

# A Caregiver's Guide to Suicide Prevention & Self-Harm Means Restriction

## Ensuring Safety at Home



Keep window and balcony grills locked.



Avoid leaving your child alone at home.



Ensure that sharp or dangerous objects that could potentially be used for self-harm are kept out of reach or removed.



Keep a lookout for potentially dangerous objects in your child's room.



Medicine should be locked away and administered by a caregiver.



To take good care of your child, you must first take good care of yourself.

- Confide in someone you trust
- Take breaks and engage in self-care activities
- Take turns with other family members to care for your child



# What You Can Do

- ✓ Come up with a timetable and fill it with fun activities you can do with your child
- ✓ Go for a walk or do some light exercises with your child
- ✓ Talk to your child about their concerns and worries.
- ✓ Encourage your child to communicate their thoughts. You may consider alternative methods such as texting or writing if they are not comfortable with talking about it directly.
- ✓ Consider activities such as deep-breathing, meditation, or prayer (if your family is religious) as a way to manage stress and anxiety.



## If you are concerned that things are worsening before your appointment with a professional,

- ✓ Call the Institute of Mental Health (IMH) 24 hour Crisis Hotline at 6389-2222 for advice.
- ✓ Bring your child to IMH Emergency Room if you are unable to manage your child safely at home.
- ✓ If your child requires immediate medical attention (e.g. intentional overdose), take them to the nearest emergency room.
- ✓ Call the police at 999 if you are unable to bring your child to a place of safety.

# Resources

Samaritans of Singapore  
1-767  
(24hr)

Singapore Association  
for Mental Health  
1800-283-7019  
(Mon - Fri, 9am - 6pm)

CHAT  
6493-6500  
(Tue - Fri, 1pm - 8pm)

Tinkle Friend  
1800-2744-788  
(Mon- Fri, 2.30pm to 5pm)

Touchline for youths:  
1800-3772-252  
(Mon - Fri, 9am - 6pm)

