

## WHAT IS A CRISIS?

Any event or situation that causes you to feel stressed and stretched beyond your ability to cope may be considered a crisis.

A terror attack which aims to create fear amongst the public could be perceived to be a crisis. Examples of such acts include the 9/11 attacks in New York City and the 2018 Surabaya attacks in Indonesia. Other examples of crisis situations that are related to terror attacks may include injuries, death of loved ones and disruptions to daily routines, etc.

## PREPARING FOR A CRISIS

Go through the brochure to learn more about the DOs and DON'Ts of how people with mental health conditions can prepare themselves in the event of a terror attack.

## USEFUL RESOURCES

### HOTLINES

**Samaritans of Singapore (SOS)**  
1800 - 221 4444 (24 hrs)

**Counselling & Care Centre**  
6536 6366

**Institute of Mental Health**  
6389 2222 (24 hrs)

**PPIS Family Service Centers  
For Malay communities**  
6561 3462 (West) / 6848 4661 (East)

**Care Corner (Mandarin) Singapore For Chinese  
communities**  
1800 - 353 5800

**SINDA (Singapore Indian Development  
Association) Family Service Centre  
For Indian communities**  
1800 - 295 4554

### RESOURCES

**SGSecure Website**  
<http://www.SGSecure.sg>



**SGSECURE**  
STAY ALERT. STAY UNITED. STAY STRONG.

# COPING WITH CRISES

Practical tips for  
preparing people  
with mental health  
conditions in the  
event of a terror  
attack

## DO THIS



Be aware that stress levels may increase.

1. Understand that terror attacks bring about a new type of stress, fear, and insecurity.
2. Be prepared that symptoms of mental illnesses may appear.
3. Keep a diary or planner to keep track of things that need to be taken note of without stressing one's mind.



Minimise exposure to news of the terror attack, in order to facilitate process of coping.



Be aware of your physical health (e.g., get sufficient rest and nutrition, engage in physical exercises).

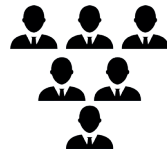


Turn to community resources to attend to your medical and psychological needs.



Speaking with your healthcare professional can help.

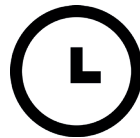
1. Let your healthcare professional know that you are struggling.
2. Continue or increase sessions with your healthcare professional.
3. Be honest about your current situation so the healthcare professional can tailor treatment accordingly.



Rely on social support (e.g., family, friends, colleagues) for help in coping in the aftermath of a terror attack.



Identify your coping strategies (e.g., practise relaxation, meditation) and continue to engage in those that work.



Maintain a routine. For example, resume daily activities as far and as much as possible so that you can go back to the original level of functioning.

## DO NOT DO THIS



Engage in self-blame.



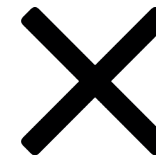
Attempt to self-medicate. If needed, speak to a healthcare professional before taking any medication.



Make rash decisions (e.g., moving house/migrating away from the location of terror). Take a moment to acknowledge your emotions and weigh the pros and cons surrounding your decisions.



Hide or isolate yourself after a terror attack. Instead, surround yourself with your social support.



Expose yourself endlessly to information of the attack by watching, reading, or listening to news about it. Instead, balance the need to be informed about the event with the need to safeguard your mental well-being.



### Remember to...

1. Download the SGSecure app.
2. Familiarise yourself with Run, Hide, Tell\* and Improvised First Aid Skills\*.
3. Apply Run, Hide, Tell and Improvised First Aid Skills when required.
4. After a terror attack, apply Psychological First Aid\* when needed.

\* For more information, please refer to the SGSecure website.