

CHAT Talk: Get Involved with Youth Mental Health



Young People's Minds Matter

Overview

Have you ever wondered what CHAT does? How can you get involved in the youth mental health scene?

If you are looking to learn more about CHAT's mental health check service, find out how can you get access to information and resources on mental health, as well as possible ways you can collaborate with CHAT, join us for this talk.

Course Content

- Explain CHAT's mental health check service
- Recognize CHAT as a one-stop centre for mental health information and resources
- Describe CHAT's outreach initiatives, and ways to get involved in the youth mental health scene

Duration: 30 minutes

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.