

Hope

ISSUE 9

MICA PERMIT: 143/01/2014



SAMH  
Charity Dinner  
2014

Music  
For The Mind

Eating  
Disorder



SPECIAL ISSUE

ENGAGE • EDUCATE • EMPOWER

SINGAPORE ASSOCIATION FOR MENTAL HEALTH

## FOREWORD

As we celebrate SG50, we ring in the new, with its hopes and dreams. Though time may pass, just as friends come and go and the vicissitudes of life inevitably continue, our Association's MVV (Mission, Vision and Values) remain constant, and that is:

Mission - To improve the lives of persons with mental illness and advocate their rights, support their families, and improve the resilience of the community.

Vision - Mental Wellness for All

Values - Professional & Respect / Compassion & Acceptance / Hope & Empowerment / Engagement & Collaboration.

We are also proud to be able to provide our clients and beneficiaries work skills to help them secure suitable jobs, learn to live fairly independently and reintegrate back to society. The road to recovery can be short, long or endless, but it is always heartening to see our beneficiaries, together with their caregivers, determinedly putting in the effort to get back on track. An important long-term goal we have is to remove the stigma on mental illness; and to promote the acceptance and respect for persons with mental illness. We can only do it with the support of everyone concerned, you the reader, our staff, sector administrators, partners, donors, beneficiaries and their family members alike.

SAMH also had two major fundraising events in 2014: our Charity Dinner and a music festival "Music For the Mind". These helped raised \$400,000 to support our programmes and services.

Moving ahead, SAMH has planned more public awareness events to promote a greater understanding of the work we do, and to obtain greater. As the saying goes, "A dream doesn't become reality through magic; it takes sweat, determination and hard work."  
~ Collin Powell

SAMH takes this opportunity to thank our donors, sponsors and partners for their continuing support. We look forward to forging more collaborations and partnerships!

Ms Tan Li Li  
*Executive Director*  
Singapore Association for Mental Health

## EDITORIAL

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## Staff Feature: Tan Wen Xiang

Having graduated in 2004 as an occupational therapist, SAMH is my first professional job and I have been with the organisation for 10 years.

My interest in mental health arose when I was in secondary school. Once, I was travelling back home from my school when an odd-looking man boarded the bus that I was in. He was wearing a white shirt similar to those worn by the patients in IMH and he was carrying two suitcases. On his left wrist were two watches and he was holding a stopwatch in his other hand. He was continuously mumbling to himself and once he suddenly stood up and screamed at the top of his voice. Everyone near him moved away in fear. I could actually hear the collective sigh of relief when he alighted from the bus.

Although I was somewhat afraid and didn't know how to react, that incident sparked my initial curiosity and interest about mental illness, people affected by it and how they lead their lives.

During my Occupational Therapy (OT) clinical placements module in Nanyang Polytechnic, I was fortunate to have both placements at IMH and SAMH (Activity Hub). I learned a lot at both organisations including different engagement methods and the introduction of psychiatric rehabilitation models and principles. The idea of empowering your clients and working together on equal footing deeply appealed to me. It was also this time that I discovered my interest laid in the social service sector.

In 2004, I started my professional work as an occupational therapist and in 2009 was promoted to Deputy Head, Occupational Therapist. In 2012, the Vocational Services Department was created in Activity Hub to better manage vocational placements and I was tasked to head the department, helping clients seek gainful employment and supporting them and their employers along the way.

*Tan Wen Xiang, Head of Vocational Services*



Have a comment, suggestion or feedback to share with the editorial team?  
Email us at [hope@samhealth.org.sg](mailto: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](http://www.samhealth.org.sg) | Toll-free Helpline | 1800-283 7019

# Educational: Occupational Therapy in a Mental Health Setting

As occupational therapists, we believe in teaching one life skills needed to survive rather than providing them with the daily necessities. This is so that they can learn to lead an independent and normal life again.

## Origins of Occupational Therapy

Many people think of occupational therapy (OT) as physical rehabilitation after an injury or an illness. However, occupational therapy has its roots in mental health.

