## RESOURCE DIRECTORY

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Information is correct as at February 2017.
A. About the Resource Directory

This “Mind Matters” resource directory provides information on mental health and the resources available in the community to support persons with mental health conditions so that they can continue to live well at home and in the community.

This directory also gives examples of common situations, myths and facts about persons with mental health conditions, answers to common questions on mental health, helplines and details of community partners located in the neighbourhood.

We hope that the information provided gives you a better understanding of mental health and the support available in the community. While all information in this resource directory is accurate at the time of print, it is still recommended that you seek the advice of medical professionals for specific care needs.

If you know of anyone who might need help or would like to find out more on the support and services for mental health, contact us at careinmind@aic.sg.
Based on the Singapore Mental Health Study 2010, Major Depressive Disorder, Alcohol Abuse and Obsessive Compulsive Disorder were found to be the top three most common mental health conditions in Singapore.

Mental health conditions can strike anyone. Here are some myths and facts about them to help you understand them better.

If you know of anyone who might need help or would like to find out more on the support and services for mental health, contact us at careinmind@aic.sg.
I can’t do anything for someone with a mental health condition.

Everyone can play a part. You can start with the way you act and how you speak about persons with mental health conditions.

For example:

- Avoid labeling people with words like “crazy”, “siao”, or by their diagnosis.
- Learn the facts about mental health and share them with others. Clarify on misconceptions that others may have.
- Treat persons who have mental health conditions with respect and dignity. Do not discriminate against them when it comes to housing, employment or education.

Myth

A person with a mental health condition is violent and unpredictable.

Fact

In reality, the vast majority of those who have a mental health condition are no more violent than anyone else. You may already know someone with a mental health condition but do not even realise it.

Myth

I will not have any mental health condition.

Fact

Mental health conditions are surprisingly common. According to the Singapore Mental Health Study in 2010, more than 1 out of 10 people in Singapore will develop a mental health condition over the course of their life.
Once a person develops a mental health condition, he/she will never recover.

Studies have showed that most people with a mental health condition get better, with many making a full recovery. Recovery refers to the process in which people are able to live, work, learn and participate fully in their communities. For some, recovery is the ability to live a fulfilling and productive life. For others, recovery suggests the reduction of symptoms. There are also more treatments and community support care options than before. Please refer to the insert on ‘Community Partners Near You’.

Persons with any mental health conditions should be kept in hospital.

With appropriate treatment and support, persons with mental health conditions can also lead a fulfilling life as part of the community. In fact, the majority can live independently in the community.

Dementia is a normal part of ageing.

Dementia is not part of the normal ageing process. It is a condition that affects the brain, leading to progressive memory loss, decline in mental abilities and personality changes. This may eventually cause the person with dementia to lose the ability to think, reason, remember, learn new information and skills, solve problems, make judgment and ability to care for themselves. One of the more common types of dementia are Alzheimer’s disease and vascular dementia.
Your neighbour, Mdm K, is a widow and lives alone. One of her three daughters visits her in the morning whenever she can to help her with the housework. Her daughter did not notice anything abnormal with Mdm K during the time she spent with her. However recently, her daughters started to receive more phone calls from Mdm K in the afternoon, during which she repeats her questions or speaks about the same matter. Last week, Mdm K could not find her way home after a regular afternoon walk at a nearby park. The police had to bring her home with the help of another neighbour who happened to be there.

What can you do?
• Observe and advise Mdm K’s daughter to note down signs and symptoms of Mdm K’s unusual behaviour.
• Encourage her daughters to bring Mdm K for an assessment of her condition.
• Provide her daughters with information of nearby day care centre(s) and caregiver support services, if needed.

Can you still remember what you had for lunch? Do you keep misplacing things?
Dementia is a condition that affects the brain, causing the brain cells to degenerate at a faster rate than normal. It is not due to normal ageing. As a result, your mental, intellectual abilities and personality may change.
Mdm Maria is 64 years old and has been living alone for the past year after her husband passed away. She appears unkempt and speaks softly to others with little eye contact. She denies having any problems despite looking sad and troubled. She used to go for karaoke sessions with friends at the nearby community club, but has since lost interest in singing and has stopped visiting the community club after her husband passed away. She shared with you that life is meaningless.

