



NOV/DEC 2018
MENTAL HEALTH
BYTES

HOPE!

The Festive season is just around the corner. For many of us, it's a time of joy and celebration. A time to show love and respect. Unfortunately for some, it's a season of pain and loneliness. Spare a thought and be compassionate to those who are not as blessed with the joys the Festive season brings by sharing your blessings.

Support us at our Charity Christmas Ballet fundraising event "[Celebrating Christmas with Hope](#)" on 21-22 Dec at the Kallang Theatre or simply donate to our [Giving.sg campaign](#) so that we can continue to serve and give Hope to those seeking recovery from mental illnesses.

With God's grace, we continue to serve!

Fred Cordeiro, Executive Director

World Mental Health Day 2018

October 10 is designated as World Mental Health Day (WMHD). WMHD is observed every year with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. For 2018, WMHD focused on 'Young People and Mental Health in a changing world'.

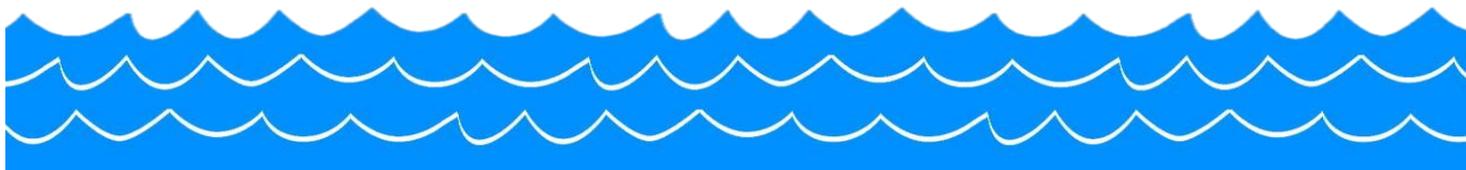
WMHD in Singapore has grown in prominence over the years. In October 2018, Silver Ribbon (Singapore) hosted the First Global Summit for Mental Health Advocates here in Singapore. The Agency for Integrated Care in collaboration with several community mental health partners, Institute for Mental Health (IMH) and National Council of Social Services (NCSS) launched its Mental Health Awareness Singapore Learning Series; *Be Understanding, Be Supportive towards a caring and inclusive community*. Mental health awareness events and activities were conducted over 5 regions across the island through the month. Clarity Singapore led the North region series with a "Family Mental Wellness" carnival together with other northern partners like IMH, KTPH, Club Heal, Silver Ribbon, Singapore Anglican Community Services, Caregiver Alliance, Alzheimer's Disease Association and Peoples Association. An Anti-stigma campaign '*Beyond the Label*' was also launched by NCSS to reduce stigmatisation of mental illness.

10 October is World
Mental Health Day 

In Singapore, support and treatment of mental health disorders has evolved significantly since the opening of our main psychiatric hospital in 1928. The Institute of Mental Health celebrated its 90th Anniversary on 8 Sep with a Mental Health Festival that targeted the public with hopes of reframing its image as a friendly and recovery-focused psychiatric hospital that engages and collaborates with community mental health resources. Acceptance of and openness to mental illness in Singapore has and will always be challenging given our Asian cultural traditions and normative values. However, in recent years, the push to increase mental health awareness through public education and community intervention has multiplied several folds.

A five-year Community Mental Health Masterplan announced in 2017 will enhance mental health community care by improving early identification, strengthening and expanding mental health services in the community. There is a growing empathy for those suffering from mental health issues from the younger citizenry. Youth groups from tertiary institutions have stepped forward to educate the public and peers through theatrical plays, public events and campus dialogues. They breathe new life over old stereotypes with creative ideas that open hearts, ears and minds towards mental illness and recovery.

As a community mental health intervention provider, we have seen and been a direct recipient of these empathetic young adults. Interns that offer pro-bono services; who commit full-time hours for months simply because they believe and want to be part of the mental health recovery journey. There is increasing hope of acceptance and recovery for Persons with Mental Health Issues (PMHIs). We feel the waves, let's turn them into a tsunami that heals, not destroys!



Source: <https://www.youtube.com/watch?v=xf8tRT8Nivk>

Mindhealth@claritysg

Clarity Singapore was incorporated on 10 Oct 2010 as a member of Caritas Singapore. On 10 Oct 2013, we notched our first milestone by opening our Yishun Office. We have grown significantly since 2010 from counselling 30 clients in 2011 to 550 in 2018. To keep pace with the growing mental health needs from the Community, we launched our next milestone on 10 Oct 2018. Singapore's first online Mental Wellness Tool that integrates therapist feedback on mood management and lifestyle balancing assignments, journals and activities through an internet-based platform. Depending on their requirements, participants will be invited to sign up for either the Mind Health [Mood management] 16-week module or Balancing your Life 12-week module. We hope this concept of an integrated care model that empowers individuals towards self-efficacy offers an alternative mental health resource that removes existing barriers that face-to-face counselling presents.

