

Do You Get Me?

CREST YouthFeiYue@Tampines

ec2.sg, Fei Yue Community Services

In partnership with Dyslexia Association of Singapore

Summary Slides



ec2.sgis a community mental health program for
youths in Singapore aged between 12 to 25 years old.

We aim to promote mental resilience
by **empowering** youths to take charge of their mental health,
by **connecting** them to available resources and,
instilling **courage** in them to seek help and engage with the community.



What is Mental Health?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in

What is Mental Health?

CONNECT

*Build positive relationships
Gain a sense of belonging*



COPE

*Adapt to changes
Make complex choices
Manage emotions*

FUNCTION

*Make healthy choices
Gain new education
Fulfil roles in life*

THRIVE

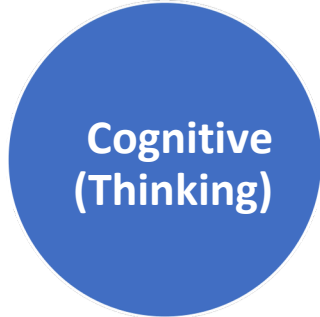
*Have a sense of purpose
Feel confident about themselves*

CONCERNING Signs



- Forgetfulness
- Increased negative thoughts
- Constantly ruminating of past events
- Always thinking” I’m not good enough”; “ Its my fault” etc

- Feeling anxious, sad, fearful
- Easily angered, frequent mood swing
- Feeling alone
- Feeling helpless
- Low moods



- Increased or irregular heartbeats
- Shaking, tensed muscle
- Headaches and migraines
- Fatigues / lack of energy or motivation
- Aches and pains
- Stomach discomfort or upsets

- Eating more or less
- Sleeping more or less
- Withdrawing or isolating oneself
- Being easily distracted/trouble concentrating
- Addicted to certain behaviour excessively (eg gaming, social media etc)
- Changes in school performance
- Changes in social engagements

Self Care Tips

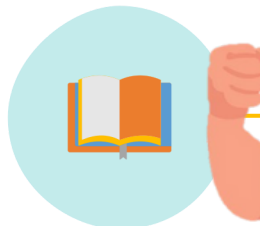
Increase Self-awareness

Mindfulness meditation, self assessment tests, journaling (e.g. mylo), daily / to-do checklist



Increase Self-competency

Listen to podcast / online seminars, attend courses, read a book, learn new skills



Interests & Hobbies

Music, sing, draw/paint, visit museum, pottery, watch movies, shopping

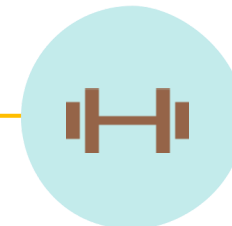


Build Relationships

Join a social or sports club, volunteer, hang out with friends, family gatherings

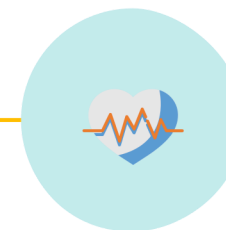
Regular Physical Activity

Walk, run, swim, dance, hike, yoga, cycle, jiu jitsu, stretching exercises, do household chores



Healthy Eating

Fruits and vegetables, drink lots of water, whole-grains varieties, avoid trans fats and processed meats



Helpful Resources



**For youths in Singapore,
aged 12 to 25 years old**



@ec2byfeiyue



www.ec2.sg



@ec2.sg

Parenting for Wellness Toolkit by HPB

Discover 11 modules to explore valuable insights for your journey — personalise your experience by signing up.



Dive Into Our Modules

Explore Valuable Insights for Your Journey — Personalise Your Experience by Signing Up

MODULE 1
Understanding Yourself as a Parent

An illustration of a man and a woman sitting on a green sofa, facing each other and talking. The man is on the left, wearing a red shirt and blue pants. The woman is on the right, wearing a black top and blue pants.

MODULE 2
Developing and Strengthening Your Parent-Child Relationship

An illustration of a man sitting on a yellow armchair, reading a book to a young girl who is sitting on his lap. The man is wearing a blue shirt and brown pants. The girl is wearing a red dress.

MODULE 3
Guiding Your Child's Behaviour

An illustration of a man and a woman standing with two children. The man is on the left, wearing a brown shirt and black pants. The woman is on the right, wearing a grey top and black pants. The children are in the middle, one wearing a pink shirt and the other a blue shirt.

MODULE 4
Helping Your Child Develop Independence and Social Skills

An illustration of a man and a woman standing with two children. The man is on the left, wearing a blue shirt and black pants. The woman is on the right, wearing a red top and black pants. The children are in the middle, one wearing a blue shirt and the other a striped shirt.

MODULE 5
Supporting Your Child in Building Resilience

An illustration of a man and a woman hugging a young girl. The man is on the left, wearing a red shirt. The woman is on the right, wearing a yellow top. The girl is in the middle, wearing a blue shirt.

MODULE 6
Understanding Your Child's Mental Health and Well-Being

An illustration of a man carrying a young boy on his shoulders. The man is wearing an orange shirt. The boy is wearing a blue shirt and has his arms raised in a strongman pose.

