

Singapore Association for Mental Health Renews Focus on Youth Mental Health with the Launch of a Virtual Photo Exhibition

SINGAPORE, 15 MARCH 2021 – To celebrate creativity as an integral part of promoting youth mental wellbeing, the Singapore Association for Mental Health (SAMH) today unveiled Curiography, a virtual photo exhibition, at SPACE @ Our Tampines Hub, showcasing visual creations by 13 youths, aged 15-30 years old, with mental health challenges who are youths of SAMH's Creative Services. The launch was officiated by President Halimah Yacob, Patron of SAMH.

Curiography is the visual culmination where the youths sought to discover “What Moves Your Curiosity?” through motion photography across four workshops held between March – August 2021. Guided by volunteer photographers, three themes were explored - Exploring Self (getting to understand one's curiosity and motivation), Exploring World (navigating the world through the photography lens of curiosity) and Exploring Joyously (exploring the emotion of joy in simply exploring).

Research has shown that the level of curiosity is related to the satisfaction of psychological needs and is a primary driver of good photography. Photos can serve as a visual diary for self-insight, enhance positive memories and improve creativity. The 39 photos on display draws inspiration from personal experience and provides a unique perspective on how youths choose to view the world around them through the exploration of new activities, places, and things.

Mr Anton Tse, 30, rediscovered the simple joys of photography as an art form. “Curiography” has enabled me to realise that I had a particular fixed view of the world but having the space to safely explore my curiosity without expectations allowed me to open my eyes to new possibilities and to see beauty in things that I would have normally discounted.”

Volunteer and Professional photographer Ms Isabelle Lim, 28, from Issyshoots who is deaf said, “Alongside the help of an interpreter and SAMH staff, Curiography enabled the youths and I to break down barriers, not just in communication but also in our self-inhibitions. It was a joy to connect and see how the youths exercised their simple curiosity and expressed themselves through the moments that they captured.”

The virtual exhibition is part of a series of programmes that SAMH Creative Services has been holding to commemorate its 10th anniversary on September 11 2021 under its “EatMoveCreateSAMH” mental wellness campaign that seeks to encourage building mental wellness and resilience through lifestyle practices in eating, exercising and creative activities.

“As we look ahead, SAMH recognises that there is much more to be done to help people improve their mental health and wellness, especially our youths. Today, we recognise the achievements of our youths, some of whom are still overcoming social stigma due to their mental health conditions. We hope to continue our journey in helping people with mental health issues achieve their fullest potential, build awareness and expression through creativity and raise greater support for mental wellness for all through our expressive art programmes” said Senior Assistant Director of SAMH Creative Services, Ms Jane Goh.

Dato Victor Tan, Chief Executive Officer of TOP International Holding Pte Ltd, said, “We believe in the power of creative expression, and that every child and youth should be able to freely articulate their thoughts and stories through a safe outlet. It is our hope that the Curiography Virtual Exhibition will act as a catalyst for more awareness around youth mental health. We aim to provide an accessible avenue of support to the youths through this platform and hope they can become more resilient individuals.”

“Organisations such as SAMH play an important role in supporting people with mental health conditions over a range of platforms. These include using creative arts, like what is done at SAMH Creative Services, to promote greater awareness of mental health challenges and create a more caring community. I commend the SAMH team for their steadfast commitment and hard work in promoting mental health and wellness for everyone,” said President Halimah Yacob.

The Curiography Virtual Exhibition Platform will be accessible for public to view from 15th till 31st March 2022 through [here](#). An e-magazine will also be made accessible on SAMH’s website or through [here](#).

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Press Content

- Curiography Virtual Exhibition - <https://tinyurl.com/Curiography2022>
- Curiography E-Magazine - <http://tinyurl.com/CuriographyEMag2022>

About Singapore Association for Mental Health (SAMH)

Established in 1968, the Singapore Association for Mental Health (SAMH) is a non-profit and non-government social service organisation that provides a comprehensive range of mental health services, which include rehabilitative, outreach and creative services, to the community in Singapore. SAMH aims to reintegrate persons with mental health issues back into society through community-based mental health programmes and services that provide rehabilitative care for these individuals, and support for their families and caregivers. With a vision to promote mental wellness for all, SAMH is committed to improve the lives of, and promote acceptance and respect for, persons with mental health issues and improve the mental resilience of the community. In 2018, SAMH celebrated its 50th anniversary where the Association pledged its commitment to step up efforts and address the growing challenge of mental health issues among the people, young and old. For more information, please visit: www.samhealth.org.sg.

About SAMH Creative Services

Arts, sports and the outdoors serve as outlets for healthy self-expression. Through its two centres, SAMH Creative SAY! and SAMH Creative MINDSET Hub, SAMH organises creative programmes that deliver skill-based lessons to support the mental and emotional wellbeing of persons in recovery, as well as for the community at large. SAMH Creative SAY!, which stands for Sports, Arts and Youths, reinforces SAMH's belief that youths should have a "SAY!" in their lives by helping to spark conversations, promote mental wellbeing and cultivate mental resilience among youths. SAMH Creative MINDSET Hub, offers programmes and activities, both online and on-site that cater to all age groups. For more information (including #EatMoveCreateSAMH campaign), please visit: <https://www.samhealth.org.sg/our-services/creative-services/>

About TOP International Holding Pte Ltd

TOP International Holding is a leading homegrown Minerals and Resources company with global footprints in Singapore, Malaysia, Indonesia, China and West Africa.

As a global integrated producer and supplier of bauxite, TOP offers an end-to-end service that includes exploration, mining, marketing, trading, logistics and delivery. Its comprehensive trading portfolio comprises vital commodities such as bauxite, coal, copper cathode, iron ore and nickel. As part of transformation to bolster and strength business resilience, TOP has since embarked on decarbonisation projects and investments into technology companies.

Since its inception in 2014, TOP's growth has been tremendous - it became Malaysia's biggest bauxite exporter and pioneered anchorage loading in the country, just one year later. In 2015, it expanded into coal trading in Indonesia and became the faster-growing physical coal trader there. In 2018, it acquired its own bauxite mining concession in West Africa, Guinea.

TOP's accomplishments and industry accolades are testament to its commitment to excellence, built upon its strong foundations. The TOP team is young and nimble, complemented by an experienced set of management leaders.