

Singapore Association for Mental Health (SAMH) launches new Creative Services model with Creative MINDSET Hub

SINGAPORE, 1 DECEMBER 2018 – The Singapore Association for Mental Health (SAMH) announced the official opening of Creative MINDSET Hub today. Located at Our Tampines Hub, Creative MINDSET Hub is SAMH's new model for offering art therapy services to the community in partnership with public service agencies. The launch was officiated by President Halimah Yacob, Patron of SAMH. Partner agencies People's Association (PA), Tampines GRC Community Arts and Culture Clubs, National Heritage Board (NHB) and National Arts Council (NAC) were present to celebrate the occasion and raise mental health awareness in the community.

Numerous global studies¹ have described the positive impact of the arts on a person's mental wellbeing. As a growing body of evidence reveal that engaging in the visual arts for adults with mental health conditions can reduce reported levels of depression and anxiety; increase self-respect, self-worth and self-esteem, and encourage and stimulate re-engagement with the wider, everyday social world, SAMH recognises the importance of its Creative Services and the role it plays in strengthening a community-based model of mental health care in Singapore. This is in line with the Singapore Government's '3 Beyonds'² initiative to sustain quality healthcare in the country, one of which being a move to bring health care closer to the community.

Demonstrating SAMH's belief in the effectiveness of cultivating mental wellness through meaningful arts experiences with a range of art-making, sports and outdoors activities and art therapy programmes, the relocation of SAMH's Creative Services to Our Tampines Hub will bring its services right into the heart of the community. The new centre will also enable the Association to foster close collaborations with various public agencies to develop new community touchpoints that will increase the accessibility of its Creative Services, and create a more holistic support network for mental health care in Singapore.

Creative MINDSET Hub will be part of an ecosystem of public service agencies at Our Tampines Hub which include People's Association (PA), North East Community Development Council (North East CDC), Housing Development Board (HDB), Workforce Singapore (WSG), Ministry of Social and Family Development (MSF) and ActiveSG.

"SAMH can play a bigger role not only for the mental health community but as a champion of mental health for the wider community in Singapore. The launch of Creative MINDSET Hub reinforces our commitment to promote mental wellness through creative arts programmes. We

¹ Visual art and mental health (2018). University of Brighton: <https://whatworkswellbeing.org/blog/visual-arts-mental-health-and-wellbeing-evidence-review/>

² Speech by Mr Gan Kim Yong, Minister for Health, Committee of Supply Debate, 2018: <https://www.gov.sg/microsites/budget2018/press-room/news/content/speech-by-mr-gan-kim-yong-minister-for-health-committee-of-supply-2018>

hope that Creative MINDSET Hub can better demonstrate the ways in which the arts can empower mental health and engage communities to come together to form meaningful partnerships that will have a lasting and positive impact for our people,” said Dr. Francis Yeoh, President of SAMH.

To mark the launch of the new centre, SAMH, together with partner agencies, Tampines GRC Community Arts and Culture Clubs by People’s Association and National Heritage Board, have lined up a two-day programme of arts activities for the public at Our Tampines Hub. Alongside a Creative MINDSET Hub showcase over the weekend, the public is welcome to view ART LOOPS, an art installation that comprises a combination of artworks by people from all walks of life to signify community collaborations and support – a key theme of Creative MINDSET Hub.

“Organisations such as SAMH play an important role in supporting people with mental health conditions over a range of platforms, including using arts like what is done at Creative MINDSET Hub, to promote greater awareness of mental health challenges and contribute to a more caring community. I commend the SAMH team for their steadfast commitment and hard work in moving hearts and minds towards greater acceptance of those with mental health conditions,” said President Halimah Yacob.

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For media enquiries, please contact:

Klareco Communications

Tanya Netto / Sabrina Ghazali / Myra Kheng

E: list-samh@klarecomms.com

T: +65 6333 3449