



Cyber Wellness & Healthy Phone Use

CLICK SMART. STAY SAFE. BE KIND.

Cyber wellness is about using the internet and your phone **safely, responsibly, and positively** so you can have fun, learn, and **connect without harming yourself or others**.



Why does cyber wellness matter?

Good digital habits help you:

- Protect your mental health from stress, anxiety, and burnout
- Balance online and offline life
- Use technology as a tool for learning and connection not pressure
- Protect your digital footprint, which can affect future opportunities (school, jobs, relationships)

What is healthy phone use?

- + Using your phone **with purpose**, not just endless scrolling
- + Balancing screen time with **sleep, school, hobbies, and friends**
- + Choosing **active screen time** (learning, creativity, real conversations)
- + Limiting recreational screen time
 - Experts suggest no more than 2 hours a day for teens
 - Even less if screen time affects your sleep, mood, or schoolwork

Signs of unhealthy digital habits



You may need to reset your habits if you notice:

- Poor sleep or staying up late on your phone
- Feeling anxious, low, or stressed after being online
- Low self-esteem from social comparison
- Neglecting schoolwork or real-life relationships
- Feeling upset or panicked when you can't access your phone
- Difficulty concentrating without a screen

What gets in the way of cyber wellness?

Common challenges include:

- Applications and games designed to be addictive
- Fear of Missing Out (FOMO)
- Pressure to always reply or stay online
- Using screens to avoid difficult feelings
- Not realising how much time you're spending online

Social media & gaming: use with care

While these can be fun and can provide connection, be aware of their potential downsides:

- Social media can lead to unhealthy comparisons and low self-esteem
- Both can be highly addictive, leading to excessive use
- They can interfere with sleep, especially when used before bedtime
- Online interactions may not always be genuine or safe

Tips for better digital habits:

+ Mindful scrolling

Before you open an application, ask yourself: "Why am I doing this right now? Is it to achieve a goal or just to fill time?" This breaks the habit of endless scrolling.

+ Create 'No-Phone Zones'

Designate specific times or places as device-free. The **dinner table** and the **bedroom** (especially 1 hour before sleep) are great starting points to improve family connection and sleep quality.

+ Track time

Use your phone's built-in screen time monitor or a third-party app to see exactly where your time goes. Set **realistic daily time limits** for distracting apps.

+ Silence the noise

Turn off non-essential notifications (likes, comments, new posts). Keep only direct calls and messages on. This reduces constant interruptions and the urge to check your phone.

+ Choose real connections

Schedule time for activities that build real-life connections, like sports, hobbies, or meeting friends face-to-face. **Disconnect to connect** with the people around you.

+ Stay safe online

Be mindful of strangers. Remember that cyber contacts may not be who they seem. **Never** give away personal information or photos. If an interaction feels uncomfortable, **cut off contact and block** the person immediately. Talk to a trusted adult about what happened - you don't need to handle it alone.

+ Be kind online

Be a good digital citizen and avoid harassment or unkind words online. Think before commenting "**Would I say this face-to-face?**". Respect others' privacy by not sharing photos or screenshots without consent.

When should you get help?



+ Reach out for support if you experience:

- Ongoing stress related to phone or social media use
- Loss of control over screen time
- Poor sleep, school performance, or relationships
- Anxiety or low mood linked to online activities
- Any online experience that makes you feel unsafe

Where to get help?

If you're feeling overwhelmed or having thoughts of self-harm:

+ Mindline.sg

www.mindline.sg
Mental health resources and self-assessments

+ TOUCH Community Services

+65 6431 0436 (Mon–Fri, 9am–6pm)
cyberwellness@touch.org.sg
Emotional support and counselling services

+ Visit the Children's Emergency Department (open 24 hours)

+ Prefer phone or text support?

- **Samaritans of Singapore (SOS)**
1767 (24-hour hotline)
+65 9151 1767 (24-hour WhatsApp Care Text)
- www.sos.org.sg

About the National University Centre for Women and Children

The National University Centre for Women and Children (NUWoC) empowers women, children, and families to lead healthier lives. It brings together the [Department of Obstetrics & Gynaecology \(O&G\)](#) and [Khoo Teck Puat – National University Children's Medical Institute \(KTP-NUCMI\)](#) at National University Hospital, working alongside [National University Polyclinics \(NUP\)](#) to strengthen continuity of care across the community.

Supported by the National University Health System (NUHS), NUWoC delivers comprehensive medical and surgical services across the life course – from pre-conception through maternal, child, adolescent, and women's health.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI has established an integrated outpatient facility offering medical, diagnostic, and rehabilitation services for children. NUWoC is Singapore's only public specialist centre providing paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry +65 6772 5736
Appointment Line +65 6908 2222
Email ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
Operating Hours 8am – 5.30pm (Mon to Fri)
Appointment Line +65 6772 5030
Email cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530/2531
Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital
Tower A – NTFGH Clinics, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital
Alexandra Hospital
Tengah General and Community Hospital (upcoming)
Jurong Community Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.

OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuhs.edu.sg

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