The origins of OT go as far back as eighteenth-century Europe. At a time when people with mental illness were treated like prisoners, a "moral treatment movement" began to evolve. While the previous treatment model was punitive, the moral treatment movement sought to encourage compassion and the therapeutic value of engagement in purposeful activities (Jackman, 2002).

In early days, the only psychiatric hospital in Singapore was the Woodbridge Hospital. The early progressively-minded occupational therapists in Woodbridge Hospital introduced therapeutic activities such as weaving, art and craft and book-binding. These goal-directed activities aimed to teach people new skills to be productive.

## Occupational Therapy in Mental Health

OT in mental health aims to promote the quality of life and community integration by focusing on three components of occupational performance:

1. Activities of Daily Living (ADL)
2. Leisure exploration
3. Vocational and skills training

These optimise levels of performance in skills, functioning, physical health and social interaction. For example, an occupational therapist may work specifically in helping clients with mental functioning tasks, like cognitive/memory training, community mobility e.g. taking the correct bus or train, using money appropriately, learning to socially-interact with people, and dealing with mental stress.

Occupational therapy is therefore beneficial in the overall mental health treatment process. Following here are several common interventions:

- Life skills training
- Cognitive rehabilitation
- Supported employment
- Supported education
- Social and interpersonal skills training

(Source: Jackman, M. (2012). Occupational Therapy and Mental Health. Psych Central. Retrieved on January 20, 2015, from <http://psychcentral.com/lib/occupational-therapy-and-mental-health/00014717>)

Jovin Ho, *Head of Occupational Therapy*



# Educational: Eating Disorders



Nowadays, we often hear of someone we know going on a diet, just as often as we hear of someone not eating carbs or going on a new exercise routine to lose weight. Keeping healthy and staying fit is a popular concern in this day and age. Many also view a thin, fit body as the ideal. However, some end up going too far in striving for this 'ideal'. This is reflected by the rates of eating disorders that have been skyrocketing in recent years.

Eating disorders usually begin with dieting, but some individuals go to extremes where this concern irrationally dominates their lives and they are no longer leading a normal lifestyle. They might also be constantly anxious and distressed over gaining weight or losing control of their eating. In other words, this becomes an obsessive and compulsive disorder.

So what are the signs of an eating disorder? The following are three main types of eating disorders, and the signs and symptoms to look out for.

Natalia Lukito, *Counsellor*

## Anorexia nervosa (AN)

- Having very low body weight (BMI of 17.5 and below)
- Eating very little amounts of food (e.g. lettuce for dinner, limiting self to 500 calories a day)
- Intense fear of gaining weight and engaging in persistent efforts to prevent weight gain, such as dieting and exercising excessively
- Preoccupied with food, calories, and weight loss
- Avoids mealtimes or displays behaviors to avoid eating when presented with food (e.g. pushing food around without eating them)
- Still thinks of self as 'fat' despite obvious low weight

## Bulimia Nervosa (BN)

Having frequent episodes where the person eats a very large amount of food (bingeing), followed by behaviours to prevent weight gain, such as self-induced vomiting (purging).

- Signs of binge eating, such as large amounts of food disappearing in short periods of time or finding wrappers and containers indicating the person has eaten overly large amounts of food. The person usually feels out-of control during the binge eating episodes
- This binge episode would usually be followed by intense guilt or shame, and the person would try to compensate through purging behaviours. Signs of this could be frequently going to the bathroom after meals and indications of having vomited, or abusing the proper use of laxatives
- Preoccupied with dieting, weight loss and control of food
- A person with bulimia usually has normal weight or might be overweight

## Binge Eating Disorder (BED)

- Frequent episodes of consuming very large amounts of food in a short period of time, but without efforts to prevent weight gain such as purging in BN
- A feeling of being out of control during the binge eating episodes
- Feelings of strong shame or guilt regarding the binge eating
- Persons with BED are usually overweight

(Source: National Eating Disorders Association, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org))

For assistance on Eating Disorders, please call our SAMH Counselling Hotline at 1800 283 7019 or email to [seds@samhealth.org.sg](mailto:seds@samhealth.org.sg)

# Peer Specialist Training

Building Capability

First initiated by SAMH in 2012 in Singapore, we are proud to announce that we have successfully trained a total of 68 participants from our three runs of Peer Specialist Training Programme. We completed our 3rd intake last year, where Ms Molly Clouse, Peer Specialist Consultant from Kentucky, USA, flew in to conduct the training.

