

Mental health tips



It is important for people to know they are not alone. Reach out to others through text messages, phone calls or other technology.



Take a break from the daily barrage of bad news. Find time to rekindle indoor hobbies or learn new skills.



Seek information from accurate sources. Reading and spreading fake news could worsen unwarranted fears and anxiety.



Do self-meditation and deep-breathing exercises to calm your mind and body.



Look out for vulnerable groups such as the elderly. They may be at a higher risk of depression if they have to spend a lot of time alone at home as a result of cancelled social activities.



Family members who do not live with their elderly relatives can give them calls or send text messages to stay in touch. Seniors who are more tech-savvy can try video-calling tools such as FaceTime.



Seniors should also continue to pursue their interests at home. For example, they can exercise, watch TV shows or engage in art and craft.

Make use of resources or support networks that are out there. If you are feeling stressed by the outbreak, you may:

- Register for online counselling at Fei Yue Community Services at www.ec2.sg; or
- Contact Silver Ribbon on 6385-3714, 6386-1928 or 6509-0271.
- Contact CARE Singapore through WhatsApp on 6978-2728 on weekdays from 10am to 5pm.