

Hope

MAY — AUG 2013

— ISSUE 5/2013 —

CHARITY DINNER 2013

TESTIMONIALS FROM YOUTHREACH & MALAY FLP
SINGAPORE JUNIOR CHEFS CLUB COOKING DEMONSTRATION AT CLUB 3R
AFTER THE SUMMER OF 1890 • PEER SPECIALIST TRAINING FOR PROVIDERS

live. laugh. love



MICA PERMIT: 154/02/2013

My colleague gave me Victor Frankl's *Man's Search for Meaning* as a birthday present recently. It's a small book but the contents are weighty and they got me thinking quite a lot. One of the insights I gained was about laughter. Frankl and other prisoners in the concentration camps maintained their ability to laugh despite being in such a situation. They were able to laugh in the beginning when they were stripped and shaved completely hairless during the admission procedure, and they were able to laugh in the months after just because they found out their train was headed to a camp without an "oven".

Those situations are not very funny at all, but Frankl wrote that "the attempt to develop a sense of humor and to see things in a humorous light is some kind of a trick learned while mastering the art of living. Yet it is possible to practice the art of living even in a concentration camp, although suffering is omnipresent." I'm nowhere near mastering the art of living, and am still trying to grasp his "trick", but I'm hopeful I'll get it one day. I'm a lot more fortunate than Frankl and his fellow Jews were, and also a lot more fortunate than my fellow Singaporeans who have mental illness and are locked up in institutions, so I know without a doubt that if they can laugh, so can I.

Regardless of your situation, I hope that you would also heed Frankl's words and practice the art of living. Here's something to help you in your journey:

A man was walking on the street one day when he was brutally beaten and robbed. As he lay unconscious and bleeding, a psychologist who happened to be passing by rushed up to him and exclaimed, "My God! Whoever did this really needs help!"

Live freely, laugh loudly, love deeply.



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EDITORIAL

Have a comment, suggestion or feedback to share with the editorial team?

Email us at hope@samhealth.org.sg

The Singapore Association for Mental Health (SAMH), established as a voluntary welfare organisation in December 1968, provides community-based mental health programmes and services to promote mental and social well-being and empower people with mental illness in rebuilding their lives.

| Website | www.samhealth.org.sg | Toll-free Helpline | 1800-283 7019

SJCC COOKING DEMONSTRATION AT CLUB 3R



Singapore Junior Chefs Club (SJCC) is the youth arm of Singapore Chefs Association, which nurtures future talents in the food and beverage field. Members uphold a high reputation for character, culinary skills and a mission of continuous improvement. SAMH enjoyed collaborating with some of the talented youths during our annual Charity Dinner held on 3 May 2013, and was truly glad when they accepted our invitation to conduct a cooking demonstration for our members at Club 3R Jurong.

On 20 July, four junior chefs from SJCC and their mentor Chef Derrick Lau, Culinary Instructor at Republic Polytechnic, arrived as early as 10am to prepare for the cooking demonstration. At about 12pm, Chef Derrick welcomed Club 3R members with his sunny smile. He introduced his team and distributed print-outs of the recipes they would be demonstrating that day. On the menu were French Bread Rolls, Chicken Mayonnaise and Vanilla Panna Cotta.

Chef Derrick started by mixing the bread dough, following the cooking instructions step by step. He asked the participants to help confirm the ingredients and instructions, and used interesting metaphors such as giving the bread time to “sleep” and folding a “blanket” (towel) over to keep it warm. He also invited participants to try their hand at folding and shaping the dough. Members enjoyed the hands-on activity, with Chef Derrick and team guiding them to achieve the ideal fishball shape before placing it on the baking tray.

While the bread was baking in Club 3R Jurong's very own oven, Chef Derrick taught them how to cook chicken breast perfectly without stripping it of moisture. He also introduced novel ingredients such as gherkin and stevia leaf, which he said was good for controlling diabetes. Next, participants tried their hands at decorating their very own panna cotta with a variety of fresh berries.

At the end of an enriching afternoon, each participant happily tucked into bread rolls generously stuffed with chicken mayonnaise, and a serving of panna cotta that carried their own decorative work. Chef Derrick and team made sure that there was plenty of food to go around and answered the queries members had about where ingredients can be bought, cooking techniques and dietary tips. It was an enriching afternoon indeed, and the members left with full stomachs and new recipes to try out at home.

