

## 我的心理健康计划/ My Wellness Plan

姓名/Name: \_\_\_\_\_

**一：警告标志：**（思想、图像、行为、思维过程和心情）

**1: Warning signs: (Thoughts, Images, Behaviour, Thinking Processes and Mood)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**二：内部应对策略-我可以做些什么来让自己平静/安慰自己：**

**2: Internal coping strategies - Things I can do to calm/comfort myself:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**三：可以支持我的人：**

**3: People whom I can seek support in:**

- |                  |                  |
|------------------|------------------|
| 1. 姓名/Name _____ | 电话/Contact _____ |
| 2. 姓名/Name _____ | 电话/Contact _____ |
| 3. 姓名/Name _____ | 电话/Contact _____ |

**四：我希望如何被支持我？**

**4: How I want others to support me?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**五：心理辅导专业热线：**

**5: Professionals or agencies I can contact for emotional support:**

Samaritans of Singapore (SOS) 24-hour CareText CareMail	1767 9151 1767 (WhatsApp) <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>
TOUCHline (Counselling)	1800 377 2252
IMH Mental Health Helpline	6389 2222
Singapore Association of Mental Health (SAMH)	1800 283 7019 (office hour from Mon - Fri)
Braham Centre Assistline	6655 0000 (Weekdays 9am - 6pm) After hours: 8823 0000 (WhatsApp available)
关怀 800 热线 (Mandarin only)	1800 3535 800 (Daily: 10am - 10pm, except public holidays)