

“I JUST WANT THE PAIN TO STOP”

A resource booklet to support you and your loved ones in navigating complex emotions and finding hope.



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WHAT IS SUICIDE?

Suicide is the act of intentionally ending one's life. It is a complex and deeply personal experience rooted in overwhelming emotional pain and/or mental health conditions such as depression, anxiety, or trauma.

Suicide is not a choice made out of selfishness or weakness. It is a sign that someone is struggling more than they can cope with.



THE SILENT EPIDEMIC: LONELINESS

Loneliness isn't just about being alone. It's about feeling unseen, unheard, and disconnected. It is a significant risk factor for mental health challenges, including *suicide and/or suicidal ideation*.



1 in 4 adults experience loneliness regularly, globally

OTHER CONTRIBUTING FACTORS TO SUICIDE:

- **Mental health conditions**
Severe anxiety, depression, psychosis, PTSD, substance use disorders
- **Intense emotional responses to stressors**
Feelings of increasing helplessness, difficulty regulating emotions, feeling like a burden to others
- **Social and relationship stressors**
- **Physical illness or chronic pain**
- **Stigma around mental health**
- **Lack of access to support**
- **Family and/or societal pressure**

MYTH BUSTERS

Clarifying some
common myths about
mental health

**You shouldn't ask
someone if they're
thinking about
suicide.**



Asking shows you
care, helps them feel
seen, and opens a
path to talk.

**Loneliness and
depression are a choice
or a sign of weakness.**



They are serious
conditions caused by
many factors, not
personal failings.

**You can always tell if
someone isn't
mentally well.**



People may hide their
pain and seem fine even
while struggling inside.

**People who are
depressed are always
sad or crying.**



Depression can also look
like numbness, irritability,
exhaustion, or
perfectionism.


**If someone really
wants to end their life,
nothing can be done.**



Suicidal feelings can
pass, and timely
support can save lives.

PREVALENCE OF THESE FACTORS IN SINGAPORE

314
suicides
were reported
in 2024

Men are 
3x more likely to die
by suicide, while
women attempt more.

10%
Singaporeans
suffer from anxiety and
depression.

SUPPORT FOR MENTAL HEALTH CONCERNS



IF YOU ARE STRUGGLING

- **Acknowledge Your Feelings:** It's okay to not be okay. Recognising this is the first step to healing.
- **Lean for Support:** Talk to someone you trust. Sharing helps lighten the burden and reminds you that you're not alone.
- **Prioritise Basic Needs:** Sleep well, eat nourishing food, and stay hydrated—these small steps boost mood and energy.
- **Do What Brings You Joy, Even a Little:** A favorite song, a funny show, or some time outside can lift your spirits.
- **Seek Professional Help:** Therapists offer a safe space and tools to manage tough emotions and challenges.



IF YOU KNOW SOMEONE WHO IS STRUGGLING

- ✓ **Check In:** A simple “Hey, you okay? I’ve noticed you seem off,” can start a conversation.
- ✓ **Listen Without Judgment:** Be present. You don’t need answers or to fix anything. Just listen and make them feel safe.
- ✓ **Be Patient and Consistent:** Recovery is a journey, not a quick fix. Keep checking in and showing you care.
- ✓ **Set Your Boundaries:** Supporting someone can be emotionally draining. Take care of your own mental health too.
- ✓ **Encourage Professional Help:** Suggest seeing a therapist and offer to help find resources or even accompany them.

AFTER THE LOSS:

"I should have realised that he was hurting"

"What could I have done differently?"

"Why didn't they tell me?"



Grieving a suicide loss is uniquely painful. It brings not only sorrow, but also shock, confusion, anger, and guilt.

Survivors of suicide loss (often referred to as "suicide loss survivors") may struggle with the "why" and feel a strong sense of responsibility or failure.

Common Reactions After a Suicide Loss

1

Blaming yourself or others

2

Avoiding memories of the person

3

Feeling numb and/or overwhelmed

4

Isolation: "no one gets it"

COPING WITH THE LOSS

Feel What You Feel.

There's no right or wrong way to grieve. Allow all emotions, even the hard ones.

Express Your Grief.

Write, create, or talk to someone you trust to process your feelings.

Find Support.

Speak to a grief-trained therapist who can offer guidance and coping tools.

Keep Some Routine.

Structure can bring comfort, even when it's hard.

Honour Their Memory.

Remember the love and meaning they brought, not just their death.

From Our Side of the Couch

Suicide is rarely about death itself. It's about escape from a mental state that feels intolerable yet inescapable and endless. It's about wanting the pain to stop. They have voices in their minds that scream, "You don't belong. You don't matter."

