- Connects individuals to appropriate mental health resources post crisis.

**Effective for:**

- ✓ Those experiencing suicidal thoughts, in severe emotional distress, or immediate danger.
- ✗ Those looking for long-term mental health care or therapy.
- i Services are specifically for immediate, short-term support and should be followed up with longer-term care as necessary.

Wow Mirah, thank you for all that very useful information! It sounds like maybe I should bring my brother to see a counsellor?



You're welcome, Ann Ting! Hmm, perhaps you could share these different resources with him before making any decisions! Unless he is currently at high risk, involving him in this process is important to give him autonomy! After having that conversation with him, if you feel unsure where to find appropriate resources, you can look at IPS Resource Hub's community resources and enquire! I'm also just a text message away if you'd like to talk more about this!

I see! I've learnt a lot today, thank you for all your help, Mirah!



After their conversation, Ann Ting went home to share with her brother about the different mental health resources she's learnt about. Together, they looked through and discussed what resources her brother would be most comfortable with engaging in, getting him the help he needed.

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