



30 September 2022 – FOR IMMEDIATE RELEASE

35 organisations stand together for mental health this World Mental Health Day

World Mental Health Day (WMHD) is commemorated annually on 10 October to raise awareness of mental health and well-being, and to mobilise efforts in support of mental health. Through education and advocacy, the aim is to reduce stigma surrounding the subject. Led by the Agency for Integrated Care (AIC), Health Promotion Board (HPB), Institute for Mental Health (IMH), Ministry for Culture, Community and Youth (MCCY) and the National Council for Social Service (NCSS), and supported by 30 other partners and collaborators (Refer to Annex A), this year's celebrations are marked by a month of activities, including a concert, a virtual run, talks and workshops.

2. As this year's WMHD theme goes – **“Stand Together for Mental Health”**, the government, communities, professionals and individuals have banded together after a prolonged pandemic that has impacted the mental health of many. As a nation, we have emerged stronger together, offering help and comfort to one another for better mental well-being. Yet again, the nation must come together, to stand together as one in support of this cause.

3. In an effort to rally people together to show their support, there will be a nation-wide campaign activation involving the display of car decals and carrying of tote bags specially designed by local artist Stephanie Raphaela Ho (Annex B). The illustration depicts support and togetherness. As a mental health activist who has lived experience with depression and anxiety, Stephanie is keen to challenge the misconceptions of mental illness and promote mental health recovery through her art works.



4. The WMHD alliance has collectively organised more than 60 events this year, from virtual runs aimed at raising awareness about youth mental health to talks and workshops covering the gamut of mental health and well-being topics like parental, caregiver and men's mental health. These activities aim to generate conversations on mental health, improve the mental well-being of individuals as well as enhance the support for people facing mental health challenges.

5. For the full calendar of events and information, please visit the Mental Health Awareness Singapore's Facebook page: facebook.com/MentalHealthAwarenessSG

Event	Details	Description
Beyond The Label 2.0 Festival	Friday, 7 Oct 9am – 9pm	A full day of activities featuring a family amazing race, carnival games and educational workshops. These activities aim to raise awareness about the stigma experienced by persons with mental health conditions, and encourage the community to do more in showing support for them.
Bipolar Disorder Public Forum	Saturday, 8 Oct	A forum to raise awareness and educate about bipolar disorder.
"Thrive in Life" - World Mental Health Awareness Month	Saturday, 8 Oct	Montfort Care organises physical booths at at Radin Mas, Marine Parade, and Kreta Ayer, with interactive activities to spark conversations regarding mental well-being.
The Limitless Run 2022	10-31 Oct	A virtual Run to raise awareness about youth mental health, and encourage runners to advocate for youth mental wellbeing and help seeking.
Campus PSY Ambassadors Graduation Ceremony & Launch of Well-Being Circles Peer Support Training	Wednesday, 28 Oct	Hearing first-hand experiences from trained Campus PSY Ambassadors (Peer Supporters) and Community Partners in the mental health space, on how to empower our citizens to learn and practice skills to look after their own well-being and that of others in the community (self-care and peer support), and to improve citizens' well-being through upstream support avenues.

6. “World Mental Health Day reminds us to stand together to build a more inclusive and supportive society, where no one struggles alone with mental health. Our SG Mental Well-Being Network is committed to this cause,” said Minister of State for Culture, Community and Youth & Trade and Industry, Alvin Tan. “Our mission is simple but clear – we want every citizen who may be struggling to know that help is available in their community, and that it is okay to reach out. To Singaporeans who wish to take action on mental health and well-being, join us as an advocate to help our colleagues, friends, and neighbours.”

7. “We are heartened to work with likeminded organisations and individuals this World Mental Health Day. The partnership signifies our collective commitment to champion and prioritise mental well-being within our organisations, and for the wider Singapore community,” said Mr Tan Kwang Cheak, AIC’s Chief Executive Officer. “AIC has developed a suite of mental health awareness e-learning modules for public, caregivers, volunteers and frontline officers to strengthen mental wellness in the community. To provide more accessible and timely support for those who need them, we will continue to work with our community outreach and intervention teams, General Practitioners, Polyclinics, and other partners to build more community-based services and resources.”

8. “HPB stands together with partner agencies to create a supportive environment for promoting mental health and well-being. We hope that more Singaporeans will feel comfortable to step forward and talk to others about their mental well-being, and reach out for help. Our It’s OKAY to reach out campaign, to be launched on 10 October 2022, will engage our youths on the importance of mental well-being, and encourage them to reach out when they need to. Through our efforts, we aim to normalise the concept that taking care of our mental health is a key aspect of our overall health,” said Mr Tay Choon Hong, Chief Executive Officer, HPB.

9. “It is important to build up the mental health literacy of our people. Literacy goes beyond awareness and just having the knowledge; it’s using what we know to make a difference in our lives and that of others, like knowing when and where to seek help, maintaining mental wellness and supporting others on their recovery journey. This is how we are standing together for mental health – we don’t want anyone to struggle alone with their mental health issues,” says A/Prof Daniel Fung, Chief Executive Officer, IMH.

