



Mindful Bytes

SPARKING CHANGE IN THE DIGITAL SPACE | 🔍

Mindful Bytes is a programme to teach youths to engage in **safe and constructive online conversations** to support those at risk of suicide.

Mobile App

For 15 years and above
Session duration: 1 hour

Online/Onsite Workshop

For 13 years and above
Session duration: 2 hours

Posting and re-posting stories or even trying to help can do more harm than good if you do not know how to chat appropriately online.

Choose your words carefully.

Don't ask, why?
Ask, how can I help?



How do we
effectively
support those
vulnerable to
suicide risk in
digital spaces?



Scan here to learn more about **Mindful Bytes**,
or visit www.sos.org.sg/training/mindful-bytes

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends.

With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

For enquiries, please email community@sos.org.sg

  @samaritansofsingapore

