

School Counselling

Ms June Chen, the School Counsellor supports individual and group counselling for students to share their personal and academic challenges and works through their issues with them. She listens to the students' concerns; helps them to process their problems and facilitates goal and action planning. To make an appointment for a counselling session, you can:

- let the teachers know or
- look for Ms June at the Counselling Hub (located between the Bookshop and Hangout) or
- email her at: chen_yee_sing_june@schools.gov.sg

“Only when we are brave enough to explore the darkness will we discover the infinite power of our light.” – Brené Brown

Helplines & Resources

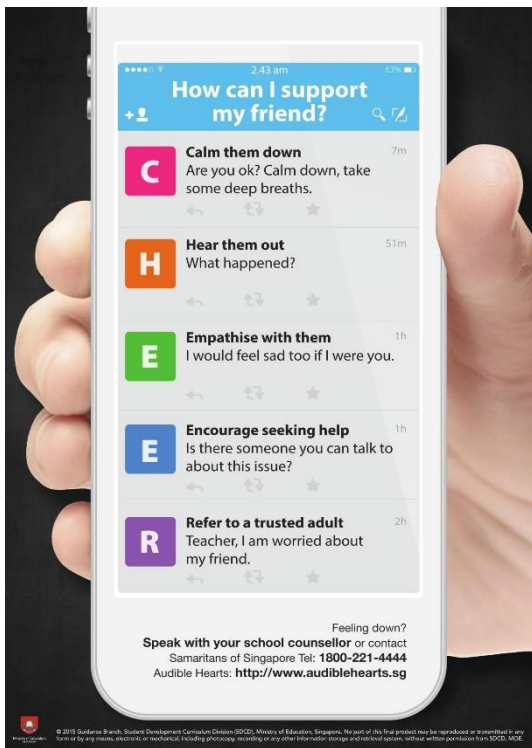
eC2.sg An e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.	Quick Chat Instagram or www.ec2.sg Mon, Thurs and Fri: 10 am – 12 pm & 2 pm – 5 pm (excluding Public Holidays)
Help123.sg A service for youth to reach out to someone for cyberwellness issues (from cyberbullying to having your social media account hacked or having an addiction to the internet)	Tel: 1800–612 3123 Find out more: help123.sg Mon – Fri (excluding Public Holidays): 10 am - 6pm Email: hello@help123.sg (they will reply within three working days)
TOUCHline For youth-related issues. Provides advice to parents and youths.	Tel: 1800–377 2252 Mon – Fri: 9 am – 6 pm (excluding Public Holidays)
Brahm Assist line Provides confidential emotional support	Tel: 6655 0000 and 8823 0000 Daily : 9am – 10.30 pm (Whatsapp available) or Email: assistme@brahmcentre.com
ComCare Provide financial and/or social resources	Tel: 1800 222 0000 Daily, 7am-12am https://www.msf.gov.sg/Comcare
National CARE Hotline	Tel: 1800 202 6868 Daily, 8am-12am
Mental Health Helpline (IMH)	Tel: 6389 2222 (24 hours)

<p>A helpline if you or someone you are concerned about are facing a mental health crisis.</p> <p>Urgent intervention for those who experience acute difficulties in their mental health.</p>	<p>Tel: 63892003/ 63892004</p>
<p>Samaritans of Singapore (SOS) Provides round the clock emotional support for those in crisis and distress. This service is manned by trained volunteers.</p> <p>For those who prefer to write, you can send an email.</p>	<p>Call: 1800-221 4444 (24-hour helpline) or</p> <p>Email pat@sos.sg Response time for this service is within 48 hours, excluding weekends and public holidays.</p>
<p>Mindline.sg</p> <p>Online platform that provides tools, tips and resources to help you manage health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.</p>	<p>Mindline.sg</p>

LIST OF FAMILY SERVICE CENTRES (FSCs) IN THE WEST ZONE*

<p>Lakeside Family Centre (Jurong East) Blk 302, Jurong East St 32, #01-22, S(600302)</p>	<p>6564 9722</p>
<p>Lakeside Family Centre (Jurong West) Blk 516, Jurong West St 52, #01-73, S(640516)</p>	<p>6567 1908</p>
<p>Whispering Hearts Family Service Centre 646 Jurong West Street 61, 61, S(640646)</p>	<p>6795 1008</p>
<p>THK Family Service Centre @ Jurong Blk 183B Boon Lay Ave #01-716 S(642183)</p>	<p>6716 9466</p>
<p>Fei Yue FSC (Bukit Batok) Blk 185, Bukit Batok West Ave 6, #01- 187, S(650185)</p>	<p>6569 0381</p>
<p>PPIS (FSC WEST) Blk 301, Bukit Batok St 31, #01-01, S(650301)</p>	<p>6561 3462</p>

Students can use the **CHEER model** to give help to friends when you observe that friends are in distress.



