

UNDER EMBARGO TILL 22 MARCH 2018, THURSDAY AT 10PM

Singapore Association for Mental Health Celebrates 50 Years of Community Service with Renewed Focus on Youth Mental Health

- SAMH steps up programmes to address the growing challenge of mental illness among the young
- Proceeds from the 50th Anniversary charity dinner to be channelled to youth outreach and rehab programmes – Creative SAY! and YouthReach
- New SAMH logo and corporate website unveiled as part of the anniversary celebration

SINGAPORE, 22 MARCH 2018 – The Singapore Association for Mental Health (SAMH) marked its 50th anniversary today with ‘Hearts for Minds’, a charity dinner in which the Association announced it is stepping up efforts to address the growing challenge of mental illness among the young. President Halimah Yacob, Patron of SAMH was the Guest of Honour at the event, with Mr. Tan Chuan-Jin, Speaker of Parliament and former Minister for Social and Family Development also in attendance.

Public health statistics show that the age for mental health diagnoses is getting younger over the years and there has been a sharp rise in the number of teens seeking help for conditions such as depression and bipolar disorders. In view of this worrying trend, SAMH would be channeling the proceeds of the charity dinner to enhance its programmes in youth mental health. Among them is Creative SAY, a programme designed to provide a holistic engagement model for youths-at-risk through using sports and the arts to cultivate psychological and emotional resilience. Another youth programme is YouthReach, an innovative recovery programme that uses a personalised family-centred model to develop the social and functional competencies of youths through life skills training while enhancing the family environment to foster a safe space for recovery.

Dr Francis Yeoh, President of SAMH said, “The rise in the incidence of mental illness among the young is worrying. The demands of school, pressures from peers, disruptions to family structures, exposure to all sorts of things on the internet all contribute to this trend. Social service organisations like SAMH would need to be innovative in developing effective ways to reach out to youths facing such challenges.”

The dinner celebration also saw the unveiling of SAMH’s new logo and a revamped website. The change of logo signifies the desire of SAMH to be pro-active and innovative as the organisation moves beyond its first 50 years. The mission of SAMH remains the same, but its approach to fulfilling the mission must change and adapt to the environment and society it operates in so that it can remain relevant and effective.

The new logo features a stylised font for SAMH, with three floral motifs to symbolise growth and life. The rising floral motif also marks the life-changing journey of recovery, rehabilitation and

reintegration which persons with mental health conditions embark on with SAMH. The refreshed logo is also a nod to the Association's friendly approach towards promoting mental wellness for all.

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