SAMH would like to thank the SJCC members and Chef Derrick for a class conducted professionally and with heart. We look forward to having you back!

Ashley Zhang

SAMH's "Peer Specialist Training for Providers" was held on 19 July 2013. This one-day training was an extension from the four-day workshop which was conducted exclusively for recovering persons (peers). A total of 35 frontline mental health professionals from SAMH, IMH, SACS and Jenaris Home @ Pelangi Village participated. The trainer was Ms Molly Clouse, a Recovery Specialist from Kentucky, USA, who is also a recovering person dedicated to the advocacy of persons with mental illness.

DEFINITION OF RECOVERY

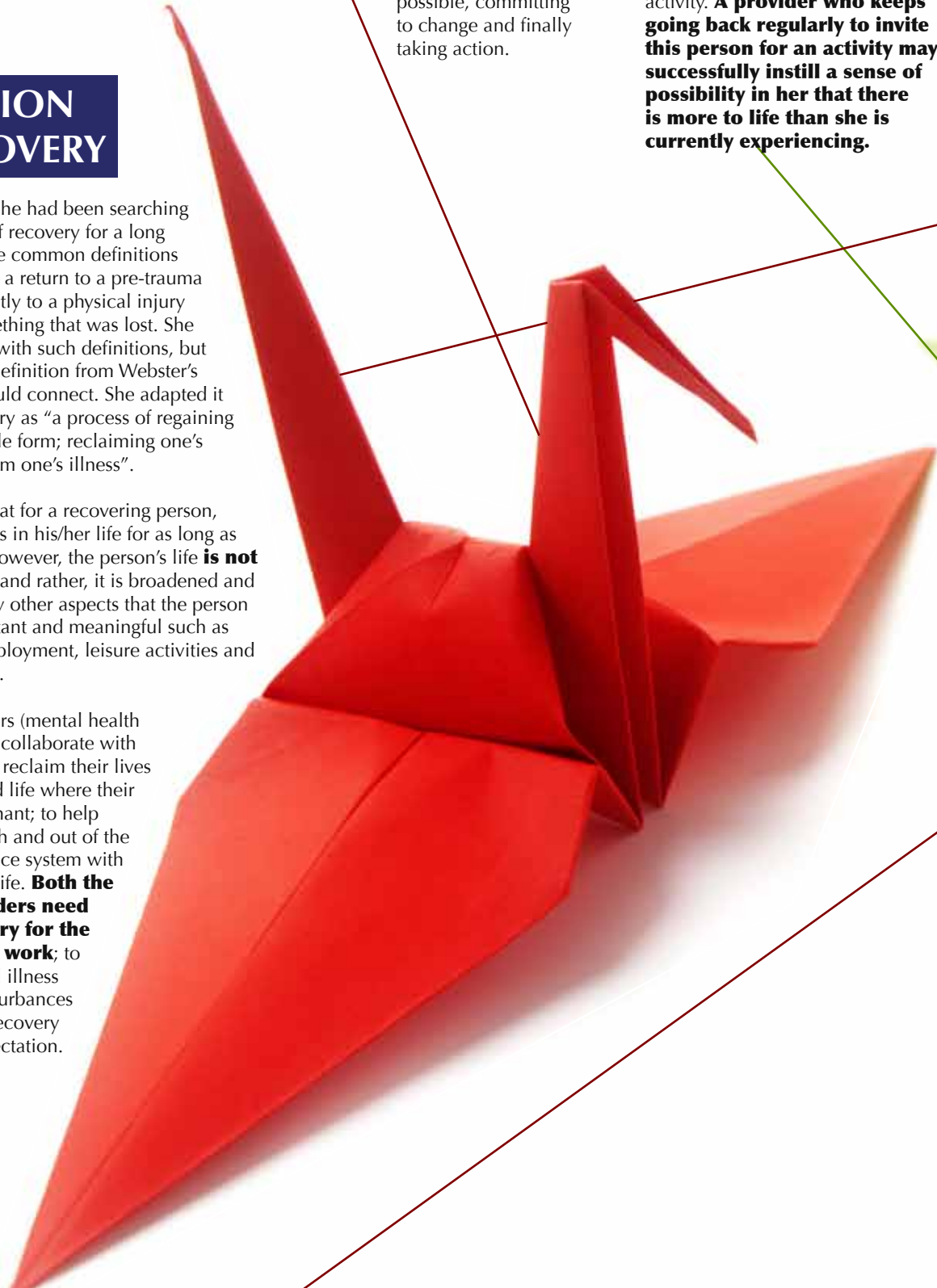
Molly shared that she had been searching for the definition of recovery for a long time as many of the common definitions denote recovery as a return to a pre-trauma state, referring mostly to a physical injury or recovering something that was lost. She could not identify with such definitions, but finally found one definition from Webster's with which she could connect. She adapted it and defines recovery as "a process of regaining one's life to a usable form; reclaiming one's personal power from one's illness".

