



## Workshop on: Lifting Minds Empowering Lives (LiME)

This workshop aims to provide young people with a better understanding of youth mental health distress, skills to support a distressed peer, and knowledge about where and when to seek professional support for youth mental health problems.

### Overview

Most distressed young people prefer to speak to friends instead of seeking professional help. Peer influence can be leveraged on to facilitate early help-seeking behaviour for distressed youths with mental health concerns.

Recognizing the potential of peer influence, CHAT developed this youth mental health peer helper training programme to improve young people's effectiveness in providing peer support to their friends who may be showing signs of mental health distress.

The learning objectives are:

1. Understand the importance of seeking help early
2. Discuss the characteristics of a good peer helper
3. Discuss ethical considerations in providing peer support
4. Practise the skill of active listening (with 3rd ear)
5. Practise the skill of expressing empathy
6. Practise the skill of asking coping questions to support a distressed peer's recovery process
7. Identify appropriate resources for distressed young people
8. Practise active listening (with 3<sup>rd</sup> ear), expressing empathy, asking coping questions via a role play

Duration: 8 hours

Medium:

- a) Face to face classroom learning
- b) Online learning

Activities: Short lectures, small group discussions, and guided exercises and sharing of experiences

Pre-requisite: Keen interest in supporting friends/peers who may be in distress

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.

Training 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.