What can you do?
• Listen with empathy and note down signs and symptoms.
• Advise her to seek help from doctors at General Practitioner (GP) clinics or Polyclinics.
• Advise her to seek help from community partners nearby who provide counselling.
• If you notice any signs of self-harm, such as suicidal tendency, contact the police.

Have you thought of committing suicide? Do you feel depressed or tired most of the time?
We may feel sad from time to time, and the feeling of sadness usually goes away after a short period of time. However, for some, the feelings of sadness/low mood may persist and affect the everyday life of the person. Depression of such degree becomes an illness and requires treatment.
Your colleague, Mary, used to be chatty whenever the conversation is on her favourite activities such as movies, food and travelling. Recently, you observed that she often looks tired and interacts less. She was assigned a new project two months ago and has been working overtime till late. One day, you notice her crying in the washroom. She shared with you that she received negative comments on her performance and this has affected her sleep. She feels more anxious about things than before and her heart now races whenever her supervisor checks on her work. She feels increasingly incompetent and terribly lousy about herself.

What can you do?
• Listen attentively and show that you sympathise with her situation. Approach her with understanding. You may also consider supportive words like “I know this is really hard for you, but I’m here to help by having this conversation with you because I care for you as a colleague, as a friend.”
• Suggest a few simple self-help tips like getting enough sleep or sharing her struggles with someone close and supportive, for example, a family member.
• Encourage her to seek medical advice, if needed.

Are you always feeling anxious
Or always worrying about things?
Do you find it hard to concentrate?

You may have an anxiety disorder where the feelings of anxiety are overwhelming and will affect your daily life. The common types of anxiety disorders include Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Phobia & Post – Traumatic Stress Disorder.
Uncle Ben is a senior living alone and claims that his neighbours have been trying to harm him by making his flat very hot, spraying poisonous gases into his living room and breaking in to poison his food when he is away. He is convinced that it is no longer safe to live there and wants to sell the flat which is co-owned by his daughter. Uncle Ben insists that his neighbours are thinking of ways to murder him even though his daughter has found no evidence of his claim.

What can you do?
• Advise his daughter or other family members not to argue or refute Uncle Ben’s claims about what his neighbours have done.
• Encourage his daughter or someone close to him to bring Uncle Ben to seek help from professionals or community partners near them.
• If Uncle Ben refuses to seek professional help, you may engage a psychiatric assessment team who can visit him at his home.

Are you hallucinating? Do you think you possess special powers? Do you feel that others are always out to get you?

Schizophrenia is an illness that affects the normal functioning of the brain, where your thoughts, feelings and behaviours are affected.
Doris is a 31 year-old secretary who is a close colleague of yours. She is very popular with her colleagues. She is very motivated as her boss always praises her for her work. She works hard, is full of ideas and which contributes to the company’s growth. Recently, you noticed that she has become very talkative and gets irritated easily. She also gets into frequent arguments with colleagues and even verbally abuses them. She claims to be the “queen” of the company. She is full of energy in spite of sleeping little. Then one day, she quit her job suddenly, goes on shopping sprees and began partying every night. During a party at the community centre, she approached a stranger for sex. When the person refused, she banged her head against a wall and fainted.

What can you do?
• Observe and note her signs and symptoms.
• Do not challenge her on her behaviours.
• Advise her to seek professional help.
• If she refuses to seek treatment, you may engage a community psychiatric assessment team who can visit her at home.

Do you feel extremely energised?
Do you feel low or easily irritated?
Are your credit card bills shocking?

Bipolar disorder used to be known as manic depression. While we have all experienced mood swings, persons with bipolar disorder experience cycles of extreme mood swings, i.e. feeling low (depressed) and high (mania).
I. About mental health conditions

1. Are mental health conditions curable?
   Recovery is possible. A person who has recovered is able to lead a regular life like anyone else - holding a job, having hobbies, and being with friends and family. The process of recovery will require support from friends and family, and may also involve help from healthcare professionals, counselling and medication. For more information on mental health conditions and their treatments, please visit www.silverpages.sg

2. Are mental health conditions preventable?
   There are many factors - physical, social, environmental or psychological - that may give rise to the development of mental health conditions. You can boost your mental wellness by keeping a healthy, active lifestyle, and learning to manage stress.

