

The Victim Care Cadre Programme (VCCP)

The VCCP is available to you at any point during the investigation and criminal justice process. The programme offers support from Victim Care Officers (VCOs), who are volunteers trained to provide psychological first aid and crisis intervention, to help you in your journey of recovery.

If you are interested to meet with a VCO, please inform your Investigation Officer.

Community Resources



Resource Name	When can you call	Contact Number	What it's for
Samaritans of Singapore	24 hours	Hotline: 1767 CareText: 9151 1767 (via WhatsApp)	Anyone in distress
National Mindline 1771	24 hours	Hotline: 1771 WhatsApp: Message 6669-1771	Anyone requiring mental health support
TOUCHline	Monday – Friday, 9am – 6pm (excluding public holidays)	1800 377 2252	Anyone requiring mental health support or counselling
ComCare	Monday – Sunday: 7am – 12 midnight	1800 222 0000	Lower-income individuals or families seeking temporary financial assistance
National Anti-Violence & Sexual Harassment Helpline	24 hours	1800 777 0000	Anyone affected by violence or abuse, including victims or those aware of the situation
Tinkle Friend Helpline	Monday – Friday, 2.30pm – 5pm (excluding public holidays)	1800 2744 788	For all primary school children (13 years old and below) who are lonely or distressed

What can I do?

This pamphlet provides you with useful information about how to cope following the experience of a crime committed against your loved ones or yourself.

It's important to remember that **you are not alone and support is available.**



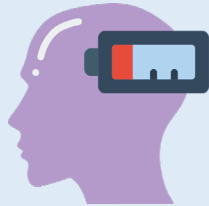
Common Reactions to Abnormal Events

Exposure to harmful, sudden, and unexpected events may cause people to feel distressed and struggle to cope.

Below are some common reactions you may experience in the aftermath of a crime:

Immediate Reactions:

- Crying
- Low mood/sadness
- Confusion
- Anxiety, Anger
- Avoidance



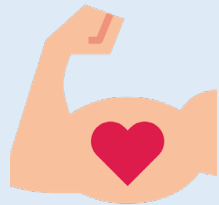
Long Term Reactions (more than 1 month):

- Depressed mood
- Hopelessness
- Grief
- Social withdrawal
- Slowed thinking/poor attention span



Short Term Reactions (less than 1 month):

- Exhaustion
- Sleep and appetite disturbances
- Excessive worrying
- Helplessness
- Flashbacks
- Fear
- Shame
- Hyperarousal

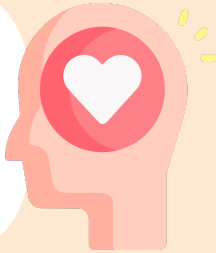


If the above symptoms persist for more than 1 month, it may be advisable to seek professional help (refer to page 1 of this brochure for useful resources)

Ways to cope with these reactions

Calm your mind

- Stress reduction strategies, e.g. deep breathing exercises and muscle relaxation exercises.
- Engage in activities that you enjoy and can help you relax.



Reach out for support

- Talk to someone you trust.
- Join a support group for trauma survivors. *Meeting others who may face similar struggles can help to reduce the sense of isolation.*
- If you feel unsafe, reach out to your IO to talk to a VCO about safety planning.



Take care of your body

- Eat right by having regular, nutritious meals.
- Avoid substance use, e.g. alcohol, tobacco.
- Exercise for a greater sense of well-being.

