



JAN 2019

MENTAL HEALTH BYTES

Welcome 2019

My sincere thanks and gratitude to **Everyone** who had supported Clarity Singapore with talents and donations in 2018. Your generous contributions have enabled and empowered us to continue our social mission to provide service to persons with mental health issues to help them live meaningful lives through support, therapy, acceptance and recovery. We expect 2019 to be as challenging and rewarding as 2018. The SMHS

2016 study highlights to us the importance of our work in the community. We look forward to your continued support in 2019.

With God's grace, we continue to serve!

Fred Cordeiro, Executive Director

Singapore Mental Health Study (SMHS) 2016

The second nationwide epidemiological study on mental health was released on Dec 11, 2018. The study spearheaded by the Institute of Mental Health (IMH) in collaboration with The Ministry of Health (MOH) and Nanyang Technological University (NTU) establishes the prevalence of common mental disorders in the Singapore resident population aged 18 years and above.

lifetime prevalence of mental illness from 12% in 2010 to 13.9% in 2016 (Table 1). The study also showed some positive developments where persons who sought help did so earlier (Table 2).

Table 1: Lifetime prevalence of Mental Disorder

Mental Disorder	SMHS 2010 %	SMHS 2016 %
MDD	5.8	6.3
Bipolar Disorder	1.2	1.6
Generalised Anxiety Disorder	0.9	1.6
OCD	3.0	3.6
Alcohol Abuse	3.1	4.1

The key findings for SMHS 2016 indicates that 1 in 7 persons in Singapore has experienced a mood, anxiety or alcohol use disorder in their lifetime. Major Depressive Disorder (MDD) was the most common with one in 16 persons in Singapore having had the condition at some point in their lifetime, while alcohol abuse and Obsessive Compulsive Disorder (OCD) affected one in 24 and one in 28 people respectively. Sadly, the proportion of persons with mental health issues (PMHIs) not seeking professional help remains high. Among those who sought help, treatment delays were the longest for those with OCD at 11 years. However, we are seeing encouraging signs of more people seeking early help in the other disorders. Past research had suggested that the inability to recognise the symptoms of a mental illness and concerns regarding the stigma associated with mental illness are two common reasons for treatment delay for mental disorders.

Table 2: Treatment Delay in Years

Mental Disorder	SMHS 2010	SMHS 2016
MDD	4	1
Bipolar Disorder	9	4
Generalised Anxiety Disorder	6	2
OCD	9	11
Alcohol Abuse	13	4

As a Catholic mental health organisation, we are encouraged to see improvements in the numbers for PMHIs seeking early treatment. If you need professional help or are concerned for a loved one who may have mental health issues, contact us at 67577990 or email ask@clarity-singapore.sg for more information. You can also obtain information from our webpage <https://www.clarity-singapore.org>

Comparing the results of the 2016 study with the 2010 study, it was observed that there was an increase in

Applying Gratitude in our Lives

Gratitude is defined as “*the quality of being thankful*”. We display gratitude through our readiness to show appreciation for and return kindness received. The greatest benefit of gratitude is the acknowledgment that life is good and rewarding. Interestingly, reciprocity is not needed in feeling gratitude but consciously, the receiver is compelled to pay the goodness forward, generating positivity all around.

Trait or State?

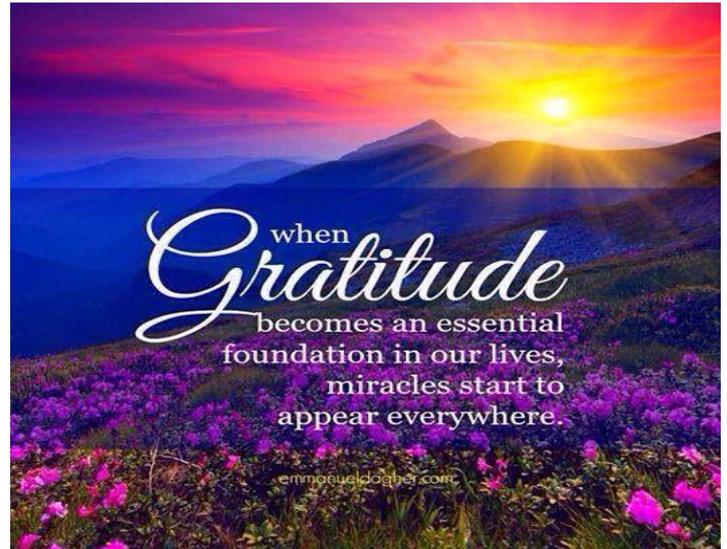
Gratitude is regarded as either a trait (dispositional) or state. As a trait, gratitude is practised as part of an individual’s daily life. It is also considered a character strength that can be developed. The emotion that a person experiences from another’s expression of gratitude is referred to as state.

