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WE CARE News

WE CARE COMMUNITY SERVICES



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Misunderstandings about Eating Disorders

1. Do all eating disorders (EDs) involve being underweight?

No, they do not. Eating disorders present themselves in a multitude of ways. While being underweight is a possible indicator/symptom of an ED (such as Anorexia), being underweight is not a necessary condition to getting diagnosed with an eating disorder. While it is not possible to go in depth into all the different types of EDs, being at normal weight or overweight does not mean that someone's eating disorder is not valid nor less serious.

2. What does having an eating disorder feel like? Is it just refusing to eat?

Unlike what many are compelled to believe, eating disorders are not about vanity, nor are they “just about food”. One may experience an extreme obsession over food, nutrition, calories and feel the intense necessity to stick to certain food rules. While food may seem like the central issue here, it boils down to gaining a sense of control and safety (see the next question for more information). It can also revolve around extreme forms of exercising — such as waking up in the middle of the night to squeeze in a workout even after already having exercised. Some other eating disorders such as bulimia revolve around cycles of bingeing on food followed by compensatory behaviours such as purging or restricting food intake.

People with eating disorders want to avoid engaging in these behaviours, and often feel shame, loneliness, and exasperation when they do. Logically, we know that they are harmful



to our health and impose strains on our mental and physical health. It often feels like a constant battle, with voices in your mind telling you what to do and what you cannot, and criticizing you whichever way you choose. Yet, the voice of the eating disorder somehow convinces you that if you listen to it, you will feel happier, bolstered along by a sense of accomplishment and self-worth when you manage to restrict yourself, to not eat, or purge, or squeeze in exercise. Often, people may pass up on social gatherings just so that they would not be placed in a situation where they are forced to eat or know that they will have to go through all the mental turmoil from deciding how to not eat.

That is why it is a disorder — it's not something that one can just “stop” doing or “snap out of” because there are a myriad of mechanisms and reasons for the maintenance and cause of an eating disorder.

Co-morbidities are also common where an eating disorder is coupled with a diagnosis of depression, clinical anxiety, or OCD.

Eating disorder - NOU

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3. Are eating disorders a result of being unhappy with your physical appearance?

Not exactly. Being unhappy with one's physical appearance does occur in eating disorders, but it goes further than that. Just based on physical appearance, it is not a simple "I look so fat". Almost as often, people with EDs also have body dysmorphia which could intensify issues with body image. Body dysmorphia involves cognitive distortions which alter the perception of one's own image of their bodies. What people with body dysmorphia see in their image is vastly different from what their bodies look like in reality.

The obsession with food and physical appearance is a manifestation of issues that are more profound and affects the life of someone in recovery in unseen ways. Some predictors of eating disorders are traumatic life experiences and being in highly critical environments (including those involving receiving negative remarks about weight or body).

At the heart of it, all eating disorders are about control — a coping mechanism providing some form of comfort (to a certain extent) amid things that are not within control. In a complicated way — through physical changes such as hormonal

and cognitive changes involving the brain as well as its relation to emotions — eating disorders become a "safe space" to deal with adverse life circumstances.

4. Why can't you just eat more food?

There are many reasons as to why "just eating" is far from the way to recover. Fundamentally, eating disorders are a lot more than just about food. It really is not that simple, considering how eating disorders can affect biological mechanisms in our bodies. One example is how hunger signals of people with eating disorders do not function normally or optimally, and this affects the ability to interpret, experience and trust the body's signals.

It might be baffling that "just eating" rarely helps given how eating comes naturally for most people. However, for those with eating disorders, the experience can range emotionally from feeling like a chore to being somewhat terrifying. This is so because eating evokes a slew of negative, loud, and involuntary thoughts which confuse and trap us in what feels like a mental cage. Am I eating too much? How many calories is in this? How do I make sure I can control my food? If I eat this now, I might as well eat everything and compensate for it later. Is this even a normal amount of food? What if I start eating and I cannot control myself?

