

CHAT Talk: Mental Health Begins with Me



Young People's Minds Matter

Overview

The 2016 Singapore Mental Health Study found that 1 in 7 persons had experienced a mental health disorder in their lifetime. However, most of these people did not seek professional help. One possible reason could have been a lack of mental health awareness or resources that might have made things better.

If you are looking to develop a better understanding of struggles faced by young people, learn more about mental health issues as well as ways to get better, join us for this talk.

Course Content

- Describe common struggles faced by young people today
- Distinguish flourishing, languishing and moderate mental health
- Outline possible causes, signs and symptoms of mental illnesses
- Understand possible ways one can get better

Duration: 1 hour

Pre-requisite: Nil

Target participants: Young people aged 16 to 30

ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, CHAT is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at *SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Talk will be delivered by one of CHAT's team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.