



DON'T LET DEPRESSION STRESS AND ANXIETY TAKE CONTROL

It is normal to feel fearful and anxious during this Covid-19 era. Let's talk about your feelings and concern.

Call us for **FREE ONLINE CONSULTATION**

Give a Missed Call to



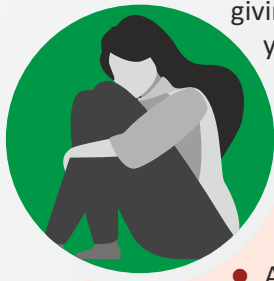
080 10 11 12 13

to get a call back shortly

[Monday to Saturday
9am to 6pm]

Get help through a Missed Call

If you or someone close to you has been experiencing low mood or anxiety for a period of two weeks or more, you can speak to our counsellor and doctor by just giving a missed call. Connect with us from your home and share your feelings. This conversation will be kept completely confidential.



Tips for people with anxiety and depression

- Take some time out every day to do something relaxing, such as listening to music, gardening, or going for a walk.
- Avoid using alcohol or drugs to calm yourself down when you are feeling anxious. These can make symptoms worse and can interfere with any medication you may be taking.
- Look after yourself. Getting enough sleep and eating a healthy diet can help you feel better.
- Stick to your usual routines. Set yourself small daily goals and reward yourself for what you achieve.
- Talking to someone you trust about how you feel can be helpful, and may make it easier for you to talk to your doctor.



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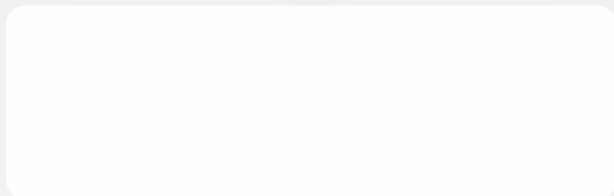


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World Health Partners is a non-profit organization delivering health services within walkable distance to underserved communities.



www.worldhealthpartners.org