



Mental Wellness over my
March holiday



Agenda

- My mental well-being

-
- Where can I go?

-
- Who can I talk to?
-

My mental well-being

- **Make time for self-care** (Read a book/ Play a sport/ Go out with my friends!)
- **Sleep early** (Why stay up late till 12am scrolling endlessly through TikTok when I can be having a sweet dream~)
- **Eat healthful food** (Avoid fried and sugary stuff and gobble down those veges!)
- **Try exercise** (That thing in your head, called a brain, releases feel good hormones of dopamine & serotonin when you're working out that body)
- **Good friends are hard to find** (Evaluate your choices and stay with the right crowd)
- **Time with the Family** (Don't forget to tell mummy and daddy that you love them)

My mental well-being

- **Make time for self-care**

(Read a book/ Play a sport/ Go out with my friends!)

- **Regulate sleep pattern- Sleep Early**

(Why stay up late till 12am scrolling endlessly through TikTok when I can be having a sweet dream~)

- **Eat healthful food**

(Avoid fried and sugary stuff and gobble down those veges!)



Where Can I go?

If I am feeling down, this is where I can go...



Roundbox @ Toa Payoh - Youth Drop-in Centre

RoundBox at Children's Society

A conducive place for fun and friends~

Address:

Blk 122 Lor 2 Toa Payoh #01-06
Singapore 310122

Opening Times:
Mon- Fri (9am to 6pm)

Closest MRT station:
Braddell MRT

Bus
232, 235, 129

Where Can I go?

Youth Drop-in Centres

Pace @ Tai Seng - Fridays only 3pm - 5pm.

This March Holidays there will be some music activities.

Address : 50 Playfair Rd, Noel Building #03-01

Closest MRT Station: Tai Seng MRT Station (CC11)

Directions from Tai Seng MRT Station: See screenshot at next slide

Where Can I go?

Youth Drop-in Centres - PACE @ Tai Seng

← from Tai Seng MRT Station (CC11), 33 Upper Paya...
to Calvary Community Care, 50 Playfair Rd, #03-0...

4 min (350 m)
via Irving Rd and Playfair Rd

⚠ Use caution—walking directions may not always reflect real-world conditions

Tai Seng MRT Station (CC11)
33 Upper Paya Lebar Rd, Singapore 534803

- ↑ Head south toward Irving Rd
28 m
- ↪ Turn right onto Irving Rd
200 m
- ↶ Turn left onto Playfair Rd
Destination will be on the left
130 m

Calvary Community Care

Search along the route

Restaurants Coffee Groceries

TAI SENG

Tai Seng MRT Station (CC11)

4 min 350m

Quartz Industrial Building

KA Centre

Alchemist Khong Guan Building

The BOILER @ Howard Road Seafood · \$\$

Calvary Community Care

Grantral Mall/Grantral Complex@Macpherson Shopping mall

GudSht - Alcohol Delivery Singapore Liquor store

MacPherson Rd

Howard Rd

MacTaggart Rd

Harrison Rd

Burn Rd

Shaw Rd

Kampong Ampat

Jln Mesin

Jln Kemajuan

KPE

Where Can I go?

Youth Drop-in Centres

PACE @ Marsiling –

March Holidays - Monday & Wednesday 4pm to 7pm.

For this March Holidays they are organising a kite making / kite flying activity.

On Monday, they will make their kites, and Wednesday they will fly their kites at Marina Barrage.

Transport is provided therefore we will need the students to quickly sign up the forms and return to us so that we can arrange for enough transport to and fro

Where Can I go?

Pace@Marsiling (at Marsiling Community Club) :

**Youth Activity Centre @ Marsiling CC
(100 Admiralty Road, S 739980)**

**Every Monday to Wednesday (Except public holidays)
4.00pm - 7.00pm**

At Front Desk ask for directions for PACE @ Marsiling Room or call Gennifer (Youth Worker running Drop In Centre) at 8719 9632

Where Can I go?

Address of Pace@Marsiling (at Marsiling Community Club) :

Closest MRT Station - Marsiling MRT Station (NS8), Woodlands MRT Station (NS9 & TE2) & Woodlands North MRT Station (TE1)

IG Link :

https://www.instagram.com/pace_mars/

Where Can I go?

Directions from **Marsiling MRT Station** -

<https://maps.app.goo.gl/JQ7EyXYcKByySucE8>

The screenshot displays Google Maps with a route from Marsiling MRT Station (NS8) to Marsiling Community Club. The interface includes a top navigation bar with icons for Best, Car, Motorcycle, Train, Pedestrian, and Bicycle. The origin is Marsiling MRT Station (NS8), 71 Woodlands Centre Rd, and the destination is Marsiling Community Club, 100 Admiralty Rd. The map shows a green route starting from the station, heading north to the community club, and then looping back to the station. A blue route is also visible, starting from the station and heading east towards the Causeway Point area. The left sidebar lists several transit options with their respective times and details.

