

# WHEN MENTAL HEALTH CARE GOES ONLINE

The future is now! With more digital tools available to help empower self-care and bring accessibility of mental health services with a click of a button, how do they match up with in-person mental health care? Join our panel of experts as they discuss the effectiveness of digital mental health tools and services available.

Join us live on:  YouTube • LIVE

Scan here to access this online talk:

Saturday, 23 October 2021  
10.30am to 11.30am



[www.tinyurl.com/online-mental-healthcare](http://www.tinyurl.com/online-mental-healthcare)

## FEATURED SPEAKERS:



**Janice Weng**  
Senior Assistant Director,  
MOH Office for Healthcare Transformation  
**A Glimpse into the Future  
of Digital Self-Help**



**Ivan Lim**  
Person with Lived Experience  
& Creative Director,  
Infected Studio  
**Your Mind Matters**



**Dr Jackki Yim**  
Principal Clinical Psychologist,  
Institute of Mental Health  
**Breaking the Barriers: the Rise  
of Internet-Based Cognitive  
Behavioural Therapy**

## MODERATED BY:



**Dr Chris Tan**  
Consultant & Deputy Chief,  
Department of Geriatric Psychiatry  
Institute of Mental Health

Brought to you by:



In conjunction with:  
World Mental Health Day 2021