

# REQUEST FOR WORKSHOP/TALK

- Should your school be interested in the Emotional First Aid workshop/talk, please complete this request form and fax it back to us at least two weeks before your requested date.
- Confirmation of the workshop/talk will be sent to you upon receiving your request.
- Please indicate preferred date and time. Workshops and talks are only conducted from Mondays to Fridays, between 10am to 5pm.
- Reservations are on a first-come-first-served basis.

Request for: Workshop / Talk (Please circle choice)

School: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Tel.: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Teacher-in-charge: Mr/Ms \_\_\_\_\_

School Stamp: \_\_\_\_\_

Signature & Date: \_\_\_\_\_

1st Choice: \_\_\_\_\_  
(date/month/year) / Time

2nd Choice: \_\_\_\_\_  
(date/month/year) / Time

Academic Level: \_\_\_\_\_

No. of Students: \_\_\_\_\_



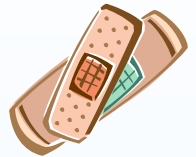
Samaritans of Singapore  
Blk 10 Cantonment Close #01-01  
Singapore 080010

Phone: 6221 2122  
Fax: 6220 7758



# Emotional

# First Aid



24-hr Hotline:  
**1800-221 4444**  
Email Befriending:  
**pat@samaritans.org.sg**  
(replies within 2 days)

# ABOUT SAMARITANS OF SINGAPORE

Samaritans of Singapore (SOS) is a non-profit, non-religious organisation which provides confidential 24-hour emotional support by trained volunteers to people in crisis, thinking of suicide or affected by suicide.

According to official statistics, there is about 1 suicide per day in Singapore. In the last 5 years, there were about 3 youth suicides every 4 months.

We believe that every person can help prevent suicide if they are equipped with the necessary knowledge and skills.

Studies have shown that youths who are feeling down are more likely to confide in their friends, who may in turn be an important source of support. Hence the Emotional First Aid workshop/talk is designed to equip students to look out for their peers who may be going through a difficult time.



# ABOUT EMOTIONAL FIRST AID

## Participants

Emotional First Aid (EFA) workshops and talks are suitable for secondary and junior college students who wish to learn about helping those in distress.

	EFA Workshop	EFA Talk
Topics	- Using Empathy - Identifying Warning Signs - Do's & Don'ts - Getting Help - Hands On Practice	- Warning Signs - Do's & Don'ts - Getting Help
Duration	90 minutes	30 minutes
Applicable For	Secondary & Junior College Students	Secondary Students
Participants	Min. 15 Participants; Max. 25 Participants	Max. 2000 Participants
Cost Per Session	\$100	\$100

## Location

- Workshop/talk will be held at the school premises.
- School will need to provide a suitable room, a computer with USB port and projector, and some A4 papers.

# MATERIALS AVAILABLE

- SOS has posters and brochures indicating our hotline number and email befriending service.
- Displaying the posters and brochures at your school premises can help raise awareness of the support that is available for students who may be in distress.
- All materials are provided free of charge.

To request for SOS materials or any enquiries about SOS EFA workshop/talk, please contact us at:

Tel: 6221 2122

Email: [samlink@samaritans.org.sg](mailto:samlink@samaritans.org.sg)

24-hr Hotline:  
1800-221 4444

Email Befriending:  
[pat@samaritans.org.sg](mailto:pat@samaritans.org.sg)  
(replies within 2 days)