The "Peer Specialist Training" programme is a four-day workshop which is conducted exclusively for recovering persons. The programme equips them with concepts and skills to enable them to provide peer support to others in recovery. Peer support is the act of people who have had similar experiences with mental illnesses giving each other encouragement, hope, guidance and understanding that aids in recovery. The programme also imparts skills on how to share recovery story to connect and to instil hope and motivate recovery.

## What is the difference between Peer Support and Peer Specialist?

The roles of Peer Support and Peer Specialist are the same; using their own recovery story to support persons in recovery.

The differences between a Peer Specialist and a peer providing peer support in SAMH, are that Peer Specialists have 32 hours 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/clinical staff. Peer supporters, on the other hand, are peers who support other recovering peers voluntarily within the system.

## Five Stages in the Recovery Process

A key component of the peer specialist training is the

concept of the *Five Stages in the Recovery Process*. Persons with mental health conditions are first overwhelmed by the disabling effects of a mental illness, giving in to the illness. They then moved on to questioning on the possibilities of recovery, and after learning that change is possible, they become committed to change and finally taking action towards recovery.

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

When the recovering peer starts to believe that there are some possibilities and is willing to explore further, the role of the PS is to support him or her alongside the recovery journey, at a pace comfortable to the recovering peer. Every person's recovery is different.

SAMH employed its very first Peer Specialist, Mr Julius Chan, after the Peer Specialist Training conducted in 2012. To date, SAMH has 3 Peer Specialists working with us. They are Kate, Rosalind and Vijay. They work side by side with professional/clinical staff to support clients' recovery. They are the Walking Evidence that recovery is possible!

Li Li Tan, Executive Director



## Events Coverage: Music For The Mind 2014



The inaugural musical extravaganza, "Music for the Mind 2014" was held from 19th - 21st December 2014 at the Ground Theatre, \*SCAPE. The music festival also proved that there are many samaritans who are more than eager and passionate to pay it forward.

As part of celebrations for SG50, SAMH was privileged to be part of a project called 50 for 50, an initiative by The Social Co. Project 50 for 50 is to provide everyday people to give CHANGE a CHANCE. Their goal is to activate and empower 50 changemakers to raise funds and awareness for charities in Singapore. Through this initiative, funds raised will be quadrupled to \$100,000 under the 50for50 fundraising guidelines, which is first to match funds raised 1-for-1 with a corporate sponsor, after which under the Care-and-Share match-funding program the amount will again be doubled, which brings the total sum to 4 times i.e. \$4 for every \$1 initially raised.

Led by changemaker Joe Tan from Love Action Project, Music for the Mind 2014 was a 3-day music showcase which featured altogether 14 local artistes and bands performing to support SAMH's cause of promoting mental wellness and removing the stigma attached to people with mental illness.

The organizing team from Love Action Project strongly believes that mental illness is a condition, not a disease, and can be treated and cured. And, they hope that through

organizing this event, biases and misconceptions of mental illness can be expelled.

"We hope that through music, we can raise awareness and remove the enormous stigma attached to mental illness and allow these persons-in-recovery to re-integrate back to society. Hence, through this event, the team hopes that everyone will develop a better understanding of mental illness," said Joe

To help the public better understand mental illness, SAMH staff was on hand to offer tips on how to cope with stress, and peer specialists were also present to share their recovery stories.

The 3-day musical event helped SAMH raise approximately \$80,000 (with the matching from corporate sponsor and Care & Share programme) through ticketed sales and food and beverage.