Calm your friends down - Allow your friend to cool down. Ask them to take deep breaths to manage their emotions.

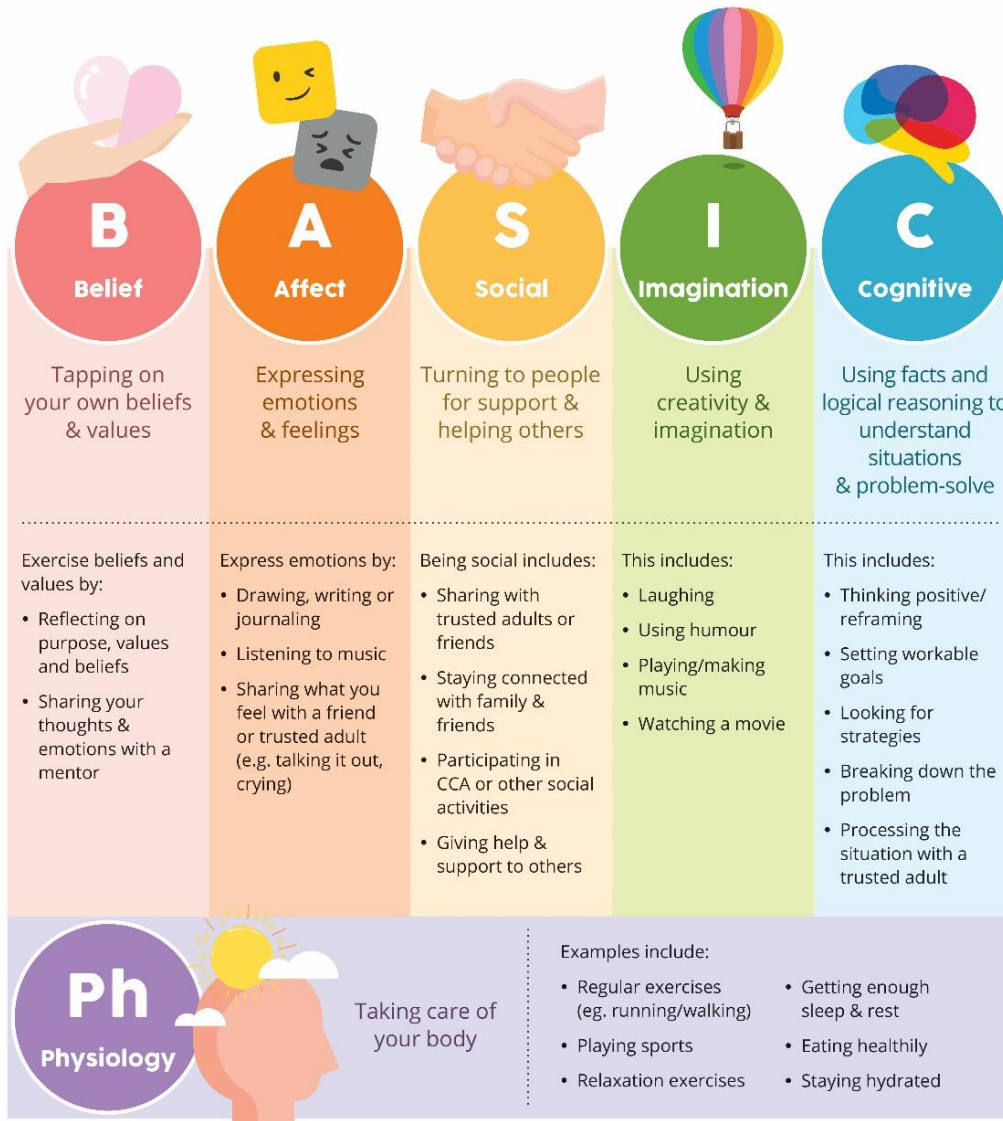
Hear your friends out- Listen attentively to your friends' words and feelings. Keep an open mind. Do not judge or interrupt.

Empathise with your friends - Understand how they feel by putting yourself in their shoes. Check if you have understood your friends' issues and emotions correctly.

Encourage your friends to seek help - If your friends cannot resolve the problem, encourage them to talk to a trusted adult, such as a parent, teacher or school counsellor.

Refer your friends to a trusted adult - Talk to a trusted adult if you are worried that your friends may hurt themselves or others, or if the problem continues for a long time.

Coping Strategies



Adapted from Lahad, M. (1992).

The coping strategies above are suggestions and there are other examples in addition to what has been listed.