Regardless of trait or state, gratitude is a selfless act done unconditionally to show appreciation for others. More importantly, gratitude can be contagious. Ultimately, we can choose to apply it either as a trait and/or state.

Benefits of Gratitude

Recent research and studies have shown that gratitude improves our lives in several ways.

- Expressing your thanks can improve your overall sense of well-being. Grateful people are more agreeable, more open and less worried.
- It strengthens interpersonal relationships as we tend to be more willing to forgive others.
- We become more optimistic in our lives as we receive higher levels of happiness and life satisfaction.
- It improves our physical and mental health. The feeling of appreciation found in moments of gratitude creates healthier minds and healthier bodies.



- Neural findings have associated feelings of gratitude with activity in brain areas with morality, reward and value judgment, leading to positive spiritual growth.

If you feel that you have neglected to thank someone for being especially kind or helpful, don’t focus on feeling bad about it. Write them a note of gratitude and deliver it in person, or simply thank the person when you have a chance to meet them. This will not only strengthen your relationships but make you a happier person.

Applying it in our lives

Let’s start 2019 with a resolution to apply gratitude in our lives. Every evening before you sleep, think of the positive things that have happened during the day; things that you are grateful for.

If you feel that you have neglected to thank someone for being especially kind or helpful, don’t focus on feeling bad about it. Write them a note of gratitude and deliver it in person, or simply thank the person when you have a chance to meet them. This will not only strengthen your relationships, but it will make you a happier person.

Source:
<http://positivepsychologyprogram.com>

Picture Source:
<https://pinterest.com>

UPCOMING EVENTS

Adult Workshops. To register, T: 6757 7990 or E: ask@clarity-singapore.org

23 Feb 2019 (Sat), Time: 10.30am – 12.30pm

LIGHTING THE WAY: A GUIDE TO UNDERSTANDING DEPRESSION WORKSHOP

(open to Public)

Individuals with depression often have difficulties seeking help for themselves and in most times, causing friends and family members to feel frustrated and burnout. Through interactive activities, you will explore the connections of your thoughts, feelings, behaviours and the environment. You will learn to challenge misconceptions, identify signs and symptoms about depression.

Come join us to find out what depression is about and share insights on the journey of providing care to your friends or loved ones who may need help. Fees \$15.

Venue: Agape Village, 7A Lor 8 Toa Payoh, Singapore 319264. Multi-purpose room Level 3

7, 21 Jan, 18 Feb (Mon), Time: 10am – 12pm

BAH MOVES

(via referral)

Join us for our weekly social activity that promotes engagement with the community, at the same time increases empowerment for the individual and improves team spirit. Fees \$0.

Venue: Clarity Yishun. Blk 854 Yishun Ring Road #01-3511 S(760854)

19 Jan, 16 Feb (Sat)

Time: 2pm – 4pm

OBSESSIVE COMPULSIVE DISORDER (OCD) SUPPORT GROUP

(via referral)

If you are a caregiver for someone suffering from OCD, this network aims to help caregivers and their family receive support and resources. Join us and share your experiences to help others. Fees \$0.

Venue: Clarity Yishun. Blk 854 Yishun Ring Road #01-3511 S(760854)

Visit our website for more information. www.clarity-singapore.org

VOLUNTEER SEGMENT

Volunteering with us can be a great opportunity to give back to the community, if you want to make a difference with your passion and talents, we like to engage you. We have opportunities for those who want to work remotely as well as at our public workshops and outreach booths.

If you are interested to be a volunteer, please write to registration@clarity-singapore.org with an introduction, interests and CV. We love to hear from you!