Molly illustrated that for a recovering person, mental illness exists in his/her life for as long as the person lives. However, the person's life **is not dominated by it** and rather, it is broadened and filled up with many other aspects that the person identifies as important and meaningful such as family, friends, employment, leisure activities and volunteer activities.

The role of providers (mental health professionals) is to collaborate with peers to help them reclaim their lives by creating a broad life where their illness is not dominant; to help peers move through and out of the mental health service system with a better quality of life. **Both the peers and providers need to expect recovery for the collaboration to work;** to believe that mental illness and emotional disturbances are treatable and recovery should be the expectation.

Another key component of the training was the Five Stage Recovery Process where persons with mental health conditions are first overwhelmed by the disabling effects of a mental illness and feel that life is limited before learning that change is possible, committing to change and finally taking action.

Molly highlighted that different tasks are required of providers in each of the different stages and cautioned that peers may resist help offered when providers are overly enthusiastic as that may come across as forceful by them. Molly advised to invite, and not persuade peers for their participation; and keep going back to inviting the person whenever there is a new activity. **A provider who keeps going back regularly to invite this person for an activity may successfully instill a sense of possibility in her that there is more to life than she is currently experiencing.**



PROCESS

When the peer starts to believe that there are some possibilities and is willing to explore further, the role of the provider is to help the peer take the initial steps by jointly identifying strengths and needs in terms of skills, resources and supports. This may involve many small steps and the provider needs to keep in pace with the peer before he is able to move on to using his strengths and get the necessary skills, resources and supports to move out of the service system.

PEER SPECIALIST



Peer support is the act of people that have had similar experiences with mental illness giving each other hope, encouragement, guidance and understanding that aids in recovery. Peer specialists are peers who have been trained to do the aforementioned. Molly stated that the differences between a Peer Specialist and a peer providing peer support are that Peer Specialists have 24 sessions of training, passed a written exam, and a skill set that can be implemented from the first day of employment, to complement and add value to services provided by professionals.

SAMH employed its very first Peer Specialist, Mr Julius Chan, after the Peer Specialist Training conducted by Molly last year. With the completion of Peer Specialist Training this year, there will be more Certified Peer Specialists available and we may have new Peer Specialists joining SAMH very soon.

SHARING OF LIVED EXPERIENCES

The training ended with three peers sharing their lived experiences and coping strategies with the participants. They still have mental illness but they showed that their lives are much more than just illness. They have broadened and filled their lives with many other aspects that are meaningful to them. Their lives, once dominated by the illness, are now filled with family, friends, employment, leisure activities and volunteer activities.

PEER SPECIALIST TRAINING

FOR *Providers*

BY ONG CHOON MING



AFTER THE SUMMER OF 1890

SAMH embarked on its Art Rehabilitation programme in 2003. Since then it has proven to be an effective intervention for our beneficiaries with psychiatric conditions in terms of building up their self-esteem, confidence and sense of self-worth. The art programme comprises both art therapy and activity-based art as a form of expression. Through the success and advocacy of its numerous art exhibitions, the programme has drawn much attention. The collaboration with Arts to U Services is an addition to the list of recent exhibitions.

After the Summer of 1890 is an art exhibition organised by Arts to U Services, with SAMH as the beneficiary. A total of \$8916 through the sale of the artworks was donated by the company and the six artists, Arlyn de Jesus, Beth Cheong, Don Low, Jenny Sim, Paul Koh and William Sim. It was held at The Fullerton Hotel from 9 May to 30 June 2013.

