



World Mental Health Day 2021

It's OKAY – Take 5

FOR IMMEDIATE RELEASE

Singapore's landmarks to light up in blue for World Mental Health Day 2021

As part of the virtual celebrations, there is also a line-up of over 60 virtual webinars and activities to promote mental wellness

Singapore, 1 October 2021 - World Mental Health Day (WMHD) is commemorated on 10 October annually to raise awareness of mental health and to reduce stigma through education and advocacy. Themed "It's OKAY – Take 5", this year's WMHD hopes to encourage everyone to learn the importance of caring for their mental health and well-being, and to seek help if they face issues coping.

2 From 10 to 31 October 2021, over 20 Singapore landmarks will be lit up in blue to promote mental health awareness as part of WMHD. By lighting up collectively in blue, we hope to shine a light on mental health issues and encourage those who are 'feeling blue' to open up and have a conversation about their challenges. We also hope to empower those who are struggling alone, in distress, or afraid to seek help for their mental health struggles because of stigma, to step forward and ask for support. Please refer to [Annex A](#) for the list of participating landmarks and their light-up schedule.

3 As part of the virtual celebrations from now to 31 October, over 20 agencies have banded together to offer a myriad of virtual workshops, webinars, and activities. From webinars on helping youths manage stress to workshops on using our five senses in nature to improve mental health, there is a wide range of activities in different languages for children, parents, working adults and seniors. These activities aim to generate conversations on mental health and better support people around us who may face challenges with their mental health, whether it is within our family, neighbourhood, or at the workplace. For the full list of partners, please see [Annex B](#).

Programme Highlights

<p>Every Wednesday in October, 4pm – 5pm (online)</p> <p>Organised by: Filos Community Services</p>	<p>Green Spot Activity Centre (Virtual)</p> <p>Designed specially for children and adolescents between 7 to 15 years old, these weekly Zoom sessions in October will cover practical mental health topics through interactive presentation slides, games and activities. The topics include: Understanding 6 basic emotions (6 Oct), Managing stress (13 Oct), Peer support and dealing with conflict (20 Oct), Exam preparation and study tips (27 Oct). To register, please visit https://bit.ly/FilosGreenSpot.</p>
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<p>9th October, Saturday 2pm - 3pm Organised by: AMKFSC Community Services Ltd</p>	<p>Engaging our 5 senses with nature to benefit our mental health This talk shows how we can tap on our natural surroundings such as green spaces at our void decks to benefit our mental well-being. This is achieved by engaging our five senses with nature while doing some simple mindfulness exercises.</p>
<p>16 October, Saturday, 10am-11.30am Organised by: Club2Care</p>	<p>Take 5 with C2C Join C2C on a journey of learning different yoga poses, dancing to the gestural language of the Indian Classical Dance, practicing self-healing through massage and aromatherapy, journaling and art doodling.</p>
<p>23 October, Saturday, 10am-11.30am Organised by: Clarity</p>	<p>Coping with transitions and self-care for new mums Having a baby can be one of the most exciting and challenging moments you will ever experience – life will never be the same again. This workshop aims to help new mums identify and understand some of the common emotional changes faced, and offer practical advice for self-care and ways to deal with these challenges.</p>

4 For the full calendar of events and information, please visit the Mental Health Awareness Singapore's Facebook page (facebook.com/MentalHealthAwarenessSG) [here](#).

5 Senior Minister of State, Ministry of Health and Chair of the Interagency Taskforce on Mental Health and Well-being, Dr Janil Puthuchery added, "World Mental Health Day is a good opportunity to remind everyone of the importance of mental well-being. Many different agencies are coming together to engage and educate Singaporeans on the importance of looking after our mental health. This care and support is especially important now, given the psychological impact of the COVID-19 pandemic. We will launch a national mental well-being campaign by HPB, "It's OKAY to Reach Out", in October. This will build awareness and understanding of mental well-being and encourage Singaporeans to seek help when they encounter mental health challenges. We hope it will also encourage all Singaporeans to "reach out" and help each other. In November, HPB will provide Singaporeans with a one-stop online portal with information, resources and tools for better care of their mental well-being. With all this, we can all play a part to develop a stronger mental health ecosystem in Singapore."





