

LAUNCH OF MINDSET LEARNING HUB SEEKS TO BOOST EMPLOYABILITY OF PERSONS WITH MENTAL ILLNESS

- MINDSET Learning Hub is a collaboration between Singapore Association for Mental Health and Jardine Matheson Group's registered charity, MINDSET Care Limited
- First vocational training centre offering Workforce Skills Qualifications (WSQ) courses and job placement support for persons with mental health conditions
- New centre focuses on upskilling and holistic reintegration of persons with mental illness that underscores commitment towards social inclusiveness and increase productivity

SINGAPORE, 1 OCTOBER 2016 – The Singapore Association for Mental Health, in collaboration with MINDSET Care Limited - the registered charity of the Jardine Matheson Group in Singapore - today announces the official opening of MINDSET Learning Hub at Jurong East. The new centre aims to provide vocational competencies and skills training through Workforce Skills Qualifications (WSQ) and non-WSQ courses to persons who are coping with mental health issues. Ms Grace Fu, Minister for Culture, Community and Youth, and Member of Parliament for Yuhua Division (Jurong Group Representation Constituency) was the Guest-of-Honour at the event.

According to the Singapore Mental Health Study in 2010, the rate of unemployment among those with certain mental illnesses was 11.1% which was significantly higher than the 6.7% rate of unemployment in those without mental illness.¹ The Singapore Association for Mental Health together with MINDSET Care Limited is addressing this societal concern with the launch of MINDSET Learning Hub, supported by a \$2 million funding over 5 years by the Jardine Matheson Group.

Designed as a one-stop specialised training centre and manpower resource facility, MINDSET Learning Hub provides integrated hands-on-training and facilitates job placements to persons-in-recovery from mental illness in a supportive and holistic environment. Working with training partners to deliver WSQ courses, the centre aims to equip up to 300 trainees a year with the necessary skillsets in the areas of hospitality, healthcare support, cleaning, retail and F&B to secure meaningful employment.

Encompassing 5,800 square feet of space, the MINDSET Learning Hub consists of four training classrooms and four simulated training environments - a café, a hotel room, a patient-care room and a commercial food preparation area. The café offers trainees the opportunity to improve their customer

¹ [Helping People with Mental Illness Return to Employment: Challenging Existing Beliefs](#)

service while the commercial food preparation area focuses on developing their food preparation and hygiene skills.

A fully furnished hotel room including an en-suite bathroom provides an authentic practical learning experience for hospitality trainees. Similarly, the patient-care room comes built to the specifications, mirrors the clinical environment and set-up of a nursing home.

The training for clients will last between five to eight months if they opt to complete all the modules leading to a WSQ certification. Otherwise, modular training options are available to provide flexibility and choice. During the course of the training, clients will also receive various forms of support from the Singapore Association for Mental Health as well as Jardine Ambassadors and Jardine employees, in pre-employment or employability programmes such as interviewing and resume writing, workplace communication, money management, and personal grooming.

In addition, mental wellness programmes such as 'Illness Management Recovery' (IMR) will be incorporated into the training programmes to help persons-in-recovery to better manage their mental wellbeing during their employment. Other supportive features include a work attachment component for some programmes, followed by job matching to enhance the employability of persons-in-recovery.

Ms Tan Li Li, Executive Director, Singapore Association for Mental Health, commented, "There is a growing need for vocational skills training and preparation that enable persons-in-recovery from mental illnesses, to attain sustainable employment and integration. The Jardine Matheson group of companies is an exceptional example of a private sector partner that recognises this and has committed significant funding and resources towards making a tangible difference in an area in mental health that is under-served in Singapore."

Mr Alex Newbigging, Chairman, MINDSET Care Limited and Group Managing Director of Jardine Cycle & Carriage Limited said, "Since 2011, the Jardine Matheson Group has been advocating for the cause through our charity, MINDSET Care Limited. With 11 group companies and over 12,000 employees in Singapore, we believe that our collective effort, people and resources can provide support, raise awareness and de-stigmatise mental health. As we celebrate MINDSET's fifth anniversary this year, we are pleased to mark this milestone with the establishment of our long-term flagship project, MINDSET Learning Hub."

Mr David Tan, a 40 year-old client who is recovering from schizoaffective disorder recently sought assistance with employment at the MINDSET Learning Hub. Sharing his experience and aspirations, he said, "MINDSET Learning Hub has been supporting me in getting the job that will support my family

despite having a mental health condition. Through the help of the staff and trainers, I have been able to develop my skills and become more confident in engaging potential employers, especially during interviews. I am feeling hopeful that I will get a job that will benefit me as well as support my wife and kids.”

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About MINDSET Learning Hub

MINDSET Learning Hub is MINDSET’s flagship project. It aims to help people recovering from mental illness reintegrate into the workforce by empowering them with the relevant skills through both Workforce Skills Qualifications (WSQ) and non-WSQ training. The programmes will be conducted at MINDSET Learning Hub’s premises, which is designed to include a variety of simulated work environments to provide hands-on training. The programme is also supported by a job matching scheme to help clients get back into the workforce.

About the Singapore Association for Mental Health (SAMH)

Established in 1968, the Singapore Association for Mental Health (SAMH) is a voluntary welfare organisation with Institute of Public Character (IPC) status. SAMH provides support and after care for individuals and families with psychiatric, psychosocial and other social or relationship problems in community-based mental health programmes and services. SAMH’s vision is to promote mental wellness for all; its mission is to help improve the lives of, and promote acceptance and respect for, persons

with mental illness and improve the mental resilience of our community. SAMH won the Singapore Charity Council's inaugural Charity Governance Award 2012 for good governance and accountability. For more information, please visit: www.samhealth.org.sg

About MINDSET Care Limited

MINDSET Care Limited (MINDSET) is a registered charity established by the Jardine Matheson Group of companies to make a tangible difference in the area of mental health. Led by the Jardine Ambassadors, MINDSET aims to raise awareness and understanding of mental health issues to change attitudes, while at the same time, provide practical support to individuals, families and charitable initiatives in the mental health sector. MINDSET is named an inaugural winner of the Charity Transparency Awards 2016 by The Charity Council. <http://mindset.com.sg/>

The Jardine Matheson Group companies in Singapore are: Jardine Matheson (Singapore), Jardine Cycle & Carriage; Jardine Engineering Corporation; Jardine Lloyd Thompson; JOS; Innovix Distribution; Schindler Lifts; Gammon Construction; Hongkong Land; MCL Land; Mandarin Oriental, Singapore; and Dairy Farm Singapore (Cold Storage; Giant Hypermarket; 7-Eleven; and Guardian Health & Beauty).

ENGLISH-CHINESE GLOSSARY

- Singapore Association for Mental Health 新加坡心理健康协会
- MINDSET Care Limited 思健
- MINDSET Learning Hub 思健培训中心
- Ms Tan Li Li,
 - Executive Director, Singapore Association for Mental Health
- Mr Alex Newbigging
 - Chairman, MINDSET Care Limited