Prior to the commencement of the exhibition, five SAMH beneficiaries exhibited their artworks for the very first time. This experience motivated them weekly to learn the Vincent Van Gogh's technique in eight sessions. Throughout this process, both our beneficiaries and the artists who were involved experienced a journey of both inspiration and self-discovery.

Jane Goh



THE RUBBER BAND

On 28 June 2013 six members of our resident band at Activity Hub called the Rubber Band were invited to perform at the first anniversary of "Mid-Day Melodies" — a monthly lunch performance at IMH. We opened with an instrumental medley which was followed by Santana's "Black Magic Woman" and "It's My Life" by Bon Jovi.

Stanley, our singer and guitarist who has been with the band for more than a year shares his experience in a statement.

"I'd just returned from an operation and felt weak. I was afraid that I couldn't stand upright; I lost my voice and fortunately got better a couple of hours before the performance. What motivated me to perform were an appreciative audience and my love for music since I was a young boy.

We did not have a singer in the band initially and we needed to prepare for the World Mental Health Day performance last October, so I decided to give it a shot despite having problems memorizing lyrics. It was rather stressful initially, but now looking back I have gained confidence in self-expression from the experience. Being a team player is important."

Germaine Yong



SAILING REGATTA

Singapore Disability Sports Council (SDSC) collaborated with Republic of Singapore Yacht Club to create a sailing regatta for people with disabilities and SAMH beneficiaries from 27-28 July 2013. On the first day of the race, the two beneficiaries charged through the bad weather with courage and excitement, especially one youth who was participating in such a regatta for the first time. They maintained their stamina for six races, holding their course and ranking positions. The sailors were challenged in a different way on the sunny second day; the heat tested their stamina to the max.

Our two beneficiaries did their best and came in 13th and 14th, which were remarkable improvements for them. Most importantly, they have recovered and learnt many aspects of overcoming their illness by using sailing as one of their regular weekend activities. SAMH would like to thank SDSC for providing all the opportunities, Coach Tay for his patient guidance and the many volunteers. We eagerly look forward to the next race!

Jane Goh



A DAY AT THE ZOO

SAMH BGGH organised a zoo trip on 13 April 2013 which was kindly sponsored by the Singapore Zoological Gardens. A total of 20 clients and staff members attended. Here is what one of our clients had to share about the experience:

“The zoo trip was an insightful one. I learnt about some animals that I have never seen or heard of before. The best part of the trip was the two animal shows. The animals that performed in the shows were engaging and sporting. They were willing to show the audience their new tricks in exchange for treats. The whole group including myself had our share of laughs as we watched the animal shows. The zoo trip was a long one as we went on trail after trail to see all kinds of animals. Although the trip was long and exhausting, we surely had fun. If you asked me to go again, I will surely say yes!”

Celia Tay

PAST • EVENTS

SAMH *Charity Dinner* 2013

BY MICHELLE SOLIANO-LEW

Singapore Association for Mental Health's Charity Dinner 2013 with the theme "Touching Hearts, Reaching Minds" was held on Friday, 3 May at the Compass West Ballroom, Resorts World Convention Centre. We were privileged to have as our Guest-of-Honour, Deputy Prime Minister Teo Chee Hean, who is also the Minister for Home Affairs and the Minister in charge of National Security and the Public Service Division.



This was also be the third partnership between SAMH and the Singapore Chefs Association (SCA) in organising our fundraising dinners. Mr Edmund Toh, President of SCA, declared, "SCA is proud to collaborate with SAMH once again. For the first time ever, we were happy to feature the SCA National Junior Team. This goes in line with the theme for the SAMH-SCA charity event. As the first ever country in the world to start a junior chef's club, we recognise the tremendous potential of youths to lead and serve the community. In showcasing the culinary talents of our youth, we hope this will inspire generosity and support from our kind donors."



SAMH is appreciative of such close partnerships and collaboration. We continue to work with other stakeholders in promoting mental wellness and advocating respect for those who may be struggling and dealing with mental illness. We were fortunate to have as our emcee Mr Alex Tan who entertained the audience with his humour and singing talent, and conducting the auction segment with the flair of a seasoned auctioneer.



