

SINGAPORE ASSOCIATION FOR MENTAL HEALTH OPENS CREATIVE SAY! – FIRST SPORTS AND ARTS CENTRE FOR PROMOTING YOUTH MENTAL WELLNESS

*Opening also marks official patronage of Madam Halimah Yacob at Singapore
Association for Mental Health*

SINGAPORE, 15 JULY 2017 – The Singapore Association for Mental Health (SAMH) today announced the official launch of **Creative SAY!** (*Sports, Arts and Youths*) in Marsiling. The new centre, under the organisation’s Creative Services, is the first to use sports and expressive arts intervention therapies, as well as, counselling and case management support to aid youths at risk of mental health issues, between 13 to 35 years old, on their journey towards mental wellness. The centre launch was officiated by Madam Halimah Yacob, Speaker of Parliament, and Member of Parliament for Marsiling-Yew Tee GRC (Group Representation Constituency) who has come on board as SAMH’s official patron.

According to public health statistics, mental health diagnoses are getting younger, as are suicide rates doubling for ages 13 to 21 years old. SAMH recognises the government’s push towards strengthening a community-based model of mental health care and have located Creative SAY! within the residential estate in the northern part of Singapore, SAMH’s first presence in this area.

Supported by The Ireland Funds and AON Risk Solutions, Creative SAY! provides four categories of activities for youths to partake in through its sports, arts, peer programmes, and family programmes. All activities will be underscored by the Game-For-Life framework, which seeks to intentionally infuse values into activity sessions, and was adopted from Singapore Sports Council.

For sports enthusiasts, youths can choose to take part in Sporting Saturdays, which feature outdoor activities such as dragon boat, kayaking, soccer, floorball, sea rafting and rock climbing among others. Those preferring art, can choose to attend classes with an in-artist, or embark on music, dance, writing and sessions.

Apart from activity sessions, Creative SAY! also emphasizes on case management. At-risk youths are assigned caseworkers who will journey with them and help to mediate between schools and families where necessary.

Reflecting a community synergy and to provide a continuous stream of varied activities, Creative SAY! works closely with partners such as the People’s Association (PA), Singapore Sports Council, and Marsiling Youth Executive Committee, to help deliver its outdoor courses.

Ms Tan Li Li, Executive Director, Singapore Association for Mental Health, commented, "Today's generation is under an increasing level of stress to achieve and do well - not just academically but in their social status, peer groups and family units. Upstream prevention and early intervention are critical to help youths cultivate resilience to navigate through life's challenges. As we believe that physical and mental well-being are linked, Creative SAY! seeks to be this holistic outlet for youths to benefit from sport and arts which are therapeutic for overall wellness."

"It's fun because of the different sports activities. I get to know more about other people, and myself. It's also not like a lesson in school but more free. I like it a lot," said Ryan, 14 years old, client of Creative SAY!

Madam Halimah Yacob said, "I am proud and honoured to be the official patron for SAMH and will continue to play an active part in rallying the community together to raise awareness around mental illness and create a more caring and inclusive society for all."

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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

- '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