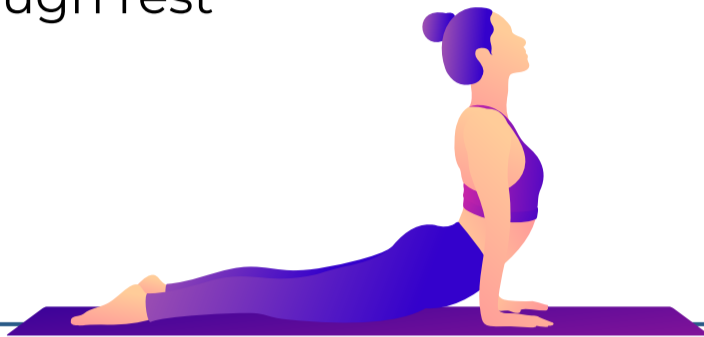


ARE YOU FEELING OVERWHELMED BY THE INCARCERATION OF YOUR LOVED ONE ?

HERE ARE SOME SELF-CARE TIPS FOR YOU

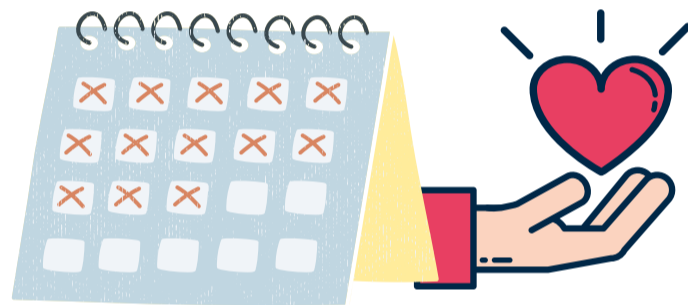
1) KEEP A HEALTHY LIFESTYLE

Have regular meals
Maintain a healthy lifestyle
Get enough rest



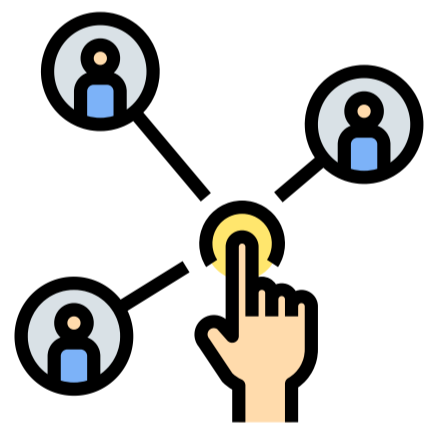
2) TAKE CARE OF YOUR EMOTIONS

It's okay to feel stressed
Make time for yourself



3) STAY CONNECTED

Reach out to family and friends
Seek help if you need*



YOUR WELL-BEING AND MENTAL HEALTH IS EQUALLY IMPORTANT.

PRACTISE REGULAR SELF-CARE TO SUPPORT THE REHABILITATION JOURNEY OF YOUR INCARCERATED LOVED ONE.



**Please refer to a list of community resources available at www.sps.gov.sg*

SELF-CARE

As much as it is important to support your loved one's rehabilitation, it is also important to take care of yourself.



UNHELPFUL STRESSOR 1

"I must do everything for my family because no one else will!"



ALTERNATIVE

It's not only your responsibility to 'fix' the situation.
Reach out if you need to.



UNHELPFUL STRESSOR 2

"I must stay strong all the time!"



ALTERNATIVE

You are only human, it's okay to feel stressed!



UNHELPFUL STRESSOR 3

"I must put my family's needs before my own!"



ALTERNATIVE

Your well-being is equally important!
It is hard to care for others if you don't take care of yourself.



ARE YOU FEELING STRESSED?

NEED HELP?



FAMILY RESOURCE CENTRES (FRC)

FRCs are set up by SPS, to help inmates and their families with issues such as financial, childcare, housing problems, etc. You can walk in to the FRCs located at Prison Link Centre Changi (PLCC) Level 2, or call the social worker for assistance.



Fei Yue FRC : 6546 7460

Lakeside FRC : 6817 4199

FAMILY SERVICE CENTRES (FSC)

FSCs are community-based social services that serve individuals and families who need social and emotional support. You can call or walk-in to the FSCs for help.

SOCIAL SERVICE OFFICES (SSO)

SSOs provide social assistance such as financial and employment aid to the individuals in need.



You can locate the nearest FSC or SSO from the link
[FSC](https://www.msf.gov.sg/dfcs/familyservice/default.aspx)

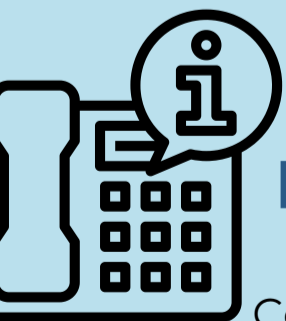
<https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

[SSO](https://www.msf.gov.sg/dfcs/sso/default.asp)

<https://www.msf.gov.sg/dfcs/sso/default.asp>



ComCare Hotline at 1800-222-000



HERE ARE SOME OTHER RESOURCES FOR YOU!

[Counselling for families facing relationship issues](#)

- Strengthening Families Programme@FSC (FAM@FSC): Call 1800-111-222 and ask for "Family Counselling"

[Mental Well-Being](#)

- Institute of Mental Health (IMH) 24-hr hotline: 6389 2222
- Samaritans of Singapore (SOS) 24-hr hotline: 1800 221 4444
- Silver Ribbon (Singapore) - 6386 1928
- Singapore Association for Mental Health - 1800 283 7019