The funds raised from this event will be used for various programmes provided by SAMH, from psycho-social rehab services for youths and adults, skills development and vocational placements, support groups for caregivers, and educational programs on mental health matters for the public and families concerned. The estimated annual cost of operating all programmes is approximately \$6 million. In addition, the funds will be used to improve the living conditions and in-house facilities for residents in Bukit Gombak Group Homes, which is estimated to be \$350,000.

Executive Director, Ms Tan Li Li said: "Most SAMH beneficiaries require intermediate and long-term care. Adequate funding is therefore essential to enable SAMH to continue providing programmes that make a lasting difference in their lives, while the initiatives in public education and advocacy will increase the understanding and acceptance of persons with mental health challenges."



SAMH would like to thank the following partners and sponsors who helped to make the event a success! See you at Music for the Mind 2015!

**Partners:**  
The Social Co.  
\*SCAPE  
Love Action Project

**F & B partners:**  
1925 Microbrewery & Restaurant  
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Ruth and Fatt  
ShiLi & Adi  
Trisno  
Tabula  
Jaime Wong  
Jane Doe  
Afterhours  
Moderage  
Love Me Knot  
Singapore Char Siew Bawl  
Crazy Notes  
Daniel Purnomo and Gillian Tan





## Special Feature: SAMH Charity Dinner 2014

**SAMH Touching Hearts, Reaching Minds Charity Dinner 2014**  
*'Shaping the Future'*

An evening filled with stars and glitz, SAMH "Touching Hearts, Reaching Minds" Charity Dinner was indeed a "star-studded" event! Held at The Fullerton Hotel Singapore on 7th November, the annual charity dinner, themed 'Shaping the Future', was graced by Mrs Josephine Teo, Senior Minister of State, Ministry of Transport and Ministry of Finance and attended by 360 guests.

This year, SAMH collaborated with the Singapore Chefs Association; Society of Chinese Cuisine Chefs (Singapore) and Singapore Hong Kong International Restaurant Trade Friendship Association to create and design a special five-course set dinner menu for our guests. Hermitage Wine, our wine partner this year, also sponsored sparkling wine to start off the evening.

Guests were also treated to a gallery of auctioned items which were donated by several renowned artists: Mr Ho Ho Ying and Mr Terence Teo (both Cultural Medallion recipients), and Mr Vincent Lim, who is a well-known ceramic artist. These included calligraphy, paintings and beautiful ceramic works of art. Also donated for auction were a Claude Bernard watch, and a pair of Kim Robinson Hair vouchers.

To kick-off the night was 14-year old Miguel Antonio, who sang his new single release, "Every Day". A sumptuous fusion five-course dinner was served. In the midst of good company, food and wine, a group of actors and actresses put up two short plays, directed by Gillian Tan, which depicted stigma in mental illness and the acceptance of persons with mental illness. The plays served as a constant reminder on how mental illness is stigmatized in our society today and how caregivers are pillars of support to persons-in-recovery for acceptance. Somehow, it

brought a tear or two to the eyes of several guests.

Further into the evening's programme, the beautiful Adeline Yeo, who holds the honour of being the first female finger-painter in Singapore, showcased her skills and artistic flair painting live at the dinner. As Adeline started her first strokes on the canvas, Miguel was on stage for the second time, on his keyboard, playing and singing at the same time. The atmosphere was further accentuated when Mrs Josephine Teo was invited to blindfold Adeline who put the final few strokes on the painting. But before that, Mrs Josephine Teo added her touches to the painting. The painting, titled "The Colour of Love 2014" was later auctioned off at the bid price of S\$9,900.

Another highlight of the evening was no other than our renowned Dick Lee who performed "Fried Rice Paradise" and "Home". During his performance, he also shared that he would be the spokesperson for dementia and would be creating awareness on dementia and eliminate the stigma on this mental condition. This was indeed a piece of good news.

The evening ended off with an interview with one of our Peer Specialists, Kate Loreto. Kate shared her journey on how she battled depression and overcame the condition.