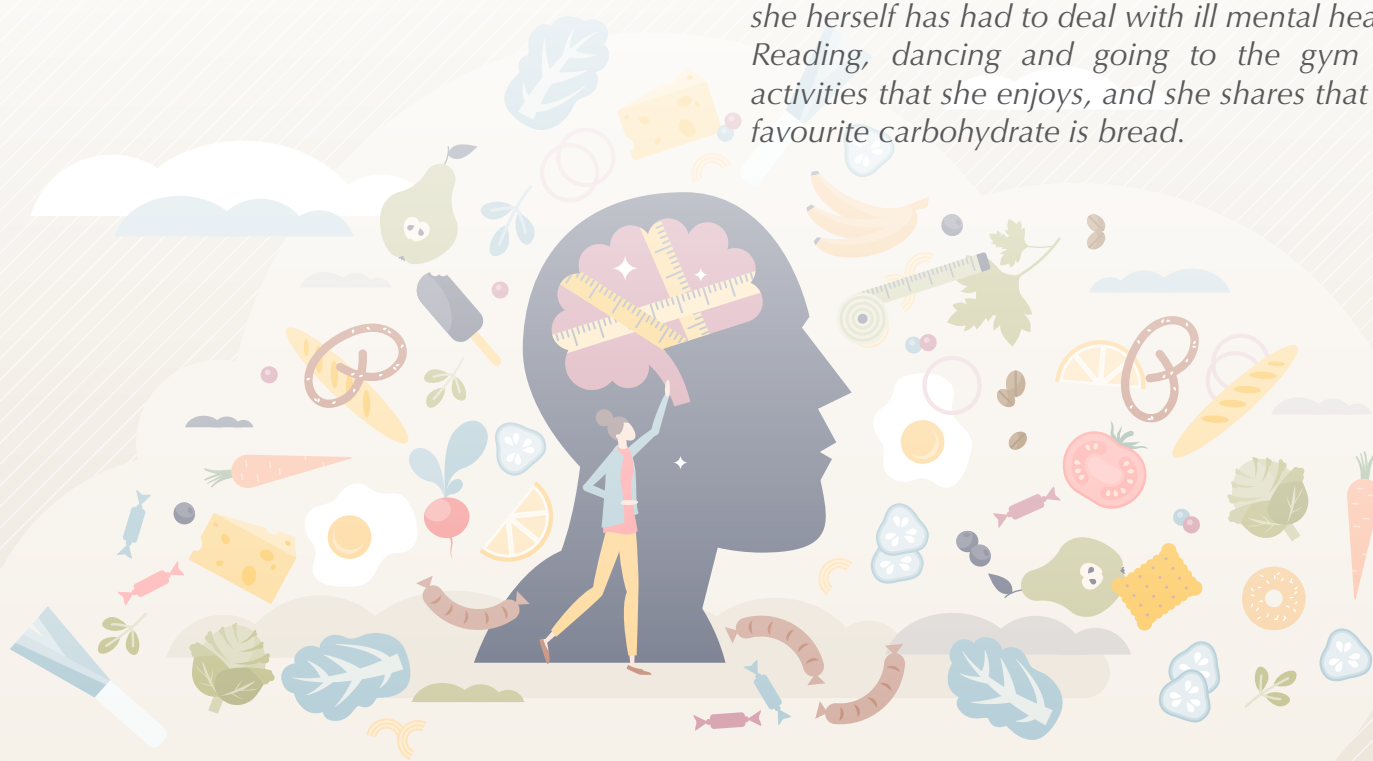
There are many other thoughts that may run constantly or on autopilot in the mind of someone with an eating disorder. It does not help when feeling full is accompanied by feelings of anxiety, shame or disgust while being able to compensate (such as purging, over-exercising) and restrict is paired with feeling accomplished and happy.

6. How do you know if you have fully recovered?

It is not an easy or smooth journey, and recovery is not an end point, but is rather a continuous, everyday process. Understand that even if someone is much better, thoughts may still come and there are some days which will still be tough. When these moments descend, assure your friend that you will still be here for them, continuing to be a pillar of support even if they relapse along the way.

Do not be discouraged if there have been relapses along the way – it is common to everyone in recovery. Rather, I encourage you to see how far you have come and focus on all the small joys and victories you have gained over your ED along the way. Remind yourself that you did it before, and you will do it again!

Tammy is studying psychology at NUS and aspires to be a clinical psychologist. Passionate about mental health issues, she hopes to be able to help as many as she can. She empathizes with those who are experiencing such struggles, as she herself has had to deal with ill mental health. Reading, dancing and going to the gym are activities that she enjoys, and she shares that her favourite carbohydrate is bread.



SAGE

In 2022, **WE CARE** piloted a new facilitated group **SAGE – Support and Awareness Group for Eating**. This group aims to provide in-depth psychoeducation surrounding the common issues faced by clients experiencing eating disorders.

The 6-week group covered topics from anxiety and depression, to addressing body image issues and even managing isolation. The group was held in-person on our premises to encourage clients who were struggling with these issues to step out of their comfort zone slightly and come face-to-face with other individuals who could be in similar positions as they were, to have open discussions on a range of topics.

Through this weekly sharing, clients had the opportunity to not only voice out their personal struggles but also to learn and offer support to each other. Most importantly, as individuals affected by eating disorders often experience feelings of isolation and loneliness, this group provided a platform to build support networks that will carry them through beyond the duration of the group.

Moving forward, **WE CARE** will periodically run this group for new clients, extending the duration from 6 weeks to 8 weeks instead. Clients who experience any form of eating issues will first be seen individually by a counsellor for 2-3 sessions before being admitted into the group. This treatment format allows their recovery to be worked on holistically and it also provides clients with a safe space to come back to should they wish to share more personal issues that may be more sensitive to bring up in group settings.



The Gambling Control Act - An Evolving Landscape

The Gambling Control Act (GCA) 2022 and the **Gambling Regulatory Authority of Singapore Act 2022** came into force on 1 August 2022. These were passed in Parliament in March 2022, when MPs raised their concerns, in particular, about new forms of gambling enabled by digital technology.

The Gambling Regulatory Authority (GRA) takes over the functions and responsibilities of the Casino Regulatory Authority (CRA), and has been granted more powers to regulate all forms of gambling in Singapore. GRA expects to work with the Ministry of Social and Family Development (MSF) and National Council on Problem Gambling (NCPG) to reduce the social effects of gambling.

The new legislation addresses 3 main objectives:

- Addressing emerging trends and products associated with gambling, such as mystery or loot boxes in video and online games, and promotions run as lotteries.
- Ensuring consistency in the regulatory treatment of the different products associated with gambling.
- Enhancing social safeguards. Social gambling, for example, is allowed so long as it takes place in a person's home and is not conducted to derive profit. If it takes place online or in public, it is illegal.