These voices isolate the person to the point of creating a psychological wound, or what we believe to be: Loneliness. And this wound distorts the brain into believing that connection is no longer possible.

Suicide isn't just an outcome. It's also a symptom.

And the pain doesn't end when the person jumps. It continues to exist, just in a different body. Grief after suicide is not just sorrow. It is also a heavy and painful inheritance of unanswered questions, self-blame, and a haunting silence.

Yes, the pain of suicide loss may never fully disappear, but it is possible to integrate this experience into your life because you are allowed to mourn without having an answer for, "Why did you jump?"



Their Journeys of Pain and Healing

Your donations enable us to offer subsidised counselling sessions to individuals and families facing depression, anxiety, trauma, and other life challenges.

At EMCC, we've walked alongside people carrying pain so heavy, it felt like there was no way forward. Some were already standing at the edge of despair, others slowly drifting towards it without realising.

Through early intervention, compassionate listening, and the generosity of people like you, we've been able to help them step back into the light.

In the pages ahead, you'll meet Ming and Sarah—both of whom once wondered if life was still worth living—and Anwar, whose struggles never reached that point, yet were still real and deserving of care.

All of them are with us today, moving forward in their own ways. Their stories are not just about survival, but about finding hope, connection, and strength again.

We share these with you in gratitude, so that if you are struggling, you know that there is help... and if you are walking with someone in pain, you remember how much your presence matters.

“Even hearing the Circle Line jingle made me anxious.”



After years of pushing through stress in silence, Sarah, 31, finally hit a breaking point.

One day, after a quarrel with her family, she spent the whole day crying on her sofa.

The thought crossed her mind: ***“I wouldn’t mind if I died right now.”*** That moment made her realise she needed help.

Burnout had crept up quietly, disguised as the everyday stress of lecturing at a private institution.

Long hours, relentless self-pressure, and a constant drive to do well took their toll. Even the train ride to work filled her with dread. Just hearing the Circle Line station jingle made her anxious.

It was two friends, both open about their own therapy journeys, who made counselling feel possible.

Encouraged by their stories, Sarah found EMCC. At the time, she was unemployed after quitting her job, and the subsidies available meant she could still access the support she needed.

“Now, I hear it and I’m okay. It’s like, ‘That happened to me, but I’m not there anymore.’”

In the safe space of counselling, Sarah found both validation and tools to help her heal. The day she could hear the Circle Line jingle without anxiety was a turning point. It was no longer a trigger, just another sound.

She’s still working through other challenges, but now she can express herself, manage conflict, and connect more deeply with the people she cares about. Her friends have noticed the change and some have even sought help themselves after hearing her story.

“If you think you need help, just go for it,” Sarah says. “There really shouldn’t be a stigma. It’s so helpful to have someone walk with you through the mess.”

Today, she’s preparing for a new chapter, carrying with her the growth she’s worked for. And thanks to accessible counselling, made possible by people who give, she got the chance to begin again.



For the full story, scan the QR code here:

“I’ve been hurt in the past. But I decided to give it one last try.”

Ming, 30, was still taking in the news of her pregnancy when, barely 20 minutes later, doctors told her it was ectopic and her life would be in danger if the foetus continued to grow. The surgery that followed left her in immense physical pain, but the emotional pain cut even deeper.

She longed for understanding and support, but instead faced criticism from her supervisors at work and hurtful words from her own family.

The strain grew so heavy that one day, after a particularly bad argument, she stood at her window and thought about ending her life.

She poured her thoughts into a social media post, not expecting much. But then a message came—from an old acquaintance she hadn’t spoken to in years—urging her to seek help from EMCC.

That lifeline brought her through our doors.



“After five years, I finally feel more like myself again.”

Counselling wasn't what Ming expected; it felt refreshing. Her counsellor didn't ask her to relive her pain over and over, but instead taught her tools to regulate her emotions so she could function day-to-day.

Techniques like deep breathing and understanding her “Window of Tolerance” helped her regain a sense of control when the grief felt too heavy.

Even so, post-surgery recovery came with steep medical bills: more than \$1,800 a month on treatments, confinement meals, and herbal tonics. Without EMCC's subsidies, continuing counselling would have been very difficult for Ming.

Fortunately, she managed to receive the support she needed. And today, Ming feels more like herself than she has in five years.

