

SAMH reveals healing powers of creative art in new exhibition

SINGAPORE, 17 FEBRUARY 2017 – To celebrate art as an integral part of promoting mental wellbeing, the Singapore Association for Mental Health (SAMH) today unveiled the *In Process, In Progress* exhibition at the Goodman Arts Centre, showcasing visual masterpieces created by 50 budding artists who are clients of SAMH's Creative Services.

Funded by the National Arts Council (NAC) Singapore, this combined showcase uses the theme of construction to send the message that people are always evolving, i.e. are 'works-in-progress'. The artists are participants of SAMH's expressive art programmes offered by the organisation's Creative Services, which run wellness centres (Creative Hub, Creative Mindset and soon to be opened Creative SAY!) that provide a safe space for people from all walks of life to come together to use art as an outlet to express themselves.

The artworks on display – composed with a range of artistic styles – reflect how character, growth and healing are all part of a continuing process and progression in life. Each artist's written reflection opens up a window into their personal journey that is shared through the artwork.

Tan Choon Heng, 54, who was diagnosed with Schizophrenia, first came to Creative Hub in 2011 during a difficult time when he was often in a daze and experienced symptoms. Under the guidance and encouragement of SAMH Creative Services staff, he picked up the skill of Pointillism, a method of painting using tiny dots. His painting 'My Home from the Past' is on display at the exhibition. He said: "Art reflects my personal journey and adds colours to my life. It has improved my focus and has provided me with a sense of purpose through the conceptualisation of my artworks."

Another participant, Jessie, 22, a fine arts student, is displaying her painting, 'Father and I waiting for the Bus'. She explained the inspiration behind her work: "During my recovery process, the moments in daily life such as waiting for the bus have become clearly etched in my mind. I remember waiting under the hot sun at the bus stop to go to my medical appointments, especially accompanied by my father. This artwork is very special to me as it depicts a family member close to my heart."

Executive Director of SAMH, Ms Tan Li Li, said, "Different types of art forms – music, painting, writing, or dance – can be a healing force for people with mental disorders, and can contribute to the psychological well-being of people. Today, we celebrate the valuable talent and achievements of our clients, some of whom are still overcoming social stigma due to their mental health conditions. Our expressive art programme is also geared towards the wider community so that people can better understand the importance of mental wellness and gain a deeper appreciation of oneself.

In Process, In Progress was officially opened this evening by Speaker of Parliament, Madam Halimah Yacob. The exhibition will be open to the public at the Goodman Arts Centre from 17th to 21st February 2017. The public can also join free workshops held over the four days, which include a wrapping paper

making class, colouring and drawing workshops, as well as a mini-cactus planting session. The gallery's operating hours are 9am to 10pm. Admission is free.

-ENDS-

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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 Creative Services

Creative Services by SAMH are community based programmes that promote well-being and recovery by bringing together the use of music, dance, art and psycho-education. Additionally, Creative Services integrate the use of occupational therapy, psychology and sports to promote emotional wellbeing and enhance quality of life. The aim is to emphasise the importance of mental wellbeing and create opportunities for integration for individuals from different walks of lives.

ENGLISH-CHINESE GLOSSARY

- Singapore Association for Mental Health
新加坡心理健康协会

- Ms Tan Li Li,
 - Executive Director, Singapore Association for Mental Health
陈丽丽, 执行董事

- Jane Goh
 - Assistant Director, Creative Services, Singapore Association for Mental Health
吴少燕, 副主任, 创意服务

- 'In Process, In Progress'
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- 'Creative Services'
创意服务

- 'Creative Hub'
创意中心

- Creative Mindset'
创意思健中心

- Creative Say!
创跃中心