There will also be key changes in:

- The definitions of 'gambling' and 'betting'. These will be expanded to address existing and emerging products associated with gambling that were not previously included, such as slot machines.
- The combination of various regulations relating to gambling into a single framework.
- New laws and duties to protect vulnerable persons. For example, it will now be an offence for anyone under the age of 21 to gamble, except at Singapore Pool outlets where only those aged 18 and above can do so.

How does it impact the local gambling and gaming landscape?

The expanded definition of gambling saw updated definitions of certain key terms as previous definitions were found to be too specific and did not capture the modern emerging forms of gambling.

One such example included the scope of 'betting' as defined in the now-repealed Betting Act of 1960 which only included horse-racing and other sporting events. However, the newly amended definition will now cover the fast-evolving trends of e-sports and other gaming tournaments – making it an offence under the new legislation.

Working Towards a Healthier Us

How often have we stopped to reflect if we are doing fine? For staff and volunteers at **WE CARE**, practising self-care is an important part of how we live and work. Just as with caregivers, counsellors and caretakers must also look after themselves. They have to, so that they are mentally and emotionally well to tend to others.

Loosely defined, self-care is the practice of looking after and ensuring our own mental and physical well-being. For some all it takes is relaxation, others prefer to pamper themselves, or to take a mental break from work. Yet others may adopt a more structured approach to maintain self-care.

As they say, different strokes work for different folks.

We asked a number of persons at **WE CARE** how they practise self-care and this is what they came back with.



My self-care plan was to start improving my health by making small changes to my daily routine. Instead of taking the escalator or lift, I would use the stairs. When I needed to catch a bus, I would walk to the next bus stop (whenever possible). On workdays, I would walk further out to get my lunch.

At a minimum, I would try to clock an average of 10,000 steps a week. I would visit nature parks on weekends to walk as much as I could.

After 2 months of persistent effort, I found it much easier to climb up steps without tightness of breath or gasping for air. I also found my energy level going up, and I did not tire as easily as before.

Working out a regime that suits my schedule allows me to successfully see through my plan.

Anna, Staff

As my life, self and circumstances change, so does my idea of self-care. This shifting and evolution means I've learned to be flexible and open-minded about which self-care tools to use, and when to use them. At the heart of it all, though, my touchpoint is the practice of checking in. Especially when I'm feeling overwhelmed or off balance, I try to pause and ask myself, "How am I doing?" and, "What do I need right now?" The really tricky part comes next: listening to the answer and responding appropriately.

Sometimes I need to slow down, in which case I might take a nap, write or read for a while. If I'm feeling sluggish, I might go for a walk, chat with a friend or eat something. When in doubt, my default is usually to take some time alone. I often find that even a 5-minute change in my environment will do wonders to help me feel more centered.

For me, the ultimate self-care practice is self-kindness. Being honest and compassionate with and about myself contributes significantly towards feeling good in a healthy and sustainable way.

Rebecca, Volunteer



Self-care for me is having some time all to myself, doing what I like, eating whatever and whenever I want to, and generally doing the things which relax me or give me pleasure: reading, walking, listening to music, reorganising my space, chatting with a friend, trying out new food and eateries, watching movies and tv series, writing and shopping. In earlier years, this would include travel as well, but that urge seems to have abated.

Essentially, it is spending time with myself.

I also find it therapeutic to read aloud and am registered with a local SSA which works with those who are visually handicapped.