An initial face-to-face assessment is necessary to obtain consent and information so that a more personalised engagement can be provided by the therapist online. Contact us on 67577990 or email mindhealth@clarity-singapore.sg for more information. You can also obtain information from the login page <https://claritysg.karify.com>



**MIND
HEALTH**

Online Mental Health Tool

UPCOMING EVENTS

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

8, 22 Nov, 6 Dec (Thurs),

Time: 10am - 12pm

BAH MAKES! (via referral)

The objectives of the programme are to increase social engagement with the community, to increase empowerment, and to improve social skills through a series of arts and crafts activities. Fees \$0.

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

15 Nov (Thur),

Time: 10am - 11.30am

BAH Learn and Exercise Good Options (LEGO) (via referral)

Join us for a series of three sessions in both English and Mandarin as we learn more about nutrition and lifestyle management. Learn how you can work towards incorporating a balance diet into your daily life for you and your family. Fees \$0.

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

14 Nov (Wed)

Time: 2pm - 4pm

BAH SOCIAL! Collaboration with IMH OCD Clinic (via referral)

Better and Happier: Social is a psychoeducational support group dedicated to individuals with Obsessive Compulsive Disorder (OCD). The group provides a platform for participants to form a community of support by engaging in meaningful activities that support their recovery. Fees \$0.

Venue: Agape Village. 7A Lor 8 Toa Payoh Singapore 319264. Art Therapy Room Level 2

12, 26 Nov, 10 Dec (Mon)

Time: 10am - 12nn

BAH MOVES!

The objectives of the programme are to increase social engagement with the community, to increase empowerment, and to improve social skills through a series of fun physical activities. Fees \$0.

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

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

20 Nov (Tues),

Time: 2pm - 3.30pm

'Identifying Your Emotions' Mandarin Workshop (Open to Public)

大家在生活中的某个阶段会感到情绪低落，但有些人却无法摆脱负面情绪，让情绪一直影响生活。通过这个讲座，我们将与您探讨我们情绪的特征，好让我们能够从“心”得到快乐。

Fees: \$0, Love Offerings Appreciated

Venue: Blk 854 Yishun Ring Road #01-3511, Singapore 760854

UPCOMING EVENTS

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

17 Nov 2018 (Sat)

Time: 10am – 12nn (Registration Opens 9.30am)

Public Talk: ‘Can We Tell You About OCD?’ (Open to Public)

School, socializing, family, even leisure may all seem very daunting if somebody is struggling with OCD. In Singapore, OCD has been found to be the third most common mental condition, affecting about 3% of the population. This talk aims to highlight this facet of OCD, and will outline its assessment and treatment. Both the common and the more individual challenges noted among youth with OCD and their families will be identified. A story of a client’s recovery journey will also be presented.

Click [here](#) to register. Closes 15 Nov. Fees: \$15.

Presenters:

Dr. Bhanu Gupta, Consultant, IMH

Dr. Jackki Yim, Senior Clinical Psychologist, IMH

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

21, 22 Dec 2018 (Fri & Sat)

Time: 8pm – 10.30pm

Celebrating Christmas with Hope Fundraising Ballet (Open to Public)

This year, Sylvia McCully School of Dancing will be presenting a Christmas Ballet on the 21 & 22 Dec 2018 at the Kallang Theatre to support us in our mission to serve persons with mental health issues live meaningful lives through support, therapy, acceptance and recovery. Join us to help raise money to support our programmes that provide therapeutic intervention and recovery for Youths struggling with mental health issues and Females with Perinatal Mood and Anxiety Disorders.

How you can donate:

- 1) To purchase tickets, please call Ms Chan at 6457 6995.
- 2) To donate via giving.sg

Venue: Kallang Theatre

14 Dec (Fri)

Time: 10am – 1pm

BAHMAS Christmas Party

Join us in celebrating Christmas and spreading joy to one another! Call 6757 7990 or email yeewei.cheo@clarity-singapore.org to register!

Venue: Agape Village. 7A Lor 8 Toa Payoh Singapore 319264. Multipurpose Hall Level 1

VOLUNTEER SEGMENT

We are looking for volunteers who can help us in poster design, article writing and English to Mandarin translation. We also need volunteers to help at our Saturday workshops (set-up, ushering, registration etc). If you are interested to be a volunteer, please call Millicent at 6801 7466 or email to registration@clarity-singapore.org. We love to hear from you!

Visit our website for more information.

www.clarity-singapore.org