

# Mental Health Resources to Support Clients & Caregivers











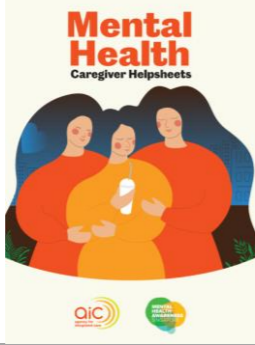



Clients and caregivers often do not know where to seek help and find resources. Here is a consolidated list of resources to support your clients and caregivers in their journey, which you can use to share with them in your engagement, outreach or training. Feel free to edit this list to suit your needs.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

## I KNOW – Learn about mental health

Title	Cover	Format	Language	Description	Hyperlink	QR Code
Mental Health Awareness Foundation – Signs & Symptoms		E-Learning	English	For general public who wants to learn the ABCS of signs and symptoms of mental illness	<a href="http://www.aic.buzz/mh-elearning">www.aic.buzz/mh-elearning</a>	
Mental Health Awareness Foundation – Communication with Persons with Mental Condition		E-Learning	English	For general public who wants to pick up communication tips when interacting with people with mental illness	<a href="http://www.aic.buzz/mh-elearning">www.aic.buzz/mh-elearning</a>	
Mental Health Awareness Basic – Signs & Symptoms		E-Learning	English	For volunteers or individuals supporting clients and caregivers who wants to learn how to identify common signs and symptoms	<a href="http://www.aic.buzz/mh-elearning">www.aic.buzz/mh-elearning</a>	
Mental Health Awareness Basic – Communication with Persons with Mental Condition		E-Learning	English	For volunteers or individuals supporting clients and caregivers who wants to learn communication tips when interacting with people with mental illness	<a href="http://www.aic.buzz/mh-elearning">www.aic.buzz/mh-elearning</a>	

## I CAN – Provide better care and support

Title	Cover	Format	Language	Description	Hyperlink	QR Code
<b>Services &amp; Tips to Support your Journey</b>						
Mind Matters Resource Directory		Booklet	English	Listing of community mental health services with commonly-asked questions and helplines	<a href="http://www.aic.buzz/mindmatters-directory">www.aic.buzz/mindmatters-directory</a>	

Mind Matters Resource Brochure		Brochure	English	Listing of community mental health services and support	<a href="http://www.aic.buzz/mindmatters-content">www.aic.buzz/mindmatters-content</a>	
Happy Mind, Healthy Life		Video	English	Learn about the available support available and how you can achieve a healthy mind	<a href="https://www.youtube.com/watch?v=JsSe05hkqR4&amp;t=3s">https://www.youtube.com/watch?v=JsSe05hkqR4&amp;t=3s</a>	
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	<a href="https://www.youtube.com/watch?v=wW8jskeqkCA">https://www.youtube.com/watch?v=wW8jskeqkCA</a>	
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	<a href="https://youtu.be/aTwklyh1aoc">https://youtu.be/aTwklyh1aoc</a>	
ClubHEAL Crest-CSN		Brochure	English	Information on Crest-Caregiver Support Network	<a href="https://tinyurl.com/CSNBrochure">https://tinyurl.com/CSNBrochure</a>	
<b>Support &amp; Self-Care for Caregivers</b>						
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	<a href="https://aic.buzz/mh-helpsheeteng">https://aic.buzz/mh-helpsheeteng</a>	
Mental Health Tips in a time of COVID		Booklet	English	Consolidation of tips on how to manage stress and anxiety during the pandemic	<a href="http://www.aic.buzz/mh-ebooklet-c19">www.aic.buzz/mh-ebooklet-c19</a>	

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	<a href="https://www.ncss.gov.sg/docs/default-source/ncss-press-release-doc/removing-barriers-with-pmhc-may20-pdf.pdf">https://www.ncss.gov.sg/docs/default-source/ncss-press-release-doc/removing-barriers-with-pmhc-may20-pdf.pdf</a>	
<b>Supporting Clients in the Workplace</b>						
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	<a href="https://www.ncss.gov.sg/press-room/publications/detail-page/MentalHealthToolkitforEmployers">https://www.ncss.gov.sg/press-room/publications/detail-page/MentalHealthToolkitforEmployers</a>	
iworkhealth		Website	English	List of resources for employers for workplace mental health services & wellness support such as Mental Health Toolkit	<a href="https://www.iworkhealth.gov.sg/Interventions/Pages/For-Employers.html">https://www.iworkhealth.gov.sg/Interventions/Pages/For-Employers.html</a>	
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	<a href="https://www.mom.gov.sg/-/media/mom/documents/covid-19/advisories/tripartite-advisory-on-mental-well-being-at-workplaces.pdf">https://www.mom.gov.sg/-/media/mom/documents/covid-19/advisories/tripartite-advisory-on-mental-well-being-at-workplaces.pdf</a>	
Mental Health Matters		Booklet	English	Handbook for employers & employees to promote positive mental health at the workplace by Silver Ribbon (Singapore)	<a href="https://www.silverribbonsingapore.com/pdfs/publications/publication112012.pdf">https://www.silverribbonsingapore.com/pdfs/publications/publication112012.pdf</a>	
Workplace Wellness and You		Booklet	English	Guidebook on how to manage and support employees in time of Covid-19 developed by Workwell Leaders Workgroup	<a href="http://www.workwellleaders.org/wp-content/uploads/2020/05/workwellleaders_equide.pdf">http://www.workwellleaders.org/wp-content/uploads/2020/05/workwellleaders_equide.pdf</a>	

# FIND OUT MORE




Agency for Integrated Care (AIC)  
[www.aic.buzz/mh-resources](http://www.aic.buzz/mh-resources)



Mindline.sg  
[www.mindline.sg](http://www.mindline.sg)



 Mental Health Awareness Singapore