YOU ARE SUPPORTED!

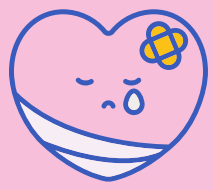
Ministry of Education
SINGAPORE

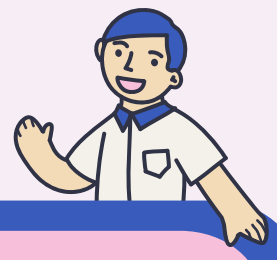
You can depend on the people around you as you continue on your education journey. Remember to be there for your friends as well.

TAKE CARE OF YOURSELF!

Make sure to:

- **Rest and sleep enough**
- **Chat with friends**
- **Breathe deeply**
- **Exercise**
- **Relax with family**



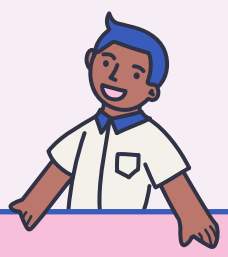


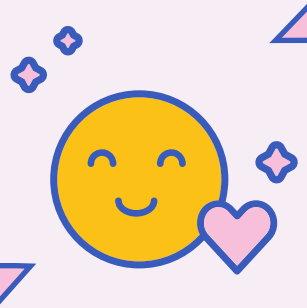
SPEAK WITH TRUSTED ADULTS!

This could be:

- **Parents/Guardians**
- **Teachers**
- **School Counsellor**







WHAT'S NEXT?

Check out these resources for suppport as you choose suitable secondary schools.



What's Next (After PSLE)
www.go.gov.sg/whats-next-psle



MySkillsFuture Student Portal
www.go.gov.sg/mysfpri

NEED MORE HELP?

Call or chat online with Tinkle Friend.



CALL
1800 2744 788
Mon - Fri: 2.30 pm to 5 pm



CHAT
www.tinklefriend.sg
Mon - Thur: 2.30 pm to 7 pm
Fri: 2.30 pm to 5 pm

YOU CAN SUPPORT OTHERS, TOO!

Here's how you can be a helpful peer.



C alm them down

H ear them out

E mpathise with them

E ncourage seeking help

R efer to a trusted adult

If your friend is upset, give them time to calm down.

Listen actively.
Let them know you are there for them.

Understand their feelings.
If they need encouragement, write them a note of affirmation.

Remind your friend that they can turn to a trusted adult for help.

Go with them to speak with a teacher if you are worried, and if their problem persists.

Keep a lookout for yourself and your peers!