



Striking Matches:

Re(dis)covering the Light Within

Dates : Saturdays, 15, 22 & 29 May 2021

Time : Time: 10am – 1pm via Zoom (online)

What is Striking Matches?

Striking Matches is a new workshop series co-produced by persons in recovery, mental health professionals and caregivers, in collaboration with the Institute of Mental Health's Early Psychosis Intervention Programme. This series comes in three related workshops that build upon one another. Through discussions, hands-on activities and listening to personal stories, participants will learn more about psychosis and the process of recovery from psychosis.

What is co-production?

Co-production is a process where persons in recovery, their supporters and mental health professionals collaborate to create and deliver quality care and services jointly.

It values the lived experience of people with mental health conditions and the different perspectives of contributing parties.

In the creation of the Striking Matches workshop series, the contributors are involved from the start till the end – from planning and designing of curriculum to facilitating the workshop.

Organised by:



"Turmoil" 15 May

The first workshop "Turmoil" aims to help its participants recognise and break down barriers to seeking help for psychosis.

"Assimilation & Discovery" 22 May

The second workshop "Assimilation & Discovery" aims to help participants identify stressors and how to cope with psychosis.

"Reconstruction" 29 May

Finally, the third workshop "Reconstruction" aims to help participants reflect on their journeys so far and make plans for the future.

Anyone with an interest in psychosis is welcome. Join us for the Striking Matches workshop series to take home insights to help yourselves or others in recovery from psychosis!

Register by **Wed, 12 May 2021**

Registration link: <https://go.gov.sg/matches21>



For more information on Striking Matches, send an email to: Tan Yi Fong (Ms) Yi_fong_tan@imh.com.sg