The charity dinner helped SAMH raised \$320,000.00. Executive Director Ms Tan Li Li said that the funds raised will be used for adults and youths in their recovery, such as SAMH's YouthReach programme, where there are various programmes and activities to help the youths gain confidence and skills.

SAMH would also like to take this opportunity to thank all our partners, supporters and donors who make a difference in our beneficiaries' lives and help shape the future for them. The charity dinner would not have been a success without your continuous support!



Events Coverage:  
**WORLD MENTAL HEALTH DAY**  
 2014

**World Mental Health Day**  
*The Power of Having a Voice in Mental Health*

To commemorate World Mental Health Day this year, SAMH decided to bring in Open Dialogue experts from Finland to Singapore. Our objective was to create an opportunity for local mental health practitioners to learn evidence-based practices from overseas.

We were glad when Dr. Kari Valtanen, Chief Medical Officer of Lapland Healthcare District, and Ms. Mia Kurtti, Psychiatric Nurse at Western Lapland Healthcare District, agreed to conduct a 3-day workshop from 13 – 15 Oct. Participants from Singapore Anglican Community Services, Silver Ribbon Singapore, O'Joy Care Services, Institute of Mental Health and SAMH came together in dialogue with the trainers.

Through the workshop, participants learned about the background of Open Dialogue, and also had the opportunity to see its principles and techniques put into practice. Of key importance was the lesson to withhold judgment and keep an open, inviting, and respectful approach; to try to include every stakeholder in the dialogue by reflection, tolerance, listening and communication.

The two trainers went on to take part in the Singapore Mental Health Conference by speaking at the pre-conference workshop on 16 Oct, and co-delivering the plenary lecture "Open Dialogue Within Your Community Network" on 17 Oct. Their delivery subtly brought out the successful clinical outcomes of the Open Dialogue approach, and stimulated audiences to think about how the



Mr Gan Kim Yong, Minister for Health visiting SAMH booth at the conference.

current local approach to clinical practice and case management might be enhanced by incorporating principles of Open Dialogue. It also brought forward a vision of how the larger community can benefit from a more open discussion of mental health practices involving more voices in a national dialogue.

The Singapore Mental Health Conference 2014 took place on 17/18 Oct at Max Atria Expo. Besides bringing in the Finnish experts to share on Open Dialogue, Helen Yong, Head of SAMH Residential Services and Mobile Support Services, also gave a talk at one of the break-out sessions, "Bringing Services Closer to Home - Care in the Community". SAMH also had a booth, together with other invited VVOS, selling craft items made by our beneficiaries. A photography exhibition "Colours Beyond The Fog", featuring the recovery journey of SAMH peer specialist Ms Kate Loreto, was also on display at the conference. The series of photographs by Ms Syahirah A. Karim is aimed towards raising public awareness and reducing social stigma against people with mental illness.

For World Mental Health Day 2015, SAMH looks forward to further collaboration and joint celebrations with healthcare partners, agencies, supporters and any organization or corporation interested in the mental health cause.

strategies for youth with mental illnesses. This was followed by an introductory workshop about Flamenco dance, using dance, voice and rhythmic movements to express emotions.

Another talk was given by Ms. Ong Chui Ngoh, Art Therapist of Creative Hub, on the topic, "Art Therapy and Mental Wellness". This was followed by a rousing Flamenco dance performance by 11 clients from SAMH. Their long hours of dedicated practice paid off when the audience appreciatively gave the performers a standing ovation at the end of their dance, bringing encouragement to their hearts.

Creative Hub has also organised art skill workshops from 23-25 Oct. These guided workshops encouraged walk-in participants to create and express themselves in a relaxed setting. An exhibition showcasing works by clients and regular participants of Creative Hub was also held from 20-26 Oct. This exhibition was a golden opportunity for a public display of their creative work.

Events Coverage:  
**FLAMENCO DANCE**  
 CREATIVE HUB



**Singapore Flamenco Festival – "I Am Who I Am"**

SAMH's Creative Hub actively participated in the Singapore Flamenco Festival, titled "I Am Who I Am", held at the Goodman Arts Centre from 17-26 Oct 2014.

