

# 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!



Ministry of Education  
SINGAPORE

## 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?"*



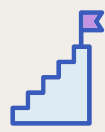
### Refer to a trusted adult

*"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-olevel>



- **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!**