Mode	Time	Distance
Best	7 min	7 min
Motorcycle	7 min	7 min
Train	14 min	14 min
Pedestrian	21 min	21 min
Bicycle	10 min	10 min

Time	Duration
2:38 PM—2:52 PM	14 min
2:37 PM—2:59 PM	22 min
2:37 PM—2:59 PM	22 min
via Woodlands Centre Rd	20 min

Map data ©2024 Google Singapore Terms Privacy Send Product Feedback 500 m

Directions from Woodlands MRT Station -

<https://maps.app.goo.gl/z5SVgF5Q2RCN6TMc7>

Where Can I go?

The screenshot displays a Google Maps interface with transit directions. The starting point is Woodlands MRT Station (NS9) and the destination is Marsiling Community Club. The interface includes a top navigation bar with icons for different transport modes and their respective times: Best (8 min), 8 min, 7 min, 22 min, 26 min, and 7 min. Below this, the origin and destination are listed. A list of transit routes is provided, each with a time range, bus numbers, and a total duration. The map shows a green highlighted route starting from Woodlands MRT Station, heading south to Marsiling, then east to Marsiling Community Club, and finally north to Woodlands MRT Station. Various transit stops and landmarks are marked on the map.

Transit Routes:

Route	Time Range	Duration
903 / 178	2:51 PM - 3:13 PM	22 min
912 / 912B	2:51 PM - 3:23 PM	32 min
178	2:51 PM - 3:19 PM	28 min
856 / 903	2:51 PM - 3:19 PM	28 min
Thomson East Coast Line / 856	2:55 PM - 3:19 PM	24 min
913 / 913M / 913T	2:51 PM - 3:14 PM	23 min

Where Can I go?

Directions from **Woodlands North MRT Station** -
<https://maps.app.goo.gl/VFMtquxCrvP5mmHJ6>

The screenshot displays a Google Maps interface with the following details:

- Transportation Modes:** Best, 7 min (Car), 7 min (Bike), 10 min (MRT), 30 min (Walking), 7 min (Bike with helmet).
- Origin:** Woodlands North MRT Station (TE1), 20
- Destination:** Marsiling Community Club, 100 Admiralty
- Options:** Leave now
- Send directions to your phone** and **Copy link** buttons.
- Route Summary:**
 - Time: 2:56 PM—3:06 PM, 10 min
 - Mode: 856 (Bike)
 - Start: 2:57 PM from W'lands Nth Stn
 - Frequency: 3 min every 8 min
- Explore nearby Marsiling Community Club:** Restaurants, Hotels, Bars, Coffee, More.
- Map:** Shows a green route from Woodlands North MRT Station (TE1) to Marsiling Community Club, passing through Woodlands Waterfront Park and Marsiling Park. A callout box indicates "10 min every 8 min".

Where Can I go?

Students who are keen to visit the drop-in centres at either location to register your interest via the following link or scan the QR code:

<https://tinyurl.com/4dauffn2>



Where Can I go?

This coming Monday (11/3) and Wednesday (13/3)

There will be a kite making session.

Monday kite making and Wednesday travel to Marina Barrage to test out the kites.

KITE MAKING



TIME: 4PM - 7PM

DATE: 11/3/2024

PLACE: MARS CC

SIGN-UP (<https://tinyurl.com/kitefly24>)



TIME: 3.30PM - 8PM

DATE: 13/3/2024

PLACE: Marina Barage (Meet at MARS CC)

SIGN-UP (<https://tinyurl.com/kitefly24>)

Where Can I go?

Who can I talk to?

When I am feeling down, I can call the school to...

- ❖ Ask for help from teachers, school counsellors, etc...

School Telephone Number:

6288 9013

Operating Hours:

Monday to Friday

8am to 5pm

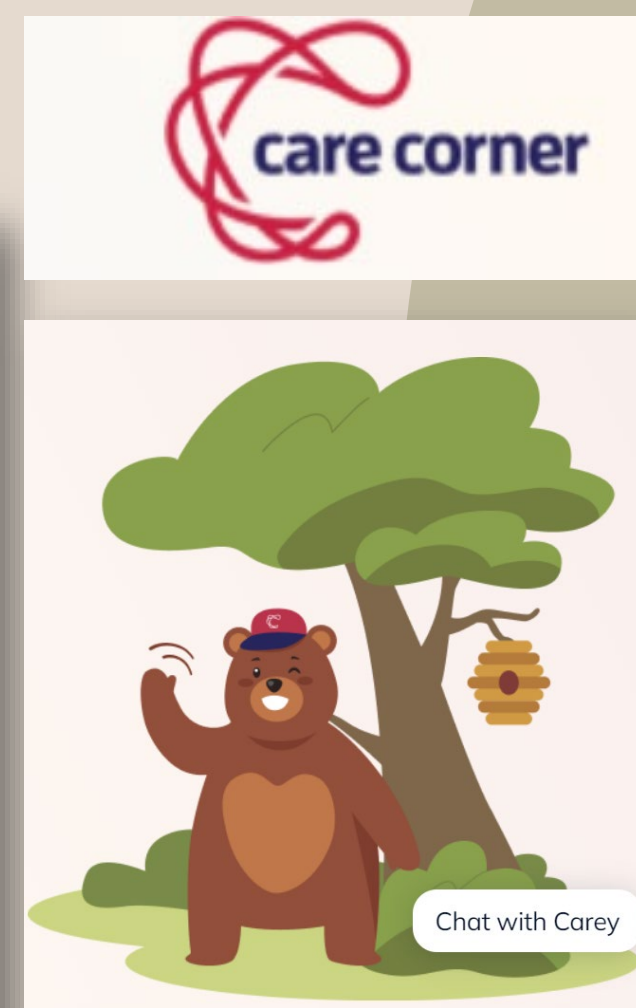
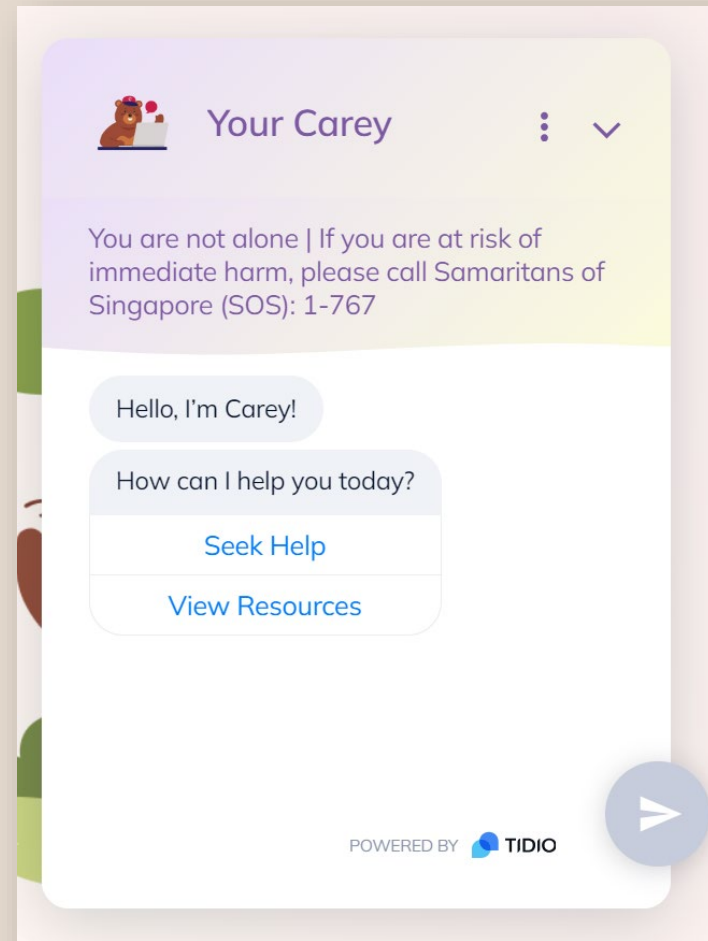
Who can I talk to?

When I am feeling down, I can chat with...

Carey

My mental, health buddy.

- ❖ Carey can support me through mental health check-ins and counselling sessions.
- ❖ Carey also provides me consultations with mental health professionals.
- ❖ Finally, Carey can teach me self-help tools to help me cope better.



URL: <https://carey.carecorner.org.sg/>
(Carey is FREE. No payment needed)

I am upset...I feel extremely lousy...

Try the Quick Chat - ec2.sg

The Quick Chat is:

- one-to-one mental health screening
- online chat
- for youths aged 12 and above
- talk about mental health or emotional concerns.
- service is provided free-of-charge.

Opening hours:

Monday, Thursday, Friday
10am to 12pm, 2pm to 5pm
(excluding Public Holidays)

Help is available...Speak with someone today!



ec2.sg



If I am on the verge of losing control, or

If I am at risk of immediate harm,

I can call...



Hotline

1767

Help is available...Speak with someone today!

Take the First Step Towards Recovery

I am addicted...
(for example, vaping, gaming, gambling)

I need help to quit my bad habit!



All Addictions
6-RECOVER
6-7326837

Help is available...visit the website
Chat with someone today!

