

Emergency Contacts

Samaritans of Singapore (SOS)	1800 221 4444 24 Hours Hotline
Institute of Mental Health (IMH) helpline	6389 2222 24 Hours Hotline
Police	999
Ambulance	995 For emergency cases
	1777 For non-emergency cases

Non-emergency Counselling Services

National Care Helpline	1800 202 6868 24 Hours Hotline (Available during COVID-19 only)
Singapore Association for Mental Health (SAMH) Helpline	1800 283 7019 Mon - Fri 9am to 1pm 2am to 6pm
Silver Ribbon (Singapore)	6385 3714 Mon - Fri 9am to 5pm
TOUCHline Counselling	1800 377 2252 Mon - Fri 9am to 6pm
Care Corner Counselling Centre *For mandarin-speaking counselling	1800 353 5800 Mon - Fri 10am to 10pm
Family Service Centre (FSC)	1800 222 0000 Mon - Fri 7am to 12am

For Psycho-Social Support for TTSH Patients
Care and Counselling

TTSH Medical Centre, Level B2

Contact:

6357 8222 (General Enquiry)

For Change in Existing Psychiatry/
Psychology Appointments

TTSH Medical Centre, Level 4

Contact:

6889 4343 (Clinic 4A)

6889 4445 (Clinic 4B)



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any
feedback regarding what you have just
read at
patienteducation@ttsh.com.sg



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Department of
PSYCHIATRY
PSYCHOLOGY
CARE & COUNSELLING

Crisis Management
Resources



Things to Know About Suicide Crisis



A suicide crisis occurs when an emotionally distraught person is so overwhelmed that he or she sees no other practical solution to resolve the situation and seriously considers taking his or her own life.

1 Who may be at Risk?



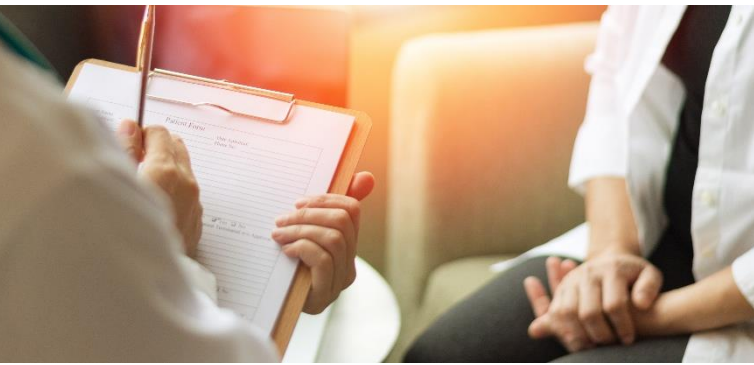
- Loss of a loved one
- Anticipatory grief
- Chronic disease, chronic pain or diagnosis of a terminal illness



- Financial or legal problems
- Academic or work related stress
- Relationship conflicts



- Relapse of pre-existing mental illness
- History of suicide attempts/self-harm
- Ongoing alcohol or substance abuse



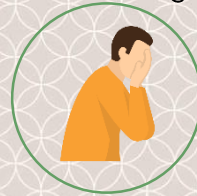
2 Look Out for These Signs

A. Mood Changes

Depressed

Anxious

Irritable/
Mood swings



B. Behavioural Changes

Appetite

Sleeping habits

Loss of interest
in activities



Poor self-care

Substance-use



C. Seek Immediate Help if the Person-at-Risk is:



- Expressing thoughts about ending one's life
- Looking up ways to end one's life
- Writing a will/ farewell notes or giving away possessions

Note: Do not be afraid to ask person-at-risk about their suicidal thoughts

3 Ensuring a Safe Environment



Remove sharp objects



Supervision during medication time



Keep away poisonous substances (eg, detergent)



Keep room doors open and check in on them regularly



Lock window grills



Keep medications away from person-at-risk

4 Helping Someone in Crisis

Listen to Understand

- Listen to the person attentively & encourage him/her to open up.
- Check how the person is coping so far and help to reframe negative thoughts.
- Explore with him/her possible resources or solutions for the problem.
- Do not judge as every individual copes with stress differently. Avoid criticising the person and remember to be supportive.

Seek Professional Help Promptly

- Be aware of available mental health resources
- Continue to support the person in seeking professional help as he/she may feel helpless and find it difficult to seek help on his/her own.