As part of our efforts to educate and advocate mental wellness for all, a group of professional actors and actresses offered their time and talents to stage a musical titled *Who's Alice?*, written and directed by playwright, lyricist, composer, director, producer, and SAMH supporter Ms Gillian Tan. It was so well received by the audience many were wondering if it would be possible to stage a full-length version of this musical which illustrates the ignorance and myths about mental illness so clearly, causing unnecessary sadness, confusion and stigma.

We were also fortunate and grateful again this year to have the works of local artists who generously donated their works to raise funds during the auction.



We would like to say, on behalf of our beneficiaries, management and staff of SAMH, a big thank you to Deputy Prime Minister Teo Chee Hean for gracing this event, to our generous sponsors, donors, dinner guests, fundraising committee and to everyone who contributed in one way or another to the success of the event – without you, this wouldn't have been possible. All proceeds will go towards our beneficiaries for their rehabilitation, recovery and re-integration to our community.



“ My mother and I attended the FLP lectures together at Al Khair mosque last year. Unlike my mother who attended all 8 sessions, I did not complete all the sessions because I had to attend a Quran reading course at Kampung Siglap mosque. After discussing with my mother about the benefits of the programme and what we have learnt from the sessions, this is our testimonial:

Both of us feel that we are now more knowledgeable than before about the different types of mental health-related illnesses such as Schizophrenia, Depression and Bipolar Disorder. The notes given to us provide practical facts about the illnesses. The content of the notes are very comprehensive, informative and useful.

We were also educated on the different names of medication used to treat schizophrenia and how to enhance the coping skills of persons with mental illness in order to reduce and prevent a relapse from occurring. On the whole, we are grateful for the valuable information we've gained from the Family Link Programme. It was a positive learning journey for us, mother and daughter. It is our hope that with the knowledge and understanding we have gained, we are able to help our family member who is diagnosed with mental illness to cope with the challenges of daily life better. Thank you.”

Kartina Bte Hosni @ Mdm Sa'ayah Bte Haji Hanif

“ We are thankful that we attended the FLP lectures by SAMH last year. It definitely helped us better understand issues pertaining to mental illness. It helped clear the doubts and assumptions we had when it comes to facing the difficult moments in our daily process of caring for our loved one. The lecture that provided information on medications along with their benefits and side effects was very much an eye-opener. But what really touched us the most was a short role-play that the lecturer did that we found very enlightening. We found it best reflects what a person with mental illness really goes through and we can really empathise after seeing it. Thanks for the learning experience.”

Mr and Mrs Anuar

TESTIMONIALS FROM
MALAY **FLP** FAMILY
LINK
PROGRAMME

PROGRAMME

I am 18 years old this year. I joined YouthReach in early 2011 when I was 16 years old. My mum found out about YouthReach by going to a public forum organized by SAMH where she met a YouthReach staff member.

What I never thought I would find at YouthReach were the friends and people who care about me. The activities such as the outdoor activities and art therapy sessions at GAC are also very fun. However, I find certain activities like jewellery-making and the IMR sessions to be boring. One thing I have learnt about being in YouthReach is that every illness can be managed with the right treatment and rehabilitation. Through the help of my caseworker, I have learnt to control my temper and understand life better.

I am really looking forward to do my NS and would like to continue my studies later on. My hope is that my illness can be kept under control for the rest of my life. My dream is to be an army commando and protect my country.

My advice for those going through the recovery process would be to never give up and hang in there even if today seems bad. For people who are not ready to receive help from friends or family, you need to go through struggles to realise that people around you care for and love you very much."

Ervin (PSEUDONYM)

YouthReach

is one of the centres in SAMH which caters specifically to the needs of beneficiaries between 11 to 18 years old. Through referrals from various sources such as schools and hospitals, youths with emotional and psychological struggles like Ervin are offered the opportunity to receive guidance and help.

After being enrolled into YouthReach, each youth is assigned a caseworker who will work together with him or her on specific goals. At the same time, the youths join indoor and outdoor activities to help them with their social development as they form friendships and support one another.

Our youths are young and full of dreams and aspirations. Despite the countless obstacles that they face, our beneficiaries persevere and continue to work hard at achieving their goals. This spirit of endurance is highly respected by all staff members from YouthReach. It inspires us to strive even harder to guide them in achieving their goals.

