

Mental Health Resources to Support Clients & Caregivers



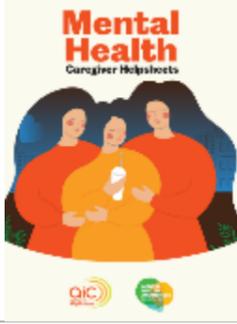
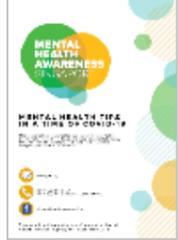
Clients and caregivers often do not know where to seek help and find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs. If you have any enquiries on the services or resources, do feel free to email us at ccmh@aic.sg.

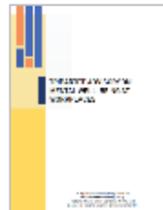
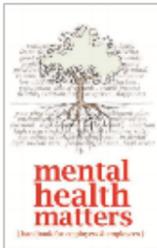
I KNOW – Learn about mental health

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Mental Health Awareness 1: Understanding the Signs and Symptoms of Mental Health Issues		E-Learning	English	For the general public seeking to learn signs and symptoms of mental health issues and the available treatment	https://for.sg/mha-1-2023	
Mental Health Awareness 2: Supporting Persons with Mental Health Issues		E-Learning	English	For the general public and frontline personnel seeking to learn how to communicate with persons with mental health issues and understand the available support	https://for.sg/mha-2-2023	

I CAN – Provide better care and support

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Services & Tips to Support your Journey						
Mind Matters Resource Directory		Booklet	English	Listing of community mental health services with commonly-asked questions and helplines	www.aic.buzz/mindmatters-directory	

Mind Matters Resource Brochure		Brochure	English	Listing of community mental health services and support	www.aic.buzz/mindmatters-content	
Happy Mind, Healthy Life		Video	English	Learn about the available support available and how you can achieve a healthy mind	https://www.youtube.com/watch?v=JsSe05hkqR4&t=3s	
Help is Around You – Two Caregivers' stories		Video	English	Find out how the community mental health integrated network can support you and your loved ones	https://www.youtube.com/watch?v=wW8jskeqkCA	
Local Community Support Network		Video	English	Learn how multi-agencies come together to co-create solutions to support persons with mental health issues and their caregivers	https://youtu.be/aTwklyh1aoc	
ClubHEAL Crest-CSN		Brochure	English	Information on Crest-Caregiver Support Network	https://tinyurl.com/CSNBrochure	
Support & Self-Care for Caregivers						
Mental Health Helpsheet Brochure		Brochure	English	Helpsheet Brochure for caregivers caring for loved ones with mental health conditions comprising tips such as available treatment, managing medication and relapse	https://aic.buzz/mh-helpsheeteng	
Mental Health Tips in a time of COVID		Booklet	English	Consolidation of tips on how to manage stress and anxiety during the pandemic	www.aic.buzz/mh-ebooklet-c19	

Interacting with Persons with a Mental Health condition		Booklet	English	Information booklet that features everyday encounters with persons who may be experiencing mental health issues by NCSS	https://www.ncss.gov.sg/docs/default-source/ncss-press-release-doc/removing-barriers-with-pmhc-may20-pdf.pdf	
Supporting Clients in the Workplace						
Mental Health Toolkit for Employers		Booklet	English	An Employer's guide to hiring and supporting persons with mental health conditions in the workplace by NCSS	https://www.ncss.gov.sg/press-room/publications/detail-page/MentalHealthToolkitforEmployers	
iworkhealth		Website	English	List of resources for employers for workplace mental health services & wellness support such as Mental Health Toolkit	https://www.iworkhealth.gov.sg/Interventions/Pages/For-Employers.html	
Tripartite Advisory on Mental Well-Being at Workplaces		Booklet	English	Practical guide which employers can adopt to support employees' mental well-being at the workplace, developed by MOM, SNEF & NTUC	https://www.mom.gov.sg/-/media/mom/documents/covid-19/advisories/tripartite-advisory-on-mental-well-being-at-workplaces.pdf	
Mental Health Matters		Booklet	English	Handbook for employers & employees to promote positive mental health at the workplace by Silver Ribbon (Singapore)	https://www.silverribbonsingapore.com/pdfs/publications/publication112012.pdf	
Workplace Wellness and You		Booklet	English	Guidebook on how to manage and support employees in time of Covid-19 developed by Workwell Leaders Workgroup	http://www.workwellleaders.org/wp-content/uploads/2020/05/workwellleaders_equide.pdf	

FIND OUT MORE



Agency for Integrated Care (AIC)
www.aic.buzz/mh-resources



Mindline.sg
www.mindline.sg



 Mental Health Awareness Singapore