Firstly, a talk was given by Ms. Shipra Sinha, Senior Caseworker of YouthReach, on 21 Oct about coping

**Your Story**

**Acceptance & Support**

I have been to Creative Hub for art sessions since October 2013. At that time my parents had left for China. Alone in Singapore, I felt bored and lonely and shared these feelings with my counsellor from Insight Centre. My desire was to learn something new through taking some courses. My counsellor Voon Yen Sing introduced me to Creative Hub, a new programme of SAMH.

I went for my first art class, learning pointillism. I tried my best to complete the 4 sessions despite my anxiety. Over time, I learnt that pointillism is about controlling the amount of strength and my ability to focus. The rest of my art journey includes line illustration, basic color pencil, water color and acrylic painting. All these art discoveries

brought forth happiness and satisfaction.

An area of my life that improved over the past year is the ability to increase my attention span. I find myself able to sustain my attention throughout a session, reducing the stress of loneliness and finding the courage and confidence to speak in a group of like-minded people who love art. I was not stigmatized and I now feel completely welcomed and accepted, which helps greatly in my recovery journey. I thank everyone!

Amy Ng, Client, Creative Hub

**Reunited ...  
 and it feels so good!**

Mr Tan is a BGGH Aftercare client who is recovering from schizophrenia and receiving treatment at IMH. He was admitted into BGGH on 18 July 2011 and discharged with another BGGH Aftercare client to a one-room rental flat on 16 Jan 2013.

Tan Ah Leong is 45 years old, is a pleasant character but does not speak much. He had worked for 20 years at the Singapore Airport, but after being diagnosed with mental illness, he thought that he had enough savings and need not go to work. Subsequently, he applied for financial assistance with CDC.

Mr Tan, who has had no contact with his family for a few years, happened to meet his sister one day and learnt that his brother was residing in the same block but on a higher floor.

His sister said that she was so glad to have found him. His brother also asked Mr Tan to move in with him. Towards the end of June 2014, with the assistance of BGGH Aftercare Services, Mr Tan officially withdrew his name from his own rental flat and moved into his brother's rental flat.

Mr Tan was very happy to be reunited with his siblings. Although his brother travels frequently to Johor Bahru to visit his own family, he ensures that Mr Tan is well-taken care of.

Mr Tan's sister also checks on his personal hygiene, helps him to clean the rental flat and ensures that he goes for his medical appointments.

Nothing can be better for Mr Tan! He is reunited with his family and now enjoys the support of loved ones, while living independently in the community.



Pathma Thanapallam,  
 Senior Caseworker, BGGH Aftercare Services



## Special Announcement



New Life Psychiatric Rehabilitation Association and Singapore Association For Mental Health

On 18 November 2014, SAMH hosted a study group from New Life Psychiatric Rehabilitation Association, Hong Kong led by Chief Executive Officer, Ms You Sau Wai, Sana. The group visited two of our centres, Bukit Gombak Group Homes and SAMH YouthReach to look at our facilities. The trip was proven to be a fruitful one for our future collaboration!



Left to Right:  
Dr Francis Yeoh,  
Vice-president, Singapore  
Association For Mental  
Health presenting a  
memento - Pastelism painting  
by our client to Ms You Sau  
Wai, Sana, Chief Executive  
Officer, New Life  
Psychiatric Rehabilitation  
Association

## Staff Additions



### Karen Lung

“ Aloha, greetings from BGGH where I am a caseworker. I am most glad to be part of SAMH. I love my current job as it gives me the opportunity to work directly with people with mental illness, and touch their lives in one small way or the other. I may appear serious and aloof at times, but beneath that façade is a free-spirited soul who loves to have fun. ”

### Chai Hong Yun

“ Hello! I'm Hong Yun, a caseworker with the Mobile Support Team. It's my pleasure to be in this sector to continue contributing to the society. I like adventure and sports. So let's work out if possible next time! ”



