



A round-up of news and events centred on mental healthcare.



Guest-of-honour Madam Halimah Jacob with (from left) Mr Lee Chow Soon, Chairman, WHCF; Associate Professor Daniel Fung, IMH CEO; and Ms Denise Phua, Mayor, Central Singapore District, at *Balls of the Belles*.

IMH'S 95TH ANNIVERSARY CHARITY SHOW: IN GOOD FUN(D)

A special evening filled with good humour helped to support mental health initiatives.

Since 2000, the Woodbridge Hospital Charity Fund (WHCF) of the Institute of Mental Health (IMH) has dedicated itself to creating opportunities for the advancement of mental healthcare in Singapore. The donations it receives go toward supporting needy patients, deepening our understanding of mental health issues, and offering psychosocial programmes such

as vocational rehabilitation that equip patients with the relevant skills and confidence to enter the workforce.

In conjunction with IMH's 95th anniversary in 2023, a fundraising charity show was presented in partnership with local theatre company Dream Academy to support WHCF. Titled *Balls of the Belles*, the event was held on 9 December at the Capitol Theatre. It attracted a

full-house audience of nearly 900 attendees, including guest-of-honour Madam Halimah Jacob, Chancellor of the Singapore University of Social Sciences (SUSS) and former President of Singapore, and special guest Ms Denise Phua, Mayor of Central Singapore District. Attendees were treated to a night of comedy and laughter. *Balls of the Belles* successfully raised approximately S\$790,000 through ticket sales and donations from corporates and individuals – contributing significantly to the WHCF's mission.



To support WHCF, scan the QR code above or visit for.sg/imh-whcf. Your donation will make a big difference to persons with mental health conditions!

EXPANDING HER EXPERTISE

One family physician's quest for better mental health knowledge through continuing education.

Amid her busy role as a family physician, Dr Eliyanachii Narasinghan found an opportunity to enhance her support to patients: by deepening her understanding of mental health through the Graduate Diploma in Mental Health, a one-year, part-time postgraduate programme that is jointly organised by IMH and the National University of Singapore (NUS).

"I felt that as a family physician, I could do more for mental healthcare in Singapore," she says. "I wanted to expand my knowledge, and better understand my role in mental healthcare in the community and tertiary (settings)."

Patients rarely come in with mental health as their primary concern, Dr Narasinghan observes. These issues often emerge during consultations for other problems, where she detects signs of anxiety or a low mood. She ensures that her patients know they can return when they are ready to talk about their mental health. "I leave it open, and more often than not, they do come back to discuss," she says.

The course proved invaluable in this regard, offering insights through expert-led lectures, engaging Q&A

sessions and detailed case studies. She is now equipped with a more nuanced understanding of various mental health complexities. "The course kept us up to date on mental healthcare," says Dr Narasinghan, who found its structured modules manageable and enriching, and enjoyed the camaraderie among her peers.

Looking ahead, Dr Narasinghan envisions a society where mental health is destigmatised, and individuals seek help without fear. "I hope that people feel comfortable speaking to their doctors and trusted ones, knowing that they will be supported, not judged," she adds. Her experience underscores the programme's transformative potential. "Do join," she encourages her fellow physicians. "It's useful and, as a solo GP, I juggled it alongside full-time work, taking minimal leave!"



Family physician Dr Eliyanachii Narasinghan was in the 2022/2023 intake of the Graduate Diploma in Mental Health.