Leslie, Staff

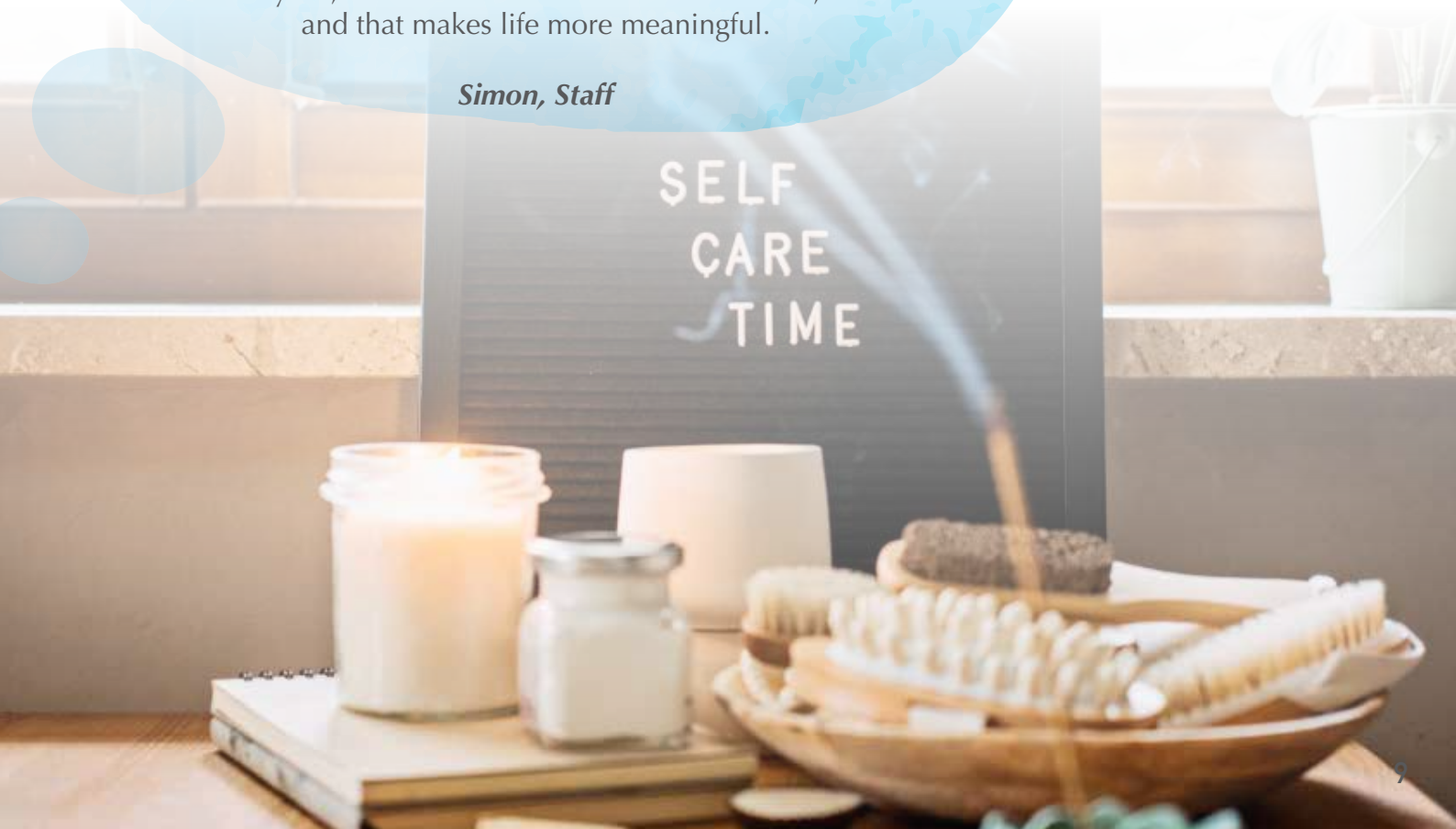
Personally, self-care takes on many dimensions.

Before I began my journey of recovery, I never understood what proper self-care meant and always thought that self-pleasure equates to self-care – mindless screen time and pigging out on junk food.

In recovery, I learned that was far from the truth. Self-care entails a great deal of self-discipline and may not always be as “fun” at first. As a person who struggles with sleep, I started by improving my sleep hygiene. This meant replacing screen time with reading and meditation one hour before bed – a small change that saw big positive results.

Today, years into my recovery journey, I’ve embraced the value of “showing up” and “choosing myself”. It isn’t always easy but when I take care of myself, I can better care for those around me, and that makes life more meaningful.

Simon, Staff



A Sharper Vision at WE CARE

It's a new year, and WE CARE would like to share our more focussed vision, which is to be the leading community hub of addiction recovery in Singapore.

Over the last 17 years, our charity has worked with the largest recovering community in the nation. We treat individuals, their significant others, their caregivers and their families holistically, to recover from addiction, compulsive behaviours, together with accompanying issues that may be affecting them, such as depression, anxiety, or anger.

Whether it's drugs, alcohol, gambling, gaming, pornography, eating issues, shoplifting, or upskirt shooting... we treat them all. With the largest pool of dedicated addiction counsellors, we welcome persons regardless of your social background, ethnicity, gender, culture and religion.

