



SILVER RIBBON (SINGAPORE)

Presents

WORLD MENTAL HEALTH DAY 2009

Stamp Out Stigma Kits

1 – 4 Oct 2009

Since President S R Nathan launched Silver Ribbon (Singapore) on 4 Feb 2006, we hold at least 2 – 3 mental health events monthly through innovative means. To commemorate World Mental Health Day yearly, we collaborate with different organisations to organise a list of activities.

This year, we packed **10,000** Stamp Out Stigma kits with the help of more than 80 volunteers from Singapore Soka Association, ranging from youths to senior citizens.

The objectives of those kits are to encourage the public to

- learn more about mental health,
- talk openly about mental illness, and
- support organisations that help to drive away stigma against mental illness.



World Mental Health Day – Street Festival @ Cheng Yan Place 10 Oct 2009

This event was organised by Health Promotion Board of Singapore and the World Mental Health Day 2009 Committee, chaired by Ms Porsche Poh, Founder/Executive Director, Silver Ribbon (Singapore). Mr Hawazi Daipi (Senior Parliamentary Secretary, Ministry of Manpower & Ministry of Health, was invited to be the Guest of Honour.

Silver Ribbon (Singapore) participated in a street festival, alongside with other mental health organisations. In addition, we distributed the Stamp Out Stigma kits to the public and presented prizes & plaques to the winners of Champion of Mental Health Award under the individual and organisation category respectively, open to

Individuals who

- is coping with his/her mental illness positively; or
- is dedicated to reducing stigmatisation of mental illness by promoting increased awareness and/or providing support to individuals with mental illness (in his/her individual capacity, as a caregiver, community leader or a volunteer with an organisation)

Organisations who

- employ people with mental illnesses; or
- actively support mental health events in the community



Health Promotion Board – Silver Ribbon
Champion of Mental Health Awards

Acknowledging and recognising individuals and organisations for their committed efforts to raise awareness of mental health in Singapore




Champion of Mental Health (Individual)
Prize – S\$1,000 cash and a plaque of commendation

Champion of Mental Health (Organisation)
Prize – a special gift and a plaque of commendation

Nomination Period
1 July 2009 – 31 Aug 2009

Nominator may download the nomination form from www.healthymind.sg or www.silverribbonsingapore.com. Printed nomination forms are also available at Sengkang Public Library, Woodlands Regional Library, Jurong West Public Library, and Toa Payoh Public Library.

OrganisersParticipating Organisation



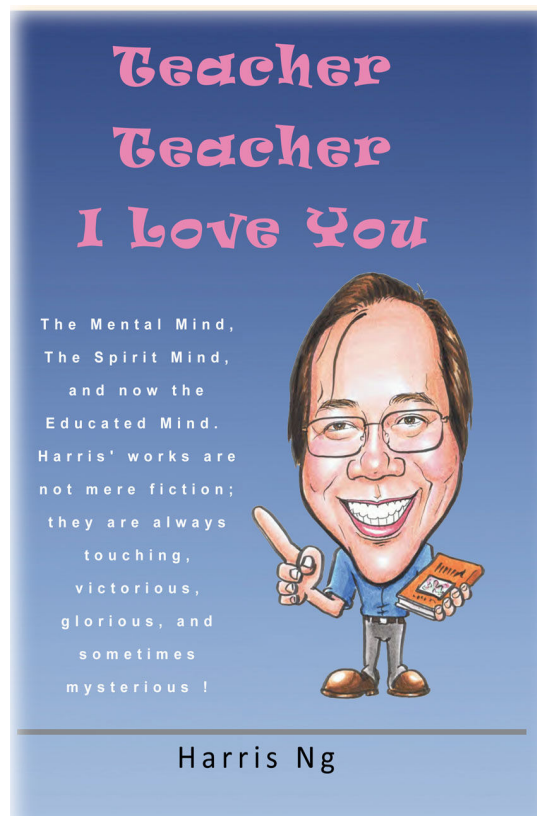
World Mental Health Day @ Geylang Serai Community Club 11 Oct 2009

Since 2006, Silver Ribbon (Singapore) would work closely with Geylang Serai Community Club to celebrate WMHD with its residents. Dr Fatimah Lateef, Member of Parliament for Marine Parade GRC, was invited to grace this event.

Besides a skit on Dementia and laughter therapy, Dr Fatimah launched *Teacher! Teacher! I Love You!* written by a consumer named Harris Ng, who has been coping positively with Schizophrenia for more than 30 years.

"Teacher Teacher I Love You" by Harris Ng talks about the educational system in a friendly story-telling way. The book leads ultimately to the need for Mental Wellness in the educated mind.

Harris first wrote about the Mental Mind in his book *Recovered Grace: Schizophrenia*. The book written in English has been translated into Chinese, Malay and Korean and is also available in Braille. Harris wrote his second book on the Spirit Mind *When I First Walked In* is now going through the editing process. His third book *Teacher Teacher I Love You*, talks about the third component of a wholesome human being: the Educated Mind.



**Art of Mind @ Singapore Art Museum
16 – 18 Oct 2009**



Silver Ribbon (Singapore) joined hands with Singapore Association for Mental Health and Institute of Mental Health to hold this first programming showcase, challenging the stigma surrounding mental illness and promote social inclusion of people with mental health problems. Dr Lam Pin Min, Chairman, GPC (Health) and Member of Parliament for Ang Mo Kio GRC, was invited to grace the event.



Together
Group work



Together IV
S. L. Ng
H. C. Ang



Together II
K. S. Keok



ART of MIND

In commemoration of World Mental Health Day 2009, 3 leading mental health organisations – Silver Ribbon (Singapore), Singapore Association for Mental Health, and Institute of Mental Health, have joined effort to organise Art of Mind, a programming showcase to challenge the stigma surrounding mental illness and promote social inclusion of people with mental health problems. Participating artists include Mr Darren Loozhenguo, Ma Mavis Hui, and clients of Singapore Association for Mental Health & Institute of Mental Health.

Art of Mind
16 Oct 2009

Opening Ceremony: 16 October 2009 (By Invitation only)
7pm – 9.30pm
Guest of Honour
Dr Lam Pin Min
Chairman, GPC (Health)
MP for Ang Mo Kio GRC
Dress Code – Smart Casual

Exhibition & Talk: 17 & 18 October 2009 (Open to Public)
10am – 6pm
Free Admission
Venue: Singapore Art Museum, Glass Hall
71 Bras Basah Road, Singapore 189550

The following talks will be held at the SAM Glass Hall.

| Date/Time | 11:00 am to 12:00 noon | 2:00 pm to 2:30 pm | 3:30 pm to 3:30 pm |
|---------------------|-----------------------------------|--------------------|-----------------------------|
| Saturday, 17 Oct 09 | Understanding Mental Wellness | Artists' Sharing | Introduction to Art Therapy |
| Sunday, 18 Oct 09 | Understanding Youth Mental Health | Artists' Sharing | Q&A About Mental Wellness |

ORGANISERS

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PARTICIPATING ORGANISATIONS