3. Will a person with a mental health condition be charged if they are found guilty of a criminal offence?
   Having a mental health condition does not mean the person is exempted from the law if found guilty of a criminal offence. It depends on the person’s state of mind at the time of the offence. The person will usually be examined by a psychiatrist and the outcome is for the court to decide.
II. Psychologist & Psychiatrist

4. What is the difference between a psychologist and a psychiatrist?

A psychiatrist is a medical doctor who has received additional specialised training and can prescribe medication to treat a mental health condition.

A psychologist is trained to use psychological tests to help with assessment and diagnosis in thinking, feeling and behaviour. Psychologists help people to overcome or manage their problems using a variety of treatments or psychotherapies.

III. Mental health condition and employment

5. Will someone with a mental health condition have a chance in employment?

Yes. There are services which help to prepare a person with a mental health condition to re-enter the workforce. One may visit www.jobclub.sg (by the Institute of Mental Health) or www.sacs.org.sg/services (by the Singapore Anglican Community Services).

IV. Depression

6. If someone is feeling sad after the death of a loved one, is he/she clinically depressed?

Grieving from the loss of loved ones is a normal reaction. Usually, these feelings would subside after a period of time. However in certain cases, the person may develop clinical depression where the feelings are intense and the sadness can persist for weeks, months or even years, interfering with the day-to-day functions of one’s life.
Further assessments by professionals may be necessary at this point. This person may benefit from speaking to a counsellor (refer to the list of community partners) or to a doctor trained in mental health care (refer to the list of GPs who sees clients with mental health conditions).

7. How long should someone with depression stay in treatment?
Progress varies from individual to individual, depending on various factors such as family support, compliance to medications (if medications are necessary), and one’s willingness to accept treatment. One should consult his/her doctor about the duration of treatment.

8. Can an individual who has depression get better without medication?
It depends on the severity of the condition, coping skills of the individual, and the available support and resources. However, it is advisable to seek advice with one’s medical provider to determine the need for medication and treatment options.

9. I have heard of health supplements that may help with depression and mood swings. Will such supplements improve the condition?
It is best to consult your local pharmacist and/or medical provider to ensure the suitability of these health supplements. As there may be possible drug interactions or side effects arising from the use of such supplements, do also inform your pharmacist and medical provider if you are already on any prescribed medications.

V. Dementia

10. Does one need to go for routine screening for dementia?
Routine screening is not recommended but if the person
complains of memory loss or decline in intellectual abilities that are persistent or worsening, he/she should consult a gerontologist or visit the memory clinics at the public hospitals.

11. I know of a senior who is staying alone and is suffering from dementia. As the disease progresses, she is likely to deteriorate. Are there services we can recommend to her as she doesn’t have any family members?

You may first like to consult the doctor who is managing the senior’s condition. You may also contact your nearest community partner listed in this directory for assistance, or call our Singapore Silver Line at 1800-650-6060 to find suitable resources or services in the community.

12. How can I prevent dementia?

Keeping an active mind and healthy lifestyle is advisable, although there is no guaranteed way of prevention. If you have conditions such as high blood pressure, diabetes or high cholesterol, you should ensure they are well controlled as they are risk factors to certain types of dementia.

VI. Suicide

13. What should I do if someone I know is contemplating suicide?

Take every suicidal thought of the person seriously. Stay with him/her and listen attentively to let him/her know you are concerned. By letting the person talk about their suicidal thoughts does not increase their risk of committing suicide. Link them to professional help such as Samaritans of Singapore (SOS) 24-hour helpline at 1800-221-4444. If they are in immediate danger of harming themselves or others, you should call the police at 999 and alert the family members.
VII. Medications

14. What are the common side effects of psychiatric medicine?
Common side effects of psychiatric medications include gastric discomfort, drowsiness, weight gain, dry mouth, mood swings and restlessness. However, the side effects of the medications vary with individuals. You should consult your doctor before switching or stopping your medications.

15. Will I be dependent on the psychiatric medications?
Not all psychiatric medicine cause dependence. Psychiatrists will monitor and adjust the dosage in a progressive and safe manner to minimise withdrawal symptoms or side effects.