MODULE 7
Supporting Your Child in Managing Their Mental Health and Well-Being

An illustration of a woman sitting on the floor, surrounded by flowers. She is wearing a red shirt and blue pants. There are several colorful flowers around her, including red, blue, and yellow ones.

MODULE 8
Caring for Yourself

An illustration of a man and a woman sitting on a yellow armchair. The man is on the right, wearing a white shirt and blue pants, playing a guitar. The woman is on the left, wearing a blue top and red pants, with her arms raised in a celebratory gesture.

MODULE 9
Understanding the Digital Landscape

MODULE 10
Empowering Your Child to Manage Their Use of Digital

MODULE 11
Guiding Your Child to Manage the Harms and Risks



<https://parentingforwellness.hpb.gov.sg/Module-1>

FAQs

1) If I identify that my child has challenges or suspect that he/she has mental health concerns, what can I do?

Supporting a youth who may be experiencing mental health concerns can be challenging. Adolescence is a stage where they are figuring out who they are, learning new skills, and building new relationships — all while trying to make sense of the world around them- which can be a confusing and overwhelming time. That's why it helps to focus on journeying alongside them as they navigate these challenges. This also means finding a balance between providing supervision and respecting their need for privacy, while also communicating your concerns openly and taking time to understand their needs and desires.

FAQs

2) How do I engage my child if they don't want to engage or if they don't want to listen to me?

This is definitely a common and tough spot for parents to be in. Generally, the focus should always be how we can journey with the youths. Parents can also explore activities that the youths are interested in and use that to engage them. Be patient with both the youth and yourself in this whole process and try as much as possible to understand their perspective as you listen actively. These are also some resources that parents can explore for more suggestions and ideas on how to engage your youth:

- <https://family-central.sg/parenting-support/>
- <https://familiesforlife.sg/pages/homepage>
- https://t.me/+F_EQ5krpfIM1MjM1 (Telegram Channel for our ec2 activities)

FAQs

3) *Where can I seek professional help from?*

These are some resources that we would recommend:

- <https://fyics.org/ec2-sg/> (for youths 12-25 years old with mental and social health concerns and parents of youths with mental health concerns)
- <https://www.tinklefriend.sg/> (for children below 13 years old)
- <https://www.touch.org.sg/get-assistance/cyber-wellness.html> (for cyber wellness concerns)

FAQs

4) What do I do if my youth is afraid that seeking mental health support would affect how others see him/her?

There are some mental health services available that allows the youth to remain anonymous while still receiving some form of mental health support. These would include:

- Mindline (<https://www.mindline.sg/>)
- CHAT (<https://www.imh.com.sg/CHAT/Get-Help/webCHAT/Pages/default.aspx>)

It is important for parents to gently encourage their youths to seek help, while also attending to their concerns for privacy and autonomy.

FAQs

5) How can parents support an older youth (above 20) with dyslexia who struggles with communication, faces challenges entering tertiary courses, and experiences negative attitudes from peers?

There are several areas of concern here. To better understand your child's difficulties, a review assessment could help to provide an updated understanding of your child's learning profile and identify strategies to better support their current needs at tertiary level. You can submit an application for a review assessment on our website: <https://das.org.sg/services/apply-for-assessment/>

FAQs

6) How can parents support children with learning and attention difficulties such as ADHD or dyslexia as they transition into secondary school? What are some strategies to help them manage new routines, academic expectations, and executive functioning challenges at home and in school?

- Establish predictable routines, such as a weekly timetable, to help your child manage their day.
- Use visual schedules, checklists, and digital planners or reminders to help them keep track of tasks.
- Colour-coded folders can also be useful for keeping worksheets organised.
- Maintain regular communication with school teachers to identify classroom accommodations that may support your child's learning, such as extra time to complete work, short breaks between lessons, or visual checklists to help with organisation when moving from one class to another.

These aside, you may wish to look out for workshops conducted by DAS Academy, which cover various topics for parents, caregivers, and educators. There's an upcoming executive functioning workshop in November that you may consider enrolling in <https://www.dasacademy.edu.sg/workshops/>

FAQs

7) How can parents support a child who refuses to attend school, feels tired or overwhelmed, and reacts with emotional distress when pressured?

You can refer your child to the REACH team via your child's school counsellor for support with school refusal and emotional challenges <https://www.imh.com.sg/Clinical-Services/Community-based-Services/REACH/Documents/What-is-School-Refusal.pdf>

FAQs

8) Does DAS or Fei Yue provide psychological support for teens with eating disorders? Are there nutritionists or professionals you can recommend to monitor recovery?

While DAS and Fei Yue do not provide specialised eating disorder support, parents can seek help through the following professional resources: <https://www.sgh.com.sg/our-specialties/eating-disorders-programme>

FAQs

9) I suspect my child may have ADHD and he struggles to socialise with his peers. Where can I bring him for an assessment or professional support?

We conduct ADHD assessments at the DAS. You can submit an application for an assessment on our website: <https://das.org.sg/services/apply-for-assessment/>

Feedback Form

We would love to hear from you about the session that we conducted! Please kindly spend 2-3 minutes of your time to provide some feedback for us. Thank you!