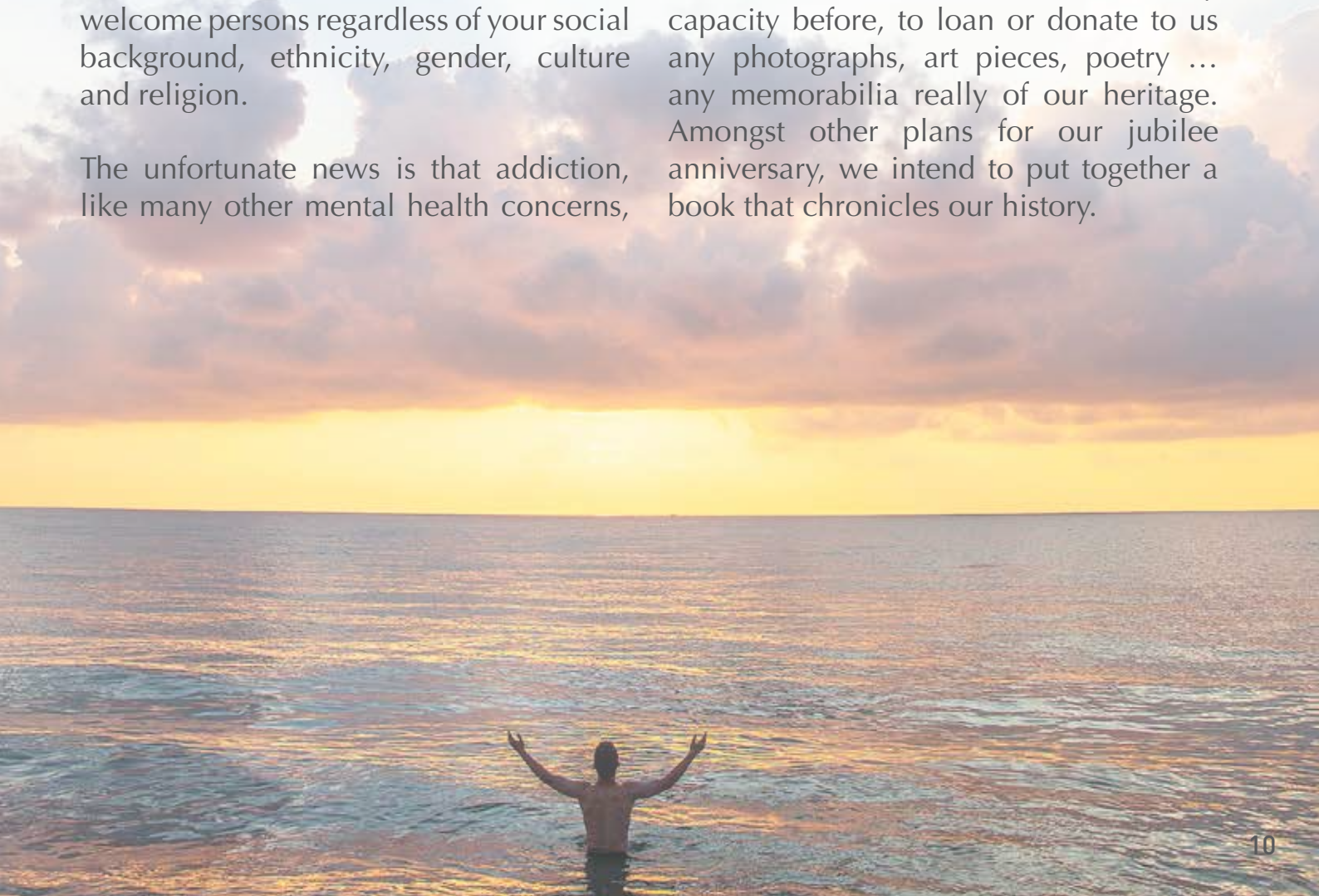
The unfortunate news is that addiction, like many other mental health concerns,

affects more persons now, especially after the pandemic in the last two years. The good news though is that it is treatable, as long as affected persons are willing to be helped.

If you, or someone you know, wants help, why not give us a call. We assure you that we treat all our clients, and the information that we gather, with confidentiality and with respect.

Better still, pay us a visit at our centre, in a safe and non-judgemental environment, with no other obligation than to get to know us better.

This year WE CARE celebrates its **18th** birthday. We appeal to everyone who has worked with WE CARE in any capacity before, to loan or donate to us any photographs, art pieces, poetry ... any memorabilia really of our heritage. Amongst other plans for our jubilee anniversary, we intend to put together a book that chronicles our history.





From Behind the Lens to Beacon of Hope

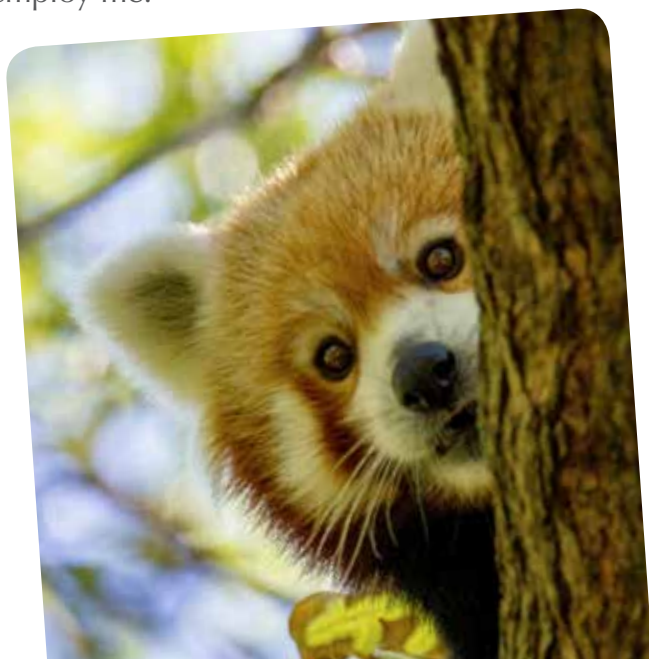
Violence, quarrels, and cries were my earliest memories. I was the product of a dysfunctional family – my father abandoned us for another family when I was still a child, leaving my mother to raise my brother and I single-handedly. As a person with a strong traditional upbringing, my mother never formally divorced my father as she held on to hopes of giving us a father figure.

I was often left alone as my mother had to work several jobs to make ends meet. I became socially and emotionally withdrawn, and my peers soon made me their target of bullying. This only served to increase my lack of respect for myself, emotionally and physically.

“Continuously tormented by bullies, I felt that I was never respected in any way”.

As I approach my early 30's, the stressors of life accumulated to breaking point. My father passed on, leaving my family with financial debts and dramatic clashes with his second family. A year later my mother suffered a stroke and shortly after my marriage was also called off, just weeks prior to the wedding.

Back then, I was also working in an extremely toxic environment and because I had no sense of emotional respect or boundaries, I was constantly manipulated by my superior – making me believe that I was worthless, and no one would ever employ me.



“My boss crushed my self-esteem to the lowest point when I was already such a withdrawn person”.

