

# Mindhealth@Claritysg

WHAT YOU NEED TO KNOW ABOUT OUR ONLINE MINDHEALTH TOOL

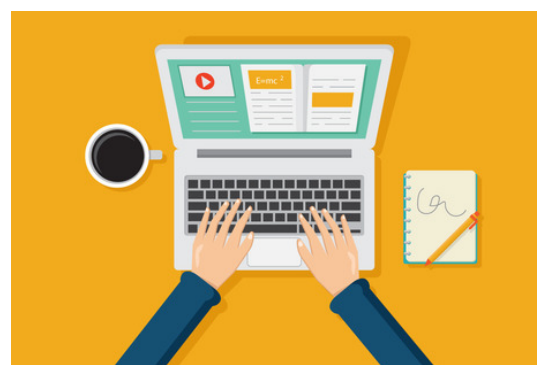


## 1.) ABOUT MINDHEALTH

Mindhealth is an integrate self-help online mental wellness tool that offers individualised therapeutic learning with professional therapist feedback.

## 2.) AM I SUITABLE FOR MINDHEALTH@CLARITYSG?

If you feel you have difficulties managing your moods and it's affecting your work/social environment, and your work/school schedule makes it difficult to seek centre-based office hour support, then you can consider Mindhealth as an alternative self-help resource. Still unsure if you are suitable, then email us on [mindhealth@clarity-singapore.sg](mailto:mindhealth@clarity-singapore.sg) with your questions/problems so that we can clarify your doubts and determine if you are suitable.



## 3.) HOW MUCH WORK WILL I HAVE TO DO ONLINE?

Since Mindhealth is a self-help tool, the more you put in the more you will get out of it. Online work will be a combination of questionnaires, personal reflections, and charts to reinforce your progress/activities.

## 4.) ARE THERE ANY REQUIREMENTS TO SIGN UP FOR MINDHEALTH?

If you can write clearly in English, are motivated to login several times a week and open to sharing/reflecting on your emotions and behaviours, then you are suitable for Mindhealth.



## 5.) CAN I JUST SIGN UP ONLINE?

No. To individualise therapeutic needs and feedback, an initial face-to-face session has to be conducted to ensure we can provide you the best support online. Call us on 67577990 to arrange for a convenient assessment session. Invitation to sign up online will only be offered after the assessment session.



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[www.clarity-singapore.org](http://www.clarity-singapore.org)

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