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FOR IMMEDIATE RELEASE

MEDIA RELEASE

**WORLD MENTAL HEALTH DAY 2007 TO PROMOTE
RESILIENCE AND NEW CONFIDENCE IN HANDLING
STRESS**

- ***IMH Focuses on Positive Messages of Building Resilience***
- ***Approach to Stress More Comprehensive and Coordinated***

In commemoration of World Mental Health Day (WMHD) 2007, the Institute of Mental Health (IMH) held a one-day carnival-cum-exhibition at Vivocity today, which was also in conjunction with Children's Day. This is a collaboration with the Health Promotion Board's Mind Your Mind programme to promote awareness and understanding of the importance of developing mental resilience among Singaporeans, including parents and young children. Gracing the event was Ms Yong Ying-I, Permanent Secretary for the Ministry of Health (MOH).

Unlike previous educational outreach events focusing on mental illness, IMH reached out this year with positive messages on mental wellness. Through a specially commissioned skit on the average Wan family coping with stress in Singapore, real life examples were given to debunk the myth that only stress management tools are required for coping with daily stress. Drawing on the power of common place objects like chocolates and dirt in a beaker, abstract concepts of mental resilience are woven into a highly entertaining and interactive performance.

'Mental resilience refers to the ability to overcome adversities and bounce back when faced with a critical situation. It is important to maintain a healthy mind that is capable of freeing itself from negativity when plans go awry. Unlike just equipping yourself with stress management tools like relaxation, resilience embraces stress with the attitude and flexible mind set of turning the problems into opportunities. It means having the confidence needed to tap one's strengths overcome setbacks. Thus not all stress is bad, ' said Dr Daniel Fung, Chief, Child and Adolescent Psychiatry and Child Guidance Clinic, Institute of Mental Health.

Ms Yong Ying-I, Permanent Secretary, MOH, said: 'The importance of mental health is as crucial as physical health to the overall well-being of individuals. We are constantly improving the mental wellness of Singaporeans and I am glad that agencies are rallying together to raise public awareness about the importance of mental resilience.'

The educational and interactive carnival also included exciting quizzes, interactive activities and musical performances. Various exhibition partners, including the Health Promotion Board participated in the event. Throughout the day, health talks on mental resilience were conducted by health care professionals for the general public. There were demonstrations of art therapy and its therapeutic effects by IMH's Occupational Therapy Department (OTD).

Chief Executive Officer of IMH, Mr Leong Yew Meng, said: 'With the implementation of Ministry of Health's National Mental Health Blueprint, I am confident that we will work closely with different partners to build a mentally and emotionally resilient community. Employees can tap their company's workplace mental health programme for resilience training. At IMH, we've specially developed the HARDY programme to teach resilience in the companies. For parents and children, the challenge is to accept that stress is part and parcel of daily living. What is critical is for a shift in attitudes and a new confidence that with the right support, we can all overcome setbacks and move on.'

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About the Institute of Mental Health

The Institute of Mental Health/Woodbridge Hospital (IMH/WH) is a 2,000-bed acute tertiary psychiatric hospital located on a sprawling 25-hectare campus called Buangkok Green Medical Park, in Buangkok View. Equipped with modern facilities, with 51 wards for in-patients and two Specialist Outpatient Clinics for out-patients, IMH/WH offers a multi-faceted and comprehensive range of psychiatric, rehabilitative and counselling services designed to meet the needs of three groups of people, namely, (i) children & adolescents, (ii) adults and (iii) the elderly. Its multi-disciplinary approach to patient care is supported by the departments of Nursing, Clinical Psychology, Occupational Therapy, and Medical Social Work.

For more information on the organisation, please visit the IMH website at www.imh.com.sg

About HARDY programme for Corporates

Hype about resilience

- The 'what' and 'why' of Resilience

A Resilient Mind

- Be aware of what you are thinking
- Learn to challenge your negative thinking and win

Relationships and Resilience

- Learn how to establish supportive relationships in your workplace

Difficult hurdles to overcome

- Dealing with our mistakes and successes
- Developing our personal control
- Where do I see myself in 5-10 years' time

Yesterday once more

- Theory to application

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