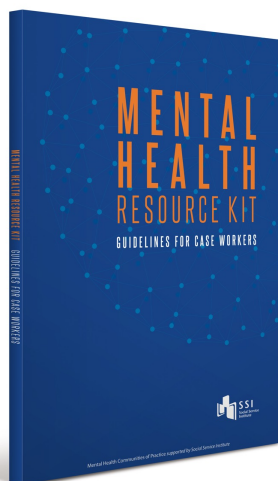


RELEASE 2014

MENTAL HEALTH RESOURCE KIT GUIDELINES FOR CASE WORKERS



Mental Health Resource Kit serves as a guide to aid case workers in the mental health community to better serve clients with mental conditions. It covers essential areas such as:

- The most common mental health issues, and their respective onset, signs and symptoms, such as depression, anxiety disorder and psychosis.
- The risk and protective factors of mental health.
- Key recommendations and guidelines for case workers, ranging from establishing initial contact and managing clients with panic attack to conducting counselling sessions.

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Mental Health Resource Kit includes chapters that cover:

- **Common Mental Health Issues: Onset, Signs and Symptoms**
 Depression; Bipolar Disorder; Generalised Anxiety Disorder; Obsessive Compulsive Disorder;
 Post-Traumatic Stress Disorder; Psychosis; Dementia
- **Risk and Protective Factors of Mental Health**
- **Recommendations and Guidelines**
 Managing Clients with Mental Health Issues (Initial Contact); in Distress; with Panic Attack
 Managing Clients Feeling Agitated
 Conducting Home Visits
 Handling Phone Enquiries
 Conducting Counselling Session
 Working with Caregivers of Loved Ones with Mental Health Issues
- **Resources: Mental Health Services in Singapore**