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6 “AIC, IMH, HPB and NCSS have been commemorating the World Mental Health Day with our community partners since 2016. The COVID-19 pandemic has in particular brought forth greater focus and awareness of the importance of mental health. This year, we are happy to partner with 21 of our community partners to further outreach and engage Singaporeans on this important area. We will also see over 20 landmarks across Singapore light up in blue in support of this. To further build awareness and knowledge, AIC has developed mental health awareness e-learning modules for public, caregivers, volunteers and frontline officers. This, together with a listing of mental health services and resources are available on www.aic.sg. I would like to encourage all of us to take five off to recharge, refresh and improve our mental wellness,” said Mr Tan Kwang Cheak, AIC’s Chief Executive Officer.

7 “I hope that the visual reminder of this light-up, as well as the slew of activities put together in this year’s World Mental Health Day line-up, will create awareness of mental health and help-seeking, develop mental health literacy in which people can distinguish the effects of stress and the development of mental illness, and promote participation from all levels of society to make it easier for persons in need to get the appropriate support,” said A/Prof Daniel Fung, Chief Executive Officer, Institute of Mental Health.

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About Mental Health Awareness Singapore

This initiative was started in 2016 by the Agency for Integrated Care, Institute of Mental Health, Health Promotion Board and the National Council of Social Service to bring together like-minded community partners to raise awareness on mental health in Singapore. Since 2016, the partners co-organise an anchor event to commemorate the annual World Mental Health Day in October. For more info, please refer to www.facebook.com/MentalHealthAwarenessSG.





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Annex A

List of Participating Organisations for the Light Up

Organisations listed will take part for varying durations during the official light-up period from 10 October 2021 to 31 October 2021, 7.30pm to 11pm.

Organisations with physical light up of buildings/landmarks		Organisations with virtual light up through social media posts	
1	Capitol Singapore	28	Maybank Singapore Limited
2	Gardens by the Bay	29	Ministry of Communications and Information
3	Health Promotion Board	30	National Library Board
4	Institute of Mental Health	31	Temasek Shophouse
5	Institute of Technical Education	<i>* One night light up on 10 October only</i> <i>+ Light up will start on 13 October</i>	
6	Keppel REIT		
7	Land Transport Authority		
8	Malay Heritage Centre in collaboration with Very Small Exhibition		
9	Marina Bay Sands		
10	Nanyang Technological University, Singapore		
11	National Centre for Infectious Diseases		
12	National Healthcare Group Polyclinics		
13	OUB Centre Limited		
14	Our Tampines Hub - Part of the People's Association		
15	Republic Polytechnic		
16	Singapore Flyer*		
17	Singapore Institute of Management		
18	Singapore Institute of Technology		
19	Singapore Management University		
20	Singapore Polytechnic		
21	Singapore Sports Hub*		
22	Singapore University of Social Sciences		
23	Singapore University of Technology and Design		
24	St Andrew's Cathedral		
25	Tan Tock Seng Hospital		
26	Temasek Polytechnic		
27	Yishun Health+		





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Annex B

World Mental Health Day 2021 Partners

The World Mental Health Day 2021 is jointly organised by the Agency for Integrated Care, Institute of Mental Health, Health Promotion Board and the National Council of Social Service.

In partnership with:

1. AMKFSC Community Services
2. AWWA Ltd
3. Blooms & Buds
4. Brahm Centre
5. Campus PSY
6. Caregivers Alliance Limited
7. Caring For Life
8. Clarity Singapore
9. Club HEAL
10. Club2Care
11. Dementia Singapore
12. Enable Asia
13. Filos Community Services
14. Limitless
15. Montfort Care
16. NTUC Health
17. Samaritans of Singapore
18. Silver Ribbon (Singapore)
19. Singapore Anglican Community Services
20. Singapore Association for Mental Health
21. Singapore Mental Health Film Festival

Sponsors:

1. Johnson & Johnson
2. Pfizer Private Limited