Ang Poh Hee

HIGHLIGHTS

*Management
Committee* MEMBER

SPOTLIGHT

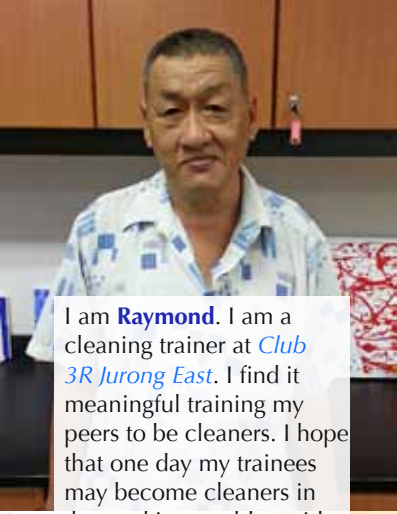
BERNARD LIAN

Mental illnesses are some of the least understood conditions in society and is one of the leading causes of disability. Because of this, many people with mental illness face prejudice and discrimination every day. More often than not, they suffer more because of social stigma than the actual illness. A majority of these affected individuals do not receive the care that we know can transform their lives. I believe most people with mental illnesses can lead productive and fulfilling lives with appropriate treatment and support.

I have been a Board Member of SAMH since my return from the UK in 1995. Initially, I had no specific responsibility but as the years went by I was able to get involved in various activities and events of the organisation. To date, I have reviewed activities of Club 3R, Oasis Day Centre, YouthReach, Creative Hub and I am also a member of the Research Committee. I have seen SAMH reach a whole new level with more services and improved management. My greatest wish is for SAMH to continue growing from strength to strength.

I have found that there is a great spirit of camaraderie in SAMH and that there is never a dull moment. I have been involved in mental health issues since my training days and as you can see my interest in this field has not wavered. Instead, I feel more passionate and determined to improve the care and management of the mentally ill. I strongly believe that SAMH can and will set future community care standards for the mentally ill.





I am **Raymond**. I am a cleaning trainer at *Club 3R Jurong East*. I find it meaningful training my peers to be cleaners. I hope that one day my trainees may become cleaners in the working world outside.



Cell Tono, Caseworker reporting for duty at *BGGH Aftercare Services*! Our lives are our own to create, steer and to live. Even if it is filled with obstacles, just walk with courage and confidence. It will bring happiness beyond the mundane. I look forward to an extraordinary journey with SAMH!



Hi! My name is **Puteri**, Social Work Associate at *Club 3R*. I hope to learn more about our clients and the issues they face. I enjoy spending time in a huge supermarket looking at food.



Hi, I am **Anwar Ali**, Driver cum Activity Supervisor at *BGGH*. I like to help others without obligations. I like to travel with my family yearly. In my free time, I also enjoy watching Just for Laughs gags.



Hi I'm **De Liang** and I'm plying my craft at SAMH *YouthReach* as a Caseworker. Under the tutelage of the team, I am certain that I will be able to develop my skills to better serve our clients. I enjoy sports such as badminton, soccer and bouldering.



Halo I'm **Akidah**, Activity Supervisor at *YouthReach*. Being my first full-time job after graduating, it's a brand new experience. Still a youth myself, I like to try out new things and go on adventures. Wish to go backpacking on my own someday around the world. (:

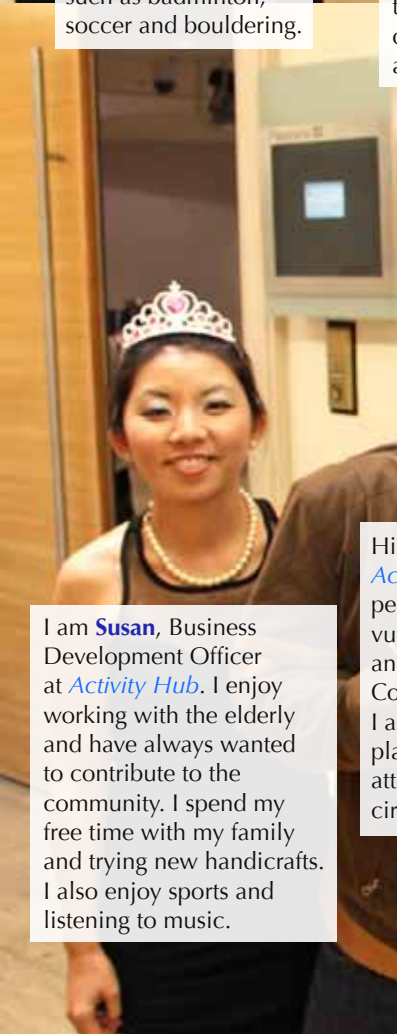


Hello! My name is **Sayori**. I'm a new Art Therapist at *Creative Hub*! I'm Korean, born and raised in Tokyo, Japan. I studied and worked in New York, and now I'm in Singapore! I'm not big fan of durians, but a big fan of the Merlion. (:

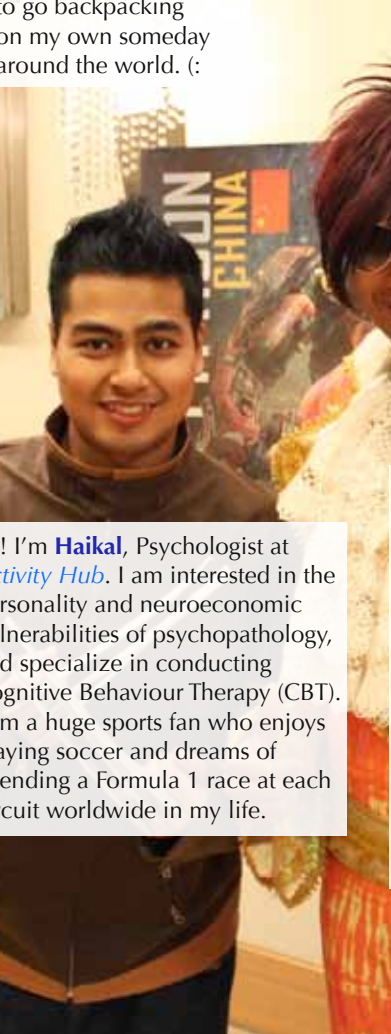


Hi, I'm **May**, the new part-time admin staff at *Creative Hub*. I love working with children and I volunteer at church during my free time. I like to cook, read and go for walks.

STAFF ADDITIONS



I am **Susan**, Business Development Officer at *Activity Hub*. I enjoy working with the elderly and have always wanted to contribute to the community. I spend my free time with my family and trying new handicrafts. I also enjoy sports and listening to music.



Hi! I'm **Haikal**, Psychologist at *Activity Hub*. I am interested in the personality and neuroeconomic vulnerabilities of psychopathology, and specialize in conducting Cognitive Behaviour Therapy (CBT). I am a huge sports fan who enjoys playing soccer and dreams of attending a Formula 1 race at each circuit worldwide in my life.



Peace, yo! My name is **Hafiz** and I'm working in administration at *Activity Hub*. My time here has been awesome so far. The people here are so loving and caring, making me even more passionate about my work. I spend my free time fishing, wake-boarding, swimming and circuit/legal road racing. I'm also big fan of animals.



Hi, my name is **Eng Cheow**. I am thrilled to be working with the team at *Activity Hub* as an IT Executive. I hope I can contribute my skills and experience to assist in IT needs as well as to learn more about the welfare service organization. I like watching movies, fishing, listening to songs and playing badminton.



UNLOCKING THE CHAINS

UNDERSTANDING ANXIETY & OCD

Community Education Forum

BY ASHLEY ZHANG

As part of our efforts to raise awareness of mental health issues amongst the public, SAMH regularly organises forums with different topics and themes. These forums are usually held on Saturday afternoons with free admission.

On 25 May 2013, despite it being the Vesak weekend, 196 attendees turned up for our forum Unlocking the Chains: Understanding Anxiety & OCD, held at MND Auditorium. The forum started off with an introduction to OCD and other anxiety disorders, presented succinctly by Dr Rochelle Kinson from TTSH. Next up was Dr Siobhan Kelly from KKH, who expounded on psychological therapies for OCD in Breaking the Chains and also gave helpful advice about resources and barriers to seeking treatment.

After the tea break, the forum resumed with a lively discourse by Dr Lim Boon Leng, psychiatrist in private practice at Centre for Psychological Wellness. Besides an engaging and humorous overview of anxiety in Singapore, Dr Lim gave forthright and practical advice in Medications in Anxiety. Finally Ms Julia Abdullah shared about her 20-year struggle with OCD and how she conquered it.

