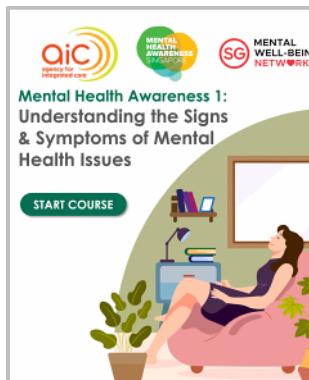


TOP 5 MENTAL HEALTH RESOURCES

Supporting your caregiving journey with information and tips to care for yourself and your loved one

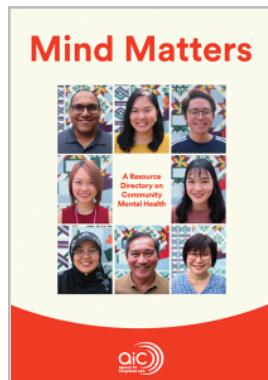


Learn the signs and symptoms, and how to support persons with mental health issues via e-learning.



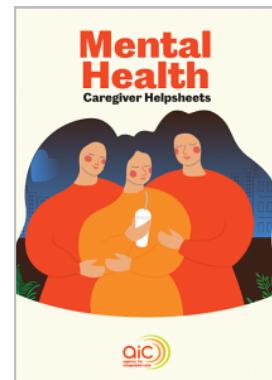
www.for.sg/mh-elearning

Learn about common mental health conditions, scenarios, helplines, commonly-asked questions and available services.



www.for.sg/mh-mindmattersinfo

Pick up caregiving tips to support your loved one's mental health journey and self-care tips for yourself.



www.for.sg/mh-caregiverhelpsheet-en

Find out the mental health services provided by Primary Care Network-Mental Health (PCN-MH) and available resources.



www.for.sg/mh-primarycarenetwork

Want to find nearby mental health services? Try out the CMH Wayfinding Tool based on your needs, age and location.



www.for.sg/wayfinding

TOP CAREGIVING TIPS FOR YOU

5

Caregivers may feel lost when embarking on their caregiving journey. Below is a guide on the areas you can look into to support your needs:

Tip #1

Do you feel lost when your loved one is about to be discharged?

Work with your doctors and/ or medical social workers (MSWs) on the discharge plans to care for your loved one.

Tip #2

Do you have sufficient knowledge of your loved one's health condition?

Build your knowledge on mental health conditions to know what to expect as the condition progresses. Visit www.for.sg/mhconditions.

Tip #5

Do you feel stressed caring for your loved one and trying to meet other responsibilities?

Remember to care for yourself. Learn self-care tips from www.for.sg/aic-selfcare.



Tip #3

Do you know where to look for services and support for your loved one and yourself?

There are various types of community mental health services to support your loved one. Visit www.aic.sg/crest.

Tip #4

Do you need financial schemes and legal advice to support your caregiving journey?

Find out available financial schemes from the MSWs or the AIC Links in the hospitals, or visit www.for.sg/aic-subsidiesmh.