It was during this dark point in my life that I started my voyeuristic behaviours – videoing other men in public washrooms. I could not fathom why I was doing what I was doing. I did not get any form of sexual gratification from the act, nor was I sexually attracted to men.

“It was very bizarre and totally out of character. I’m an educated person and I know that my actions are wrong, yet I was unable to control myself. I simply recorded the videos for the sake of recording and did not even review the videos”.

Eventually, I was arrested for voyeurism. It was an extremely traumatic experience being handcuffed and taken away by the police. They even raided my home and confiscated my computer and hard disk. Needless to say, I lost my job as well.

However, this was the turning point. I knew something was alarmingly wrong with me. The very next day after my arrest, I went straight to the Institute of Mental Health (IMH) to seek professional help and despite not getting any answers, I persevered and went to Promises Healthcare, a private mental health clinic.

I was fortunate to meet an experienced doctor who diagnosed me right away with depression and voyeuristic disorder – that marked the beginning of my journey in recovery. Not long after, I was referred to **WE CARE** Community Services for counselling and subsequently joined a self-help recovery support group which I diligently participate in, every week till this day.

In recovery, I begin to understand myself on a deeper level. Working closely with my counsellor, I identified various core needs that were not met including emotional respect, sense of control and the meaning of healthy boundaries.



My sense of boundaries was so non-existent that it was only through counselling that I discovered I was molested in my 20's. I also realized that my lack of a father figure contributed to my curiosity of men and my voyeurism was a way of taking out my pain on others by giving me a false sense of control.

“Although my underlying issues and stressors triggered my offensive acts, understanding the root causes of my condition ensures that I do not re-commit again. I understand it is not an excuse and I fully accept the consequences of my actions”.

Instead, I am grateful that now I am learning to respect and love myself regardless of how others treat me. Self-care is crucial to me. I live by a set of healthy routines ensuring regular exercise and mindfulness practice that helps me to stay mentally focussed and in good physical health.

Learning healthy boundaries is just the beginning, I am now more ready and willing to speak up if I am bullied or when I feel my boundaries are crossed. Managing my emotions and stress levels are also crucial, especially during this anxious period of awaiting my sentencing.

Today, despite the dysfunction in my family, I can see how they are supportive in their own capacity. I am also truly appreciative that I am currently working for an organization that values and respects me. My direct superior is aware of the full extent of my situation and does not judge me at all. On the contrary, he encourages me to persevere in my recovery and reassures me that he will do his best to retain my job after I serve my prison sentence.

While it is nerve-racking to share my story publicly, I do so in hopes that if anyone is facing dark times, know that you are never alone. Even if you do not have the financial means or friends and family, there are various support groups and charity organizations available to help – all you need to do is ask.

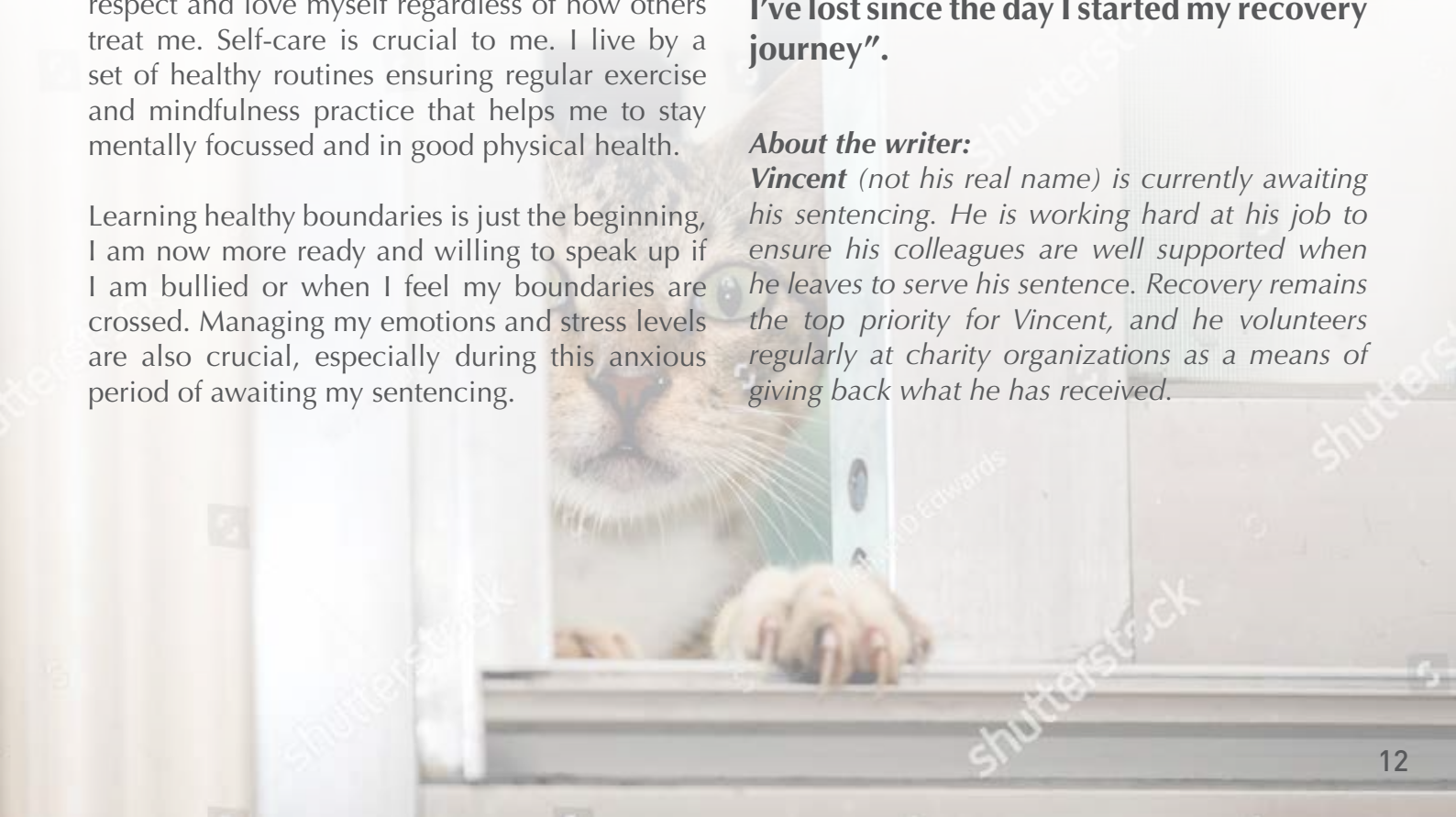
I sincerely hope that the stigma of mental health issues will be more readily addressed so that help can be rendered to those in need before a disaster happens.