We would like to thank everyone who attended the forum and took the effort to complete the feedback forms that are crucial in letting us know what went well and how to make improvements. For this forum, many said that the speakers gave excellent information and delivered the contents clearly. Many were also inspired by Julia's sharing of her lived experience. My favourite feedback was: "It delivers: Do not suffer in silence; seek treatment; can recover and lead a normal life", which condenses one of the key objectives of SAMH outreach efforts.

We are delighted if you took home some insights from the talks and hope to see you again soon!

To join our mailing list and receive updates on upcoming forums, please email samhcomed@gmail.com.

| WORLD MENTAL HEALTH DAY 2013 |

World Mental Health Day is celebrated globally in October to promote mental health and raise awareness of mental illness.

This year, IMH and SAMH will be celebrating World Mental Health Day jointly on 12 October with the theme "Towards Recovery: A Showcase of Talents". The event will also see various local mental health service providers gathered together to showcase the creativity of those whom they help.

Located at LASALLE College of the Arts, the event will comprise a keynote address, caregivers workshop, performances by beneficiaries and a bustling carnival that features the many talents of beneficiaries including photography, pottery, paintings, books and handicrafts.

We sincerely hope that you can join us that day to help us spread the message of reducing stigma associated with mental illness and also simply to have fun and pick up useful knowledge and some pretty items!

See you there!

EVENT	World Mental Health Day 2013
VENUE	LASALLE College of The Arts SIA Theatre 1 McNally Street S(187940)
DATE	Saturday, 12 October 2013
TIME	12pm – Late Afternoon

| IMR |

Adopting the manual developed by New Hampshire-Dartmouth Psychiatric Research & West Institute in USA, Illness Management and Recovery (IMR) is an evidence-based programme comprising nine weekly sessions for persons with severe mental illness to develop personalised strategies for managing their symptoms and moving forward in their lives.

The last quarter's details and dates will be:

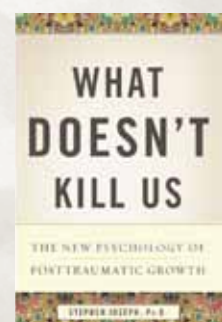
DATE	14, 21, 28 October 2013 11, 18, 25 November 2013 9, 16, 23 December 2013
TIME	7.00 p.m. to 9.00 p.m.
VENUE	Central Singapore Club 3R Blk 69 Toa Payoh Lorong 4 #01-365 S(310069)
FEE	\$10 one time registration fee only (To be paid on first lesson.)

For further enquiries, please call 6255-3222 or email supportsvcs@samhealth.org.sg.

| ASK & WIN |

One objective of this newsletter is to increase awareness of mental health issues, so tell us what it is you really want to know. Submit a question (or two or four or eight!) to our editors by October 31st at hope@samhealth.org.sg for a chance to win the book *What Doesn't Kill Us: The New Psychology of Posttraumatic Growth* by Stephen Joseph, Ph.D. He is professor at the University of Nottingham, where he is also co-director of the Center for Trauma, Resilience and Growth and an honorary consultant psychologist in psychotherapy.

Selected questions will be featured and answered in our next issue so keep them coming in!



Metamorphosis

A Showcase of Ceramic Art

11 – 23 September 2013
10.00am – 8.00pm, Daily

Official Opening: 13 September 2013, 7.00pm

**Guest of Honour
Mr Baey Yam Keng**

Chairman, Government Parliamentary Committee
for Culture, Community & Youth

The Arts House, Gallery
1 Old Parliament Lane
Singapore 179429
Free Admission

Metamorphosis is an art exhibition showcasing the creativity of 15 individuals suffering from mental illness, led by the Singapore Association for Mental Health and the Institute of Mental Health. Art lends this marginalised group a voice whilst functioning as therapy. Their ceramic art pieces were created based on poems and their unique perspective on life. Through a combination of reminiscence, imagination and conversations, poetry and thoughts come alive as they metamorphose to finished pieces of art. Each work of art stands like trophies of achievement and beacons of light along their path of recovery.

For more information, visit www.imh.com.sg or www.samhealth.org.sg.
For enquires, email samhartexhibition@gmail.com.



Presented by



Loving Hearts, Beautiful Minds



Mental Wellness For All

Supported by

