YOU'VE GOT THIS!

On your education journey, look for people who you can turn to for support. And be there for your friends too!

MANAGING YOUR EMOTIONS

How have you prepared yourself emotionally when receiving your results? The following tips may help:

- Sleeping well
- Practising deep breathing
- Exercising
- Spending time with family

- Talking with friends, teachers, parents/guardians, School Counsellor/Education and Career Guidance (ECG) Counsellor

BEING A SUPPORTIVE FRIEND

Look out for your friends who may be feeling down. If you see someone who needs some support, try C.H.E.E.R.ing them on!

Calm them down
"Hey, let's sit down and take a step back ok?"

Hear them out
"I am listening. I am here for you."

Empathise with them
"It seems like this is a difficult time for you."

Encourage seeking help
"Thanks for sharing. Why don't we speak with a trusted adult who can help?"
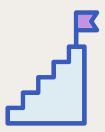
Refer to a trusted adult
"Would you like me to go with you to talk to our teacher or School Counsellor?"

PLANNING YOUR NEXT STEP

These resources will help you chart your path ahead:

- **What's Next Brochure**
  https://go.gov.sg/whats-next-nlevel

- **Contact the MOE ECG Centre**
  https://go.gov.sg/moe-ecg-centre

- **MySkillsFuture Student Portal**
  https://go.gov.sg/MySFSec

- **Chat with your school's ECG Counsellor**

HELP IS READILY AVAILABLE FOR YOU

eC2 | Visit: https://www.ec2.sg
An e-Counselling Centre where you can talk to trained counsellors.

TOUCHline | Call: 1800 3772252
A helpline providing emotional support and practical advice.

mindline.sg | Visit: https://www.mindline.sg
An online platform with tools, tips and resources on health and well-being.

Carey | Visit: https://carey.carecorner.org.sg/
An online platform by Care Corner that provides free mental health check-ins with mental health professionals.

CHAT | Visit: CHAT Hub at *SCAPE, #05-05 | Call: 6493 6500/ 6501
Personalised and confidential mental health checks and consultations for youths.

SOS | Call: 1-767 (24-hour helpline) | Whatsapp: 9151 1767 (24-hour Care Text)
Round-the-clock emotional support for those in distress, thinking of suicide or affected by suicide.

You are never alone in this journey!