10. Ms Tan Li San, Chief Executive Officer, NCSS said, “All of us will likely experience mental distress in some form of another, at some point in our lives. Some will experience it much more acutely than others. It is therefore important for us to take care of our own mental health, look out for those around us, and encourage those who need professional help to seek it. In our refresh of Beyond the Label, which seeks to destigmatise mental health conditions, we want to work closely with corporates and the community to create an empowering and inclusive environment for persons with mental health conditions, and to improve the mental well-being of all Singaporeans.”

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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 likeminded 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.

Annex A – List of Partners, Collaborators and Sponsors

The World Mental Health Day 2022 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. Brahm Centre
3. Campus PSY
4. Care Corner Seniors Services
5. Caring for Life
6. Clarity Singapore Limited
7. Club HEAL
8. Dementia Singapore
9. Enable Asia
10. Fei Yue Community Services
11. Filos Community Services
12. Khoo Teck Puat Hospital
13. Limitless
14. Montfort Care
15. National University Hospital
16. REACH Community Services
17. Resilience Collective
18. SHINE Children and Youth Services
19. Singapore Anglican Community Services
20. Singapore Association For Mental Health
21. Singapore Mental Health Film Festival
22. Tan Tock Seng Hospital
23. TOUCH Community Services
24. Viriya Community Services

Collaborators

1. Cold Storage
2. CS Fresh
3. Dairy Farm International
4. Giant Singapore
5. Mindset Care
6. McDonald's

Sponsor

Janssen Pharmaceuticals

Annex B – WMHD 2022 Campaign Activation

Celebrate World Mental Health Day with us!

21 Sep - 31 Oct 2022

We commemorate World Mental Health Day on 10 October. Let's **STAND TOGETHER FOR MENTAL HEALTH** because our mental health matters! We encourage you to seek help early, maintain wellness and support the people around you.

Participate in an exciting line-up of events and learn to boost your mental health as well as care for those who are going through mental health issues.



STAND TOGETHER FOR MENTAL HEALTH

From 7 Oct
Collect a limited edition car decal or tote bag.

Get spotted with your tote bag or car decal and be rewarded with a Muffinsaurus & Friends umbrella!



Follow us on Mental Health Awareness Singapore Facebook page to find out more:



<https://for.sg/mhag>

21 Sep - 31 Oct
Visit Mental Health Awareness Singapore Facebook page for more exciting activities.

Supported by



In partnership with



Also brought to you by: AMKFSC Community Services | Brahm Centre | Campus PSY | Care Corner Seniors Services | Caring for Life | Clarity Singapore Limited | Club HEAL | Dementia Singapore | Enable Asia | Fei Yue Community Services | Filos Community Services | Khoo Teck Puat Hospital | Limitless | Montfort Care | National University Hospital | REACH Community Services | Resilience Collective | SHINE Children and Youth Services | Singapore Anglican Community Services | Singapore Association for Mental Health | Singapore Mental Health Film Festival | Tan Tock Seng Hospital | TOUCH Community Services | Viriya Community Services

Annex C – About Local Artist Stephanie Raphaela Ho



Stephanie Raphaela Ho

Ever since I was young, I felt that there was something wrong with me, that I was different. My parents brought me to see a counselor when I was in primary school. I don't remember how much it helped me back then, but I was able to share my problems with her instead of keeping everything bottled up inside.

I stopped seeking help in Secondary school when I was labeled as 'mad' by my friends who found out that I needed to go for counseling.

A lot of things that happened in the past affected me deeply till the point where I had thoughts of suicide, but I did not seek help. As each episode passed, I tried to bury all the traumatic things that happened and get on with life. I would put a smile on my face when I was out even when I was sad. I would also feed off people's happiness as I laughed and joked with them because it made me feel better.

As simple as how a lot of people said 'Just don't think about it, you will be okay', I realised the hard way that ignoring your problem just makes things worse.

I eventually broke down. My emotions and thoughts were messed up. I wasn't in the right state of mind as I shut myself away from the world for a whole year and tried to take my own life a few times. It got so serious till I was in and out of the hospital from overdosing. Then I was warded in IMH for a week and had to take medications for my depression and anxiety while I underwent psychotherapy sessions with a psychologist. My psychologist helped me understand how my past trauma affected me and together with medications and lots of will power I was able to pick myself up again and go back to school.

Due to stigma, poor knowledge and how others would judge me, I suffered depression for the longest time and did not seek help till my condition got worse. I wanted to burst the silence and let others know that they are not alone. Depression can happen to anyone anywhere, don't be afraid of how others might perceive you (I still try and convince myself that everyday) and seek help before it gets bad!

Annex D – Chinese Translations

Organisations	
Agency for Integrated Care	护联中心
Health Promotion Board	保健促进局
Institute of Mental Health	心理卫生学院
Ministry of Culture, Community and Youth	文化、社区及青年部
National Council of Social Service	国家福利理事会
Spokespersons	
Mr Tan Kwang Cheak Chief Executive Officer Agency for Integrated Care	陈光杰 护联中心总裁
Mr Tay Choon Hong Chief Executive Officer Health Promotion Board	郑春鸿 保健促进局局长
A/Prof Daniel Fung Chief Executive Officer Institute of Mental Health	冯舜圣副教授 心理卫生学院 院长
Mr Alvin Tan Minister of State for Culture, Community and Youth & Trade and Industry	陈圣辉 文化、社区及青年部兼贸工部政务部长
Ms Tan Li San Chief Executive Officer National Council of Social Service	陈丽珊 国家福利理事会执行理事长