If I were to sum up my recovery, I would quote the words of my counsellor that have helped me see my whole journey in a different light.

“I have gained so much more than what I’ve lost since the day I started my recovery journey”.

About the writer:

Vincent (not his real name) is currently awaiting his sentencing. He is working hard at his job to ensure his colleagues are well supported when he leaves to serve his sentence. Recovery remains the top priority for Vincent, and he volunteers regularly at charity organizations as a means of giving back what he has received.



Nature Hikes Reveal New Paths in Recovery

“The wilderness rescued me. I have been shaped by my experiences in the great outdoors. Feeling comfortable in the wild gave me the confidence to be who I am, not who others want me to be.”

- Ben Fogle, adventurer and writer

Wilderness Therapy is a treatment option for behavioural disorders, substance abuse, and mental health issues. Wilderness therapy programmes can increase social involvement, self-esteem, self-confidence, self-efficacy, social support, and physical activity. This can decrease discomfort and psychological distress.

Although camping in nature is prohibited in Singapore*, hiking in nature has been a preferred pastime for many locals. Some of my favourite trails in Singapore are MacRitchie Trail, Chestnut Nature Park, The Green Corridor (North Trail), Mandai T15 Trail and Clementi Forest.

How I started hiking

My idea of hiking came about when I was in DRC awaiting to be released. With my imminent freedom, I wanted to do something that was different and challenging. I decided that I would walk from the north to the south of Singapore. When I was freed, I started walking around the neighbourhood parks and nearby nature parks to prepare myself. I remember during the walks that I was filled with thoughts of shame, fear and addiction. Nonetheless, I kept on the routine of walking every morning as that was the certainty and fresh air I needed.


My north-to-south walk wasn't fully realised, and I only managed to walk from Sembawang to Queenstown, a journey of 8 hours. One of the highlights was walking through the Bukit Timah Nature Reserve, wading through the jungle with no paths in sight and just the GPS on my phone to guide my way. In the distance I could hear the



gunshots from the nearby live firing range, and at that time I couldn't help but let fear get the best of me. Fortunately, the warmth of the sunrays shining through the jungle canopy, the comfort of the rustling leaves as the cool breeze passed through, and rejuvenation from the tree-filtered fresh air relieved my stress and turned my fear into excitement. I felt alive in nature!

My idea of walking across Singapore was abandoned, but my love for nature hikes didn't cease. I started roaming around Singapore looking for interesting nature walks, and my interest was extended to many recovery persons who shared the same passion.

Therapists often talk about “self-care”, and I had little idea what it meant until I started my hikes in nature. It was an avenue to cast aside my regular rhythm of life, spend some time to self-reflect, prioritise my life goals, and engage in rich conversations with friends without the everyday distractions of SMS-es and emails.



I realized that in my addiction to drugs I had sequestered myself in isolation. When I started my journey towards recovery I needed to embark on the re-calibration of connection: Connection with nature, connection with others, and most importantly connection with myself.

Connection with Nature

“To be whole. To be complete. Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from.”

– *Terry Tempest Williams, author and conservationist*

Being outdoors, engaging in different activities can help reduce stress. What is good about the wilderness is that nature can be calming in itself. I boost this calmness by taking hikes, applying mindful movement, or simply taking in the beauty that is around me.

Studies have shown that symptoms of anxiety and depression can be addressed through different sights, sounds and experiences in nature. Also, changing the scenery by way of other environments is crucial for maintaining good mental health. The ability to focus and to solve problems improves.

In addiction, the body depletes in nutrients, and spending time outside in the sun can replenish them. Sunlight is an excellent source of vitamin D, which increases energy levels and boosts the immune system. This can lead to a rise in serotonin, which is known to improve mood, raise energy levels, and address mental health symptoms.