Her external circumstances haven't changed, but she's stronger, steadier, and still here. **“When you're feeling low and hopeless, you need to reach out,” she says. “Even though I've been hurt in the past, I chose to seek help again—and it was worth it.”**

For the full story, scan the QR code here:



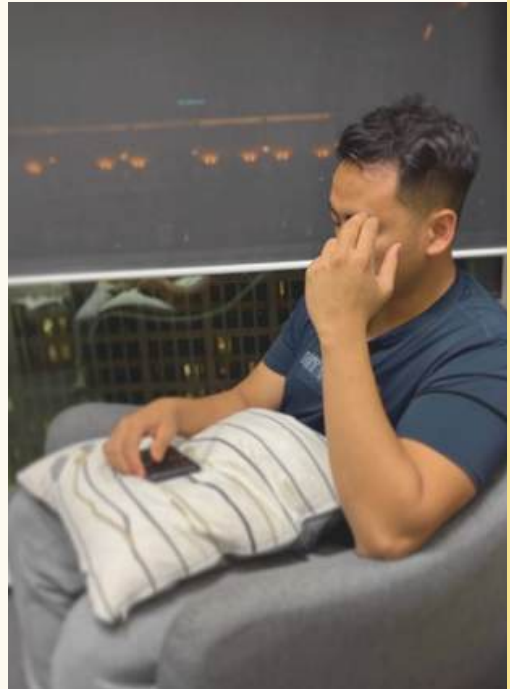
“I was so lost after my engagement fell through.”

When 30-year-old Anwar’s first relationship ended unexpectedly, the heartbreak left him feeling lost. Friends and family offered listening ears, but deep down, he knew the pain ran deeper than the breakup. “I felt I needed professional guidance to truly address the root of the problem,” he shares.

Counselling was not an instant process and it took time to build trust. But once he opened up, Anwar began to see patterns he had never noticed before. Old wounds from childhood had been quietly shaping his emotions and behaviours.

With his counsellor’s logical, reasoned approach, the pieces began to fit together. “It felt like a eureka moment when things finally clicked,” he says.

Together, they worked on strategies to create new, positive experiences in places tied to painful memories, helping him face triggers with renewed strength.



“The biggest investment you can make is in yourself.”

The lessons went far beyond heartbreak. Anwar learned resilience—not to run from pain, but to face it and grow stronger. With this new perspective, he approached life’s big decisions with greater clarity, and even in his work as a physiotherapist, he found himself more present and grounded with his patients.

Earlier this year, when his father passed away, those same tools carried him through the grief. “It reaffirmed my belief in staying optimistic and prepared me to face future challenges,” he reflects.

Anwar now makes space for his mental well-being through faith, daily prayers that centre him, and weekly conversations with friends. Looking back, he believes the choice to seek help was pivotal.

“The biggest and most worthy investment you can make is in yourself,” he says. “Counselling isn’t just about managing problems, it’s about growing, understanding yourself, and becoming better equipped for life’s challenges.”



For the full story, scan the QR code here:

RESTORING HOPE AND SUPPORTING HEALING - WE WILL JOURNEY WITH YOU

As the presenting sponsor of Third Man Syndrome, Eagles Mediation & Counselling Centre (EMCC) is proud to support a production that reflects the silent struggles many carry.

Through it, we hope to break stigma and remind one another that healing begins with being heard, and help should never be out of reach.

WHO IS EMCC

EMCC is a non-profit established in 1997 to bring hope and restoration to individuals and families facing mental, emotional, and relational challenges.



COUNSELLING SERVICES

Individual Counselling:

Support for depression, anxiety, trauma, grief, addiction, stress, and life transitions.

Couple & Family Counselling:

Support for pre-marital preparation, marital issues, parenting, and family relationships.



MEDIATION SERVICES

Neutral and structured support for resolving family, community, and relational conflicts.



PROFESSIONAL TRAINING FOR PRACTITIONERS

Workshops and certifications in clinical approaches for Couple Therapy and Trauma Recovery.

HEARTFELT APPRECIATION TO DONORS

We would like to express our heartfelt appreciation to all our donors for your encouragement and generosity to EMCC in supporting our mission to bring hope and restoration to individuals and families through our counselling and mediation services.

Your donations made it possible for us to journey with our clients as they worked to mend their broken relationships, restore emotional and mental health, and rebuild their lives. We are affirmed by your gifts and will continue to do our best to serve the community.

HOW YOU CAN HELP


EMCC provides counselling sessions at subsidised rates to ensure that these services remain accessible to all who need them. Your donations will enable us to continue bringing hope to relationships and restoring lives through our services.


No donation is too small to make an impact.


Please visit www.emcc.org.sg/donate for more information.

Thank you for your generous support.

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 EMCC.There.Is.Hope

 EMCC (Eagles Mediation & Counselling Centre)

www.emcc.org.sg

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*Bringing Hope
and Restoration*

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