### Loong Cui Wen

“ Hi, I'm Cui Wen, an Art Co-ordinator at Creative Hub and Activity Hub. This is my first experience in the mental health sector and it's a pleasure to have the opportunity to learn from and contribute in this community. I love interesting stories and draw and paint them in my free time. I'm looking forward to creating more meaningful art with our clients and meeting the rest of my colleagues! ”



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MAKING A DIFFERENCE

GLUE ALL SIDES FIRMLY

TOUCHING HEARTS  
REACHING MINDS  
MAKING A DIFFERENCE

Dear Friends,

We seek your support to promote mental wellness for all, including youths-at-risk, the elderly and people with special mental health needs. We have made a difference to the community and over 8,000 people have so far benefitted from our programmes and services. Our public education, psychiatric rehabilitation programmes and other support services have altogether empowered people to live dignified and meaningful lives, and to contribute positively to society.

Won't you join us in promoting mental health and improving the mental resilience of our community?

I WISH TO DONATE

\$500  \$400  \$300

\$200  \$100  \$50

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PLEASE TICK

I would like to be kept informed of key SAMH activities through e-mail.

I would like to donate monthly through GIRO. Please send me details.

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Details will be kept strictly confidential.

**\* Please provide your NRIC number and name to enable IRAS to apply the concessionary auto-inclusion tax-deduction treatment to your monetary donation in your Notice of Tax Assessment.**

GLUE ALL SIDES FIRMLY

cut along the dotted line

THANK YOU FOR  
YOUR KIND GENEROSITY



GLUE ALL SIDES FIRMLY

# Do You Know?

## Myths

Mental illnesses aren't real illnesses

People with mental illness are violent and dangerous

Mental illness is incurable

Mental illness is just an excuse for poor behaviour.

## Facts

Mental illnesses are disorders of the brain, which like heart disease or diabetes, are medical conditions. They are not the ups and downs that we experience. Mental illnesses create distress, and don't go away on their own. However, they can be treated effectively.

In reality, people with mental illness are no more violent than the general public. In fact, they are more likely to be the victims of violence than to be violent themselves.

There are effective treatments for mental illnesses today. With appropriate medication, rehabilitation services, and the support of loved ones, persons with mental illnesses can recover.

While some people with mental illnesses may act in ways that are unexpected or seem strange to others, we need to remember that the illness, not the person, is behind these behaviours. No one chooses to have a mental illness. In fact, people who experience a change in their behaviour due to mental illness may feel embarrassed or ashamed around others.

COMING  
SOON

## Creative Mindset Hub

Creative Mindset Hub will be coming to Jurong Point soon. Thanks to the valuable support from MINDSET, providing funding for a period of two years. We look forward to bringing services nearer to the heartland!

UPCOMING  
EVENT

越 LEAPING FORWARD  
MOVING BEYOND

Creative Hub, Singapore Association for Mental Health,  
warmly invites you to our 3rd annual Art Exhibition

Inspired by our mission "Mental Wellness for All", 越 *Leaping Forward, Moving Beyond* showcases the individual journeys of budding participants from Creative Hub and from a collaboration with two other voluntary welfare organisations.

Various art forms, from painting and drama to sculpture, serve as a channel for artists to express emotions and experiences. Each artwork is also a documentation of the artists overcoming different odds that they have faced. The process of art-making gives them a chance to push themselves beyond what they imagined they could achieve, instilling confidence and introducing new possibilities in their lives.

Apart from a firm belief in the therapeutic effects of Art, Creative Hub also holds tightly the need for human interaction, as well as a community where different people come together in a safe space to learn and grow. Individually and as a group, the participants create artworks that tell their story of leaping forward and moving beyond fears, limitations and struggles.

### EXHIBITION

**1st — 5th July 2015**

### VENUE

**Gallery @ The Arts House  
1 Old Parliament Lane  
Singapore 179429**

### OPENING NIGHT

**Wednesday  
1st July 2015  
7.00pm**

Organiser



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