

Stress Symptoms

If you become aware of a fellow student who is displaying a number of signs of distress, you may encourage him/ her to seek for psychological counselling.

- Depressed mood or other emotional distresses
- Worsening performance in course work or class participation, or frequent absence
- Expression of distress in social media posts
- Withdrawal from normal social routine or excessive dependency on others
- Drastic change in appearances or hygiene
- Unusual or bizarre behaviors
- Alarming comments or complaints from other students
- Mentioning of suicide

Important Listening Skills

- Be patient
- Be accepting
- Be non-judgmental
- Be genuine
- Offer hope
- Avoid being argumentative
- Avoid advice-giving

You may also login <http://goo.gl/yNzXVK> to measure your stress level. You are always welcome to contact our Psychological Counsellor for further enquiry.

Appointment/Enquiry: 3411 7435