

MEDIA RELEASE

FOR IMMEDIATE RELEASE

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NEW BOOK UNVEILS PERSONAL STORIES AND LESSONS ON RECOVERY FROM MENTAL HEALTH ISSUES

1. The Institute of Mental Health (IMH), with the support of the Health Promotion Board and the Woodbridge Hospital Endowment Fund, has published “The Write to Recovery”, a collection of personal stories, poetry and artwork from 25 patients and their professional carers on their recovery from mental health issues. This book will be officially launched by Dr Intan Mokhtar, MP for Ang Mo Kio GRC, during the World Mental Health Day celebrations in IMH on 21 October.
2. As the inaugural book in the “Mind This Voice” book series initiated by the Department of Psychology, IMH, this book aims to promote mental health and recovery by moving and inspiring readers who are either going through emotional distress, have friends or family members who are, or who simply want to learn more about mental health issues. The conditions covered include depression, bipolar disorder, obsessive-compulsive disorder, and schizophrenia.
3. This book is unique in that the contributions come not only from current and former patients, but also medical and allied health professionals involved in their recovery. These professionals share their reflections on having journeyed with their patients in the healing process.
4. Cat*, a patient who contributed a story on her recovery from bipolar disorder, said: “Writing my story helped me to re-live the past I had left behind, after I had got back on my feet. Right now, I am maintaining good mental health with medication, but more importantly, with the right pattern of thinking.”
5. Another patient, Mal*, wrote about her recovery from Body Dysmorphic Disorder (BDD). “Having gone through and survived BDD is one of the most important experiences in my life. By penning down my story, I wanted to give a voice to and encourage those suffering from BDD, and also raise public awareness of this intensely secretive and life-destroying disorder.”
6. “The Write to Recovery” is priced at S\$15 and is available for sale at the IMH Clinic B Pharmacy and at Wellsprings Catholic Books, 22 Sin Ming Lane, #06-

73 Midview City. It may also be purchased from the IMH Mental Health Education department (Tel: 6389-2831; e-mail: Nirhana_Japar@imh.com.sg).

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