

HELPING SOMEONE IN CRISIS

Learn what you can do to help your friends or loved ones who are facing crises or getting through hard times.

LISTEN TO UNDERSTAND



Invite one to keep talking
and listen with an open mind.

Be Sensitive & ask direct questions
that allow one to open up and be honest about how he/she is feeling and thinking.

Acknowledge one's struggles
by identifying and empathising with how one's problem is making him/her feel.



Communicate
Tell them you care, you're concerned and you will be there for them.

"I notice you are having a really hard time lately, and sometimes when people are going through a tough time, they may think of suicide. Have you been thinking this way?"

ENCOURAGE THEM TO SEEK HELP

"I care about you and I am worried about how much distress you are experiencing. Can we talk about ways I or people around you can help?"

Let them know that it's okay to seek additional help if they may require.

Help can come in different forms, such as:



A listening ear



Companionship



Helping one to make an appointment with a helping professional

MAKE A REFERRAL

If someone you know may be at risk of suicide or is contemplating suicide, please contact:

PSB Academy Counsellor
6390 9214
Mon - Fri, 8.30am - 6pm
(Closed on PH)

Samaritans of Singapore (SOS)
1800 221 4444
24-hour helpline

Institute of Mental Health (IMH)
6389 2222
24-hour helpline

Alternately, visit www.psb-academy.edu.sg/student-resources/student-care for other 24-hour crisis helplines & community resources.