



Gain Clarity Restore Balance

**MENTAL HEALTH SUPPORT
GROUP SESSION**
for

SINGAPORE



RUGBY FOOTBALL CLUB





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What is Mental Health?

Mental Health is a combination of our psychological, emotional & social wellbeing.

It affects how we think, feel & behave. Developing good mental health builds resilience, allowing us to live full lives & not get overly affected by traumatic life events or crises.

It determines how we handle stress, relate to others and make choices.



The Effects of Covid-19 in Singapore

Statistical Indicators

- **35% increase in calls to SOS**
- **13% increase in suicides in 2020**
- **22% increase in family violence reports**
- **1 in 4 people feeling they are not in good mental health or experiencing more than usual anxiety and feelings of low moods**
- **Increase in substance abuse (alcohol & drugs)**
- **More kids struggling and reports of behavioural issues (19% increase in calls/on-line chats to Tinkle Friend Hotline)**





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What have we been dealing with?

Our emotional responses to Covid-19 and the restrictions placed on us have included:

- **Anxiety** - News, change, fear of virus, job insecurity, etc.
- **Loss** - Separation from loved ones, deaths, travel
- **Guilt** - Worrying about self when others may have it worse. Feelings of guilt around life choices
- **Feeling Isolated** - Being cut off from friends, family & support community
- **Anger** - Disagreement with govt policies, others' disregard of guidelines

These reactions can be confusing and cause emotional fatigue which result in poor thought processes and behaviours





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Symptoms of Effects of Covid-19

The following list just a few of the possible effects of the range of emotions we have been experiencing:

- **Insomnia, sleep loss or disturbed sleep patterns (including excessive sleep)**
- **Feeling overwhelmed, teary or heavy-hearted**
- **Tightness of chest and/or stomach, stiffness of back, neck and shoulders**
- **Mood changes**
- **Behavioural changes, especially in children.**





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What is Counselling?

Family & friends, who normally provide us with most of our emotional support, are not always able to help. Indeed, though well-meaning, their advice can actually be counter-productive and increase our personal difficulties. This is where Counselling Therapy can be especially useful.

Therapists work with their clients to better understand and manage their feelings, thoughts and beliefs to help them develop healthier & more effective patterns of behaviour.

Harmony Counselling is a private service provider which helps you to achieve clarity around your life and any specific issues you may be facing. Counselling is intended to help you re-gain control and restore equilibrium





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How Counselling Helps

- It feels good to tell someone who cares about your thoughts and emotions
- They allow you to talk without waiting for their turn
- Your counsellor should have unbiased opinions
- They bring validity to what you are feeling
- You can't always do it on your own

You might want to consider therapy if:

- You're feeling a prolonged sense of sadness, helplessness or isolation.
- Your problems never seem to get better, despite your efforts and help from family & friends.
- You're struggling to perform everyday activities or concentrate on tasks and your home/work life is suffering as a result.
- You're actions are causing harm to yourself or others - eg. you're drinking too much or becoming overly argumentative.





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Seek Help

If, at any time, you or any of your family members feels overwhelmed, it may be time to talk to a mental health professional. Managing stress as soon as possible can help us avoid longer term issues.

Download our free presentation on "Choosing the Right Therapist for You" from our website:

www.harmonycounselling.com.sg/about-us





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Other Mental Health support resources in Singapore

See crisis support resources document





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The Rugby Community in Singapore

Benefits:

- **Close-knit community**
- **Support network with people you trust**
- **Shared positive values which can help with decision making**

Possible negatives:

- **Macho culture with unhelpful or damaging messages (eg. "Man up", "Stop being a wuss", etc.)**

When people come to you for help, try to be less solution focused and just provide an empathetic ear instead