For me, being sober meant facing a void in my life. Recovery presents the opportunity to try new things, so engaging in outdoor activities is time spent well. These activities help fill the time that was once consumed by drugs, and they help me grow accustomed to a new life in sobriety. Spending time outdoors in the sunshine helps reset my internal clock, thus improving my circadian rhythm and regulating sleep patterns. I realized that having a good sleep was important to prevent a relapse, and I do not need sleeping medication like I did before.

Connection with Others

While I was doing the numerous hikes alone, I slowly realized that hiking with someone else was a fun and healthy way to connect with others. I started broadcasting my interest in hiking in the recovery chat groups, and I invited one or two persons to join me in my hiking trips. I noticed one advantage of hiking with friends was that I was more motivated to hike and so I was more consistent with maintaining the activity. I also realised that I became more adventurous with my choice of trails, and I frequently enjoyed going further into the wild, and feeling safe while doing so.

While I was attempting to learn about myself, I discovered the importance of listening to other people's stories as well. Here, my friends provided a valuable resource to understanding recovery. By sharing my own experiences, I get to process my thoughts, and I also get to listen to my friends' constructive feedback on my experiences. I not only expand my worldview but also bolster friendship in the recovery group. That kept me away from my addiction and let me cultivate a sense of belonging to the people in recovery.

Connection with Self

“Belonging so fully to yourself that you’re willing to stand alone is a wilderness — an untamed, unpredictable place of solitude and searching.”

– Brené Brown, research professor and storyteller

After experiencing numerous lows in my addiction, I needed to challenge myself in a manner that would steer my life in a new direction. By overcoming the physical and mental hurdles of enduring the challenges of Mother Nature, be it trudging knee-deep through mud in Clementi Forest, or walking up a steep incline in the rain at Bukit Timah, there was a renewed sense of purpose and resiliency.

It was the inner resolve to combat whatever struggles or hurdles that lay before me, that enabled me to work through whatever shame, trauma, and addiction that I had experienced in my life. Hiking was a wonderful opportunity for reflection, doing so helped me overcome any challenges that I faced in recovery in a peaceful setting. Reflecting and spending time alone or with a friend provide excellent sources of motivation for recovery, allowing me to maintain my sobriety for the long haul.



By removing myself from the demands of daily life in order to experience the silence and solitude of the wilderness, I receive self-healing, rejuvenation, self-knowledge, and spiritual insight. This has allowed me to understand my place, purpose, and direction in life.

The Path Ahead

“A walk in nature walks the soul back home.”

– Mary Davis, artist and spiritual teacher

It brought me great joy when **WE CARE** Community Services learned about my passion, and they have requested that I lead the nature walks for their beneficiaries. I loved how we resonated with each other through the stories that we told, as we basked in the pleasures of nature.

I hope to take the adventures of hiking in nature to greater heights. Whilst I plan to hike overseas, I also wish to structure the hikes with other activities such as mindful movement, meditation, group reflection etc. Nature hikes are the foundation to my physical, mental, emotional, and spiritual well-being. They form the lifeline that guides me and keeps me alive and free.

About the writer:

Roy Yeng, a person in recovery, is currently a counsellor at **WE CARE** Community Services, and he leads Nature Walks for beneficiaries from time to time. Despite his busy schedule, Roy makes sure to go for a nature hike with his wife every weekend.

**Camping is permitted in 4 areas in natural settings. Refer to NParks for more information.*

HIGHLIGHTS

Past Events. Lasting Memories.

A snapshot of our activities & events in the recent past.



Christmas Light Up
(Walk For Rice)



Christmas Party 2022

Futsal Fun!



ECP (Walk For Rice)



IT Class



Labrador Park (Walk For Rice)



Kallang Wave (Walk For Rice)



The Live Turtle & Tortoise Museum



Resin Art Workshop



YEAR
OF
THE
RABBIT
2023

Wellness Presentation
by PSS Interns



SPF Bedok Division
Safety Security
Watch Group Seminar 2022

Transforming Lives. Restoring Families.

Counselling | Therapy Programme | Drop-in Centre | Recovery Support Groups | Events & Activities



WE CARE COMMUNITY SERVICES

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E-mail: help@wecare.org.sg

WE CARE aims to be the leading community hub of addiction recovery in Singapore.

We treat all forms of addictions, including alcohol, drugs, pornography, sex, gaming, internet and compulsive behaviour like shoplifting.

Our core services are:

- Counselling for recovering addicts and their families
- Educational and therapy programmes
- A drop-in centre
- A hub for recovery support groups
- Community outreach

For more information on what we do, please go to: www.wecare.org.sg

Counselling sessions are private and confidential.



WE CARE needs your help.

WE CARE Community Services Ltd is a registered charity.

We provide treatment for all forms of addictions and our services are open to persons of all races, cultures and religion.

To fund our programmes and services, we depend mainly on donations from individuals and corporations.

Your support enables us to provide quality care to individuals and families affected by addictions and compulsive behaviours.

As we are an approved Institution of Public Character (IPC), donations to **WE CARE** are tax deductible.

To make a donation:

Write a cheque payable to “**WE CARE Community Services Limited**”. Alternatively, go online to make a donation at:

- Giving.sg/we-care-comunity-services-limited; or
- Wecare.give.asia



Help is just a phone call away

If you have a problem with addiction, or if you know someone who has issues, call us at **3165 8017**. Or email help@wecare.org.sg

The first step in getting better is to ask for help