

# TOP 5 MENTAL HEALTH RESOURCES

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



Do you know the signs and symptoms of various conditions, and to interact with persons living with mental health conditions? You can learn via e-learning at your own pace.



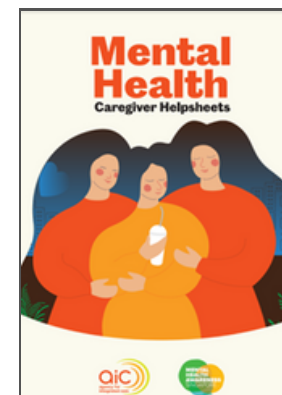
Are you feeling stressed or depressed? Use this self-assessment tool to find out your mental well-being



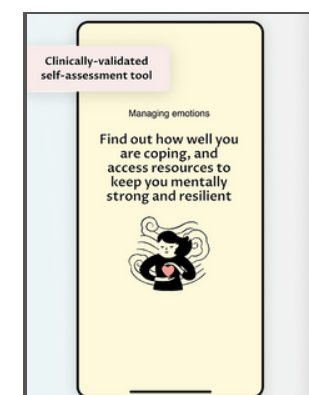
Do you need services and support in the community but don't know where to go? Check out the list of community services near to you



Caring for loved one with mental health conditions can be challenging. Learn tips on how to support your loved one at home



The pandemic makes it harder for us to support our loved one. Pick up useful tips to maintain our mental wellbeing



# TOP 6 CAREGIVING TIPS FOR YOU

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 #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/body-mind/mental-health-other-services](http://www.aic.sg/body-mind/mental-health-other-services).

## 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.aic.sg/body-mind/about-mental-healthconditions](http://www.aic.sg/body-mind/about-mental-healthconditions)

## 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.aic.sg/body-mind/mental-health-financial-support](http://www.aic.sg/body-mind/mental-health-financial-support).

## 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.aic.sg/body-mind/mental-health-self-care](http://www.aic.sg/body-mind/mental-health-self-care)