VIII. Community services and resources

16. Are there doctors in the neighbourhood who see persons with mental health conditions?
Yes, there are General Practitioners (GPs) trained in mental health who are able to provide psychiatric consultation for persons with mental health conditions. However, persons who are violent, aggressive or suicidal, require specialised treatment at the A&E department in hospitals. The police should be called in for such cases. For more information about the GP clinics, please refer to the insert on “Community Partners Near You”.

17. There is a resident in the neighbourhood whom I suspect has a mental health condition, where can I get more information?
You can call the 24-hour Mental Health Helpline 6389 2222 managed by the Institute of Mental Health. They can offer you general advice and information on mental health. You can also email the Agency for Integrated Care (AIC) at careinmind@aic.sg
If you need advice on how to help and support someone you know who may have mental health-related issues, you may contact:

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<tr>
<th>Community Partners</th>
<th>Contact details are available in the insert on ‘Community Partners Near You’.</th>
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<tr>
<td>Email</td>
<td><a href="mailto:careinmind@aic.sg">careinmind@aic.sg</a></td>
</tr>
<tr>
<td>Call</td>
<td>Singapore Silver Line 1800-650-6060 Monday - Friday, 8.30am - 8.30pm Saturday, 8.30am - 4.00pm</td>
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For **EMERGENCIES**, you may contact the following:

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<th>Mental Health Helpline (by IMH)</th>
<th>6389 2222 (24-hour)</th>
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<tr>
<td>Samaritans of Singapore (SOS) Hotline</td>
<td>1800-221-4444 (24-hour)</td>
</tr>
<tr>
<td>Police</td>
<td>999 (24-hour)</td>
</tr>
<tr>
<td>Ambulance</td>
<td>1777 (24-hour, fees apply)</td>
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F. Community Partners Near You

If you need to get help for persons with mental health conditions such as depression and would like to link them for support and services, you may contact our community partners found in the attached list. The support and services provided by the community partners include mental health assessment, counselling, caregiver training and appropriate advice on caring for people with mental health conditions.

Some caregivers may experience high level of stress from caring for their loved ones. You may refer them to the ‘Support & Services’ found in the attached list. These support and services help in reducing caregiver burnout and stress.

Most people may prefer to see General Practitioners (GPs) instead of a specialist in the hospital. If you suspect that someone may have a mental health condition, you may bring/refer them to their nearest mental health GP partners as listed for mental health assessment.
A Resource Directory on Community Mental Health

Mind Matters
Agency for Integrated Care
5 Maxwell Road
#10-00 Tower Block
MND Complex
Singapore 069110
Singapore Silver Line:
1800-650-6060
Email:
careinmind@aic.sg
Website:
www.silverpages.sg
Facebook:
www.facebook.com/CarersSG

Information is correct as at February 2017.
Community Partners Near You

Support & Services for General Mental Health

Alzheimer’s Disease Association (ADA)
70 Bendemeer Rd, Luzerne Building #03-02A S339940
6377 0700

St Luke’s Eldercare (Nee Soon Central Centre)
Bldk 766 Yishun Ave 3 #01-295 S760766
6759 9053

General Practitioners (GP)

Dr Teow Kay Leong Roy
United Health Family Clinic
627 Yishun St 61 #01-63 S760627
6257 1182

Support & Services for Dementia

Alzheimer’s Disease Association (ADA)
70 Bendemeer Rd, Luzerne Building #03-02A S339940
6377 0700

St Luke’s Eldercare (Nee Soon Central Centre)
Bldk 766 Yishun Ave 3 #01-295 S760766
6759 9053

General Practitioners (GP)

Dr Teow Kay Leong Roy
United Health Family Clinic
627 Yishun St 61 #01-63 S760627
6257 1182
If you know of anyone who might need help or would like to find out more on the support and services for mental health, contact us at careinmind@aic.sg.

For the most updated version of the directory, you may visit www.silverpages.sg/tools/e-care-locator or https://www.silverpages.sg/mhdirectory.

For other eldercare or mental health related services, you may visit www.silverpages.sg/tools/e-care-locator.

For the most updated version of the directory, you may visit https://www.silverpages.sg/mhdirectory.