URL: <https://www.nams.sg/>

If you are in distress you may also contact the following agencies



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



Singapore Association for Mental Health (SAMH)
Helpline 1800 283 7019
Mon - Fri: 9am - 1pm, 2pm - 6pm (closed on PH)



Care Singapore HEARAU
Whatsapp Text Helpline: 6978 2728
Monday - Friday
10am - 5pm (closed on public holidays)



Community Health Assessment Team (CHAT)-
Call: 6493 6500 / 6493 6501
webchat: <https://www.chat.mentalhealth.sg>/Tues -
Sat: 12pm - 9pm (closed on Mon & public holidays)

If you are in distress you may also contact the following agencies



AssistLine by Brahm Centre

Call: 6655 0000

WhatsApp call or chat: 8223 0000

Daily: 9am - 10.30pm

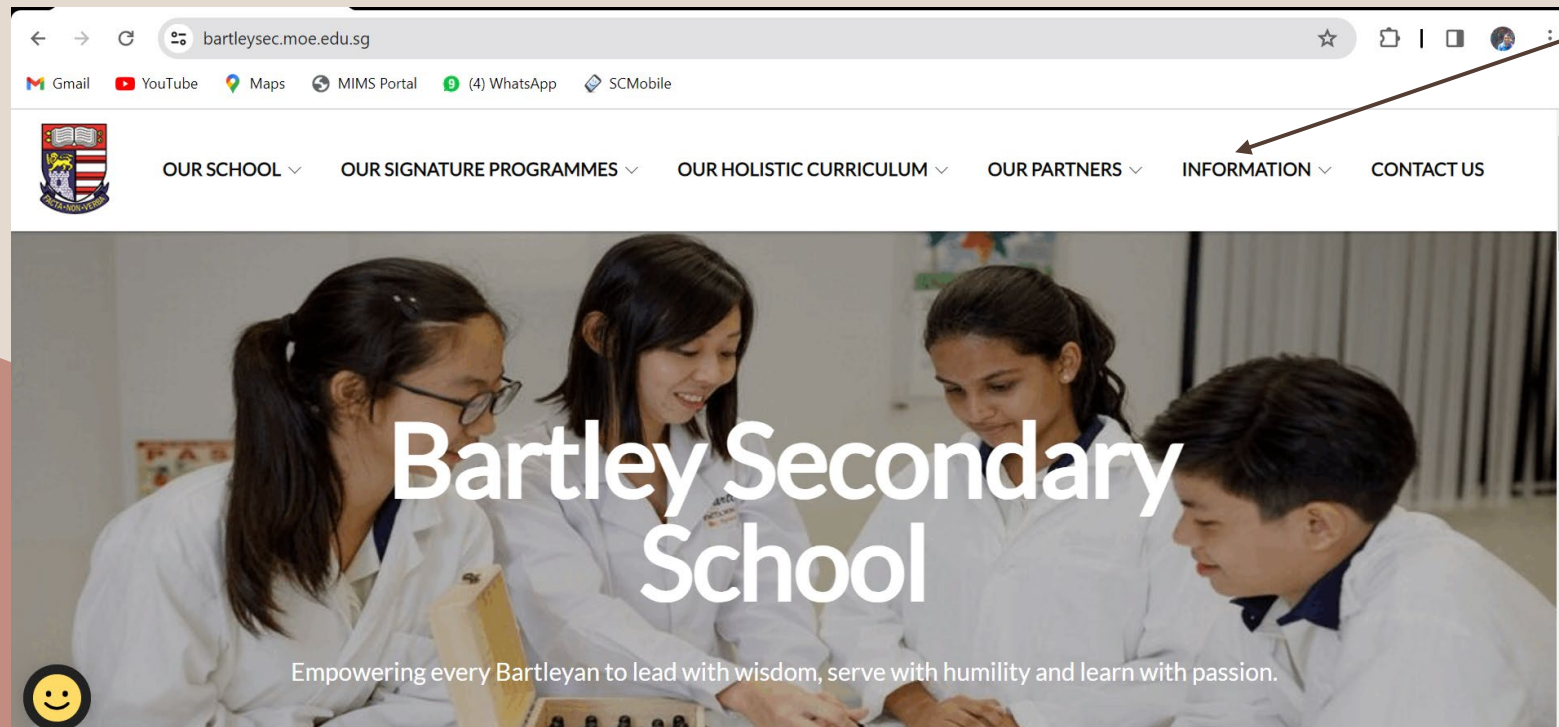


National Anti-Violence and Sexual Harassment
Helpline: 1800-777-0000

You may refer to this deck of slides at any time from our Bartley Secondary School Website

URL: <https://www.bartleysec.moe.edu.sg/>

Click 'Information' to access the slides





thank you

HAVE A LOVELY BREAK, AND WE'LL SEE YOU IN TERM 2!