

PART 2



CARING FOR COVID-19 HEROES

- HEALTHCARE WORKERS -

"I AM FEELING GUILTY"

IF YOU'RE FEELING GUILTY AND FRUSTRATED DURING QUARANTINE, SHARE YOUR FEELINGS WITH FAMILY AND FRIENDS AND REMEMBER THAT SUPPORT IS AVAILABLE.



PROJECT BY:
SINGAPORE
PSYCHIATRIC
ASSOCIATION
WWW.SINGAPOREPSYCHIATRY.ORG.SG



TO SPEAK TO SOMEONE,
CALL NATIONAL CARE
HOTLINE: 1800-202-6868
OR VISIT GO.GOV.SG/HELPLINES



CARING FOR COVID-19 HEROES

- HEALTHCARE WORKERS -

"I AM FEELING EMPTY AND EXHAUSTED"

IF YOU'RE FEELING OVERWHELMED AND EMOTIONALLY DRAINED, FIND WAYS TO REDUCE YOUR STRESS AND REMEMBER THAT SUPPORT IS AVAILABLE.

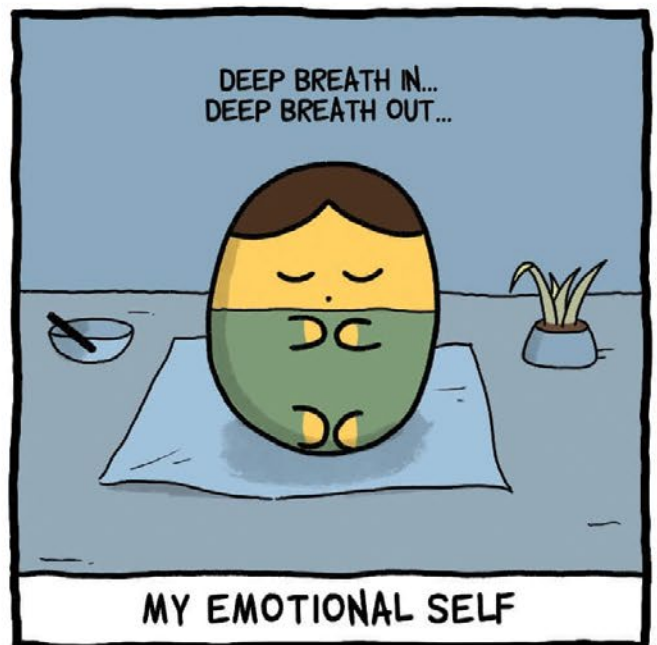


PROJECT BY:
SINGAPORE
PSYCHIATRIC
ASSOCIATION



WWW.SINGAPOREPSYCHIATRY.ORG.SG

TO SPEAK TO SOMEONE,
CALL NATIONAL CARE
HOTLINE: 1800-202-6868
OR VISIT 60.GOV.SG/HELPLINES



CARING FOR COVID-19 HEROES
- HEALTHCARE WORKERS -
"SELF-CARE FOR BETTER HEALTH CARE"

TAKE TIME TO CHECK IN WITH YOURSELF AND RECHARGE IN SIMPLE DAILY ACTIVITIES.



TO SPEAK TO SOMEONE,
CALL NATIONAL CARE
HOTLINE: 1800-202-6868
OR VISIT GO.GOV.SG/HELPLINES