

Lend a Hand

Some of your peers have been hard at work promoting mental health and you can be part of them too!



Here's how you can lend your support

Audible Hearts

Audible Hearts (AH) is a secure online portal that offers **anonymous peer support** to youths in Singapore.

Be a Youth Volunteer today

or

Provide Peer Support online
(YOUTH PALS)

Manage the administration of the portal
(MANAGEMENT TEAM)



★ Achievements

Since its inception in 2006, AH has responded to **over 1,200 queries** and has been active in raising awareness about the importance of youth mental wellness through public information booths, dramatic performances and publicity campaigns.



For more information on how you can play a part, **[click here](#)**.



You can also check out these cool projects

I Love Myself 7 Days Challenge

A positive mental wellbeing starts with appreciating yourself for who you are! The 'I Love Myself 7 Days Challenge' is a youth-led social movement aimed at promoting positive self affirmation to enhance self-esteem. Youths were encouraged to share what they like and appreciate about themselves daily for 7 days on Facebook.

★ Achievements

- 171 likes on Facebook page and increasing...
- 2000 total page views in 1 month
- Project showcased at HPB's National Healthy Lifestyle Campaign (NHLC)

"I like 'I Love Myself 7 Day Challenge' because it helped me discover lovable attributes that I never had, especially when friends chipped in on stuff I could write about, that told me why they treasured me as a friend!"

- Stephanie Yeo

"I love the challenge because every person deserves to be loved. We just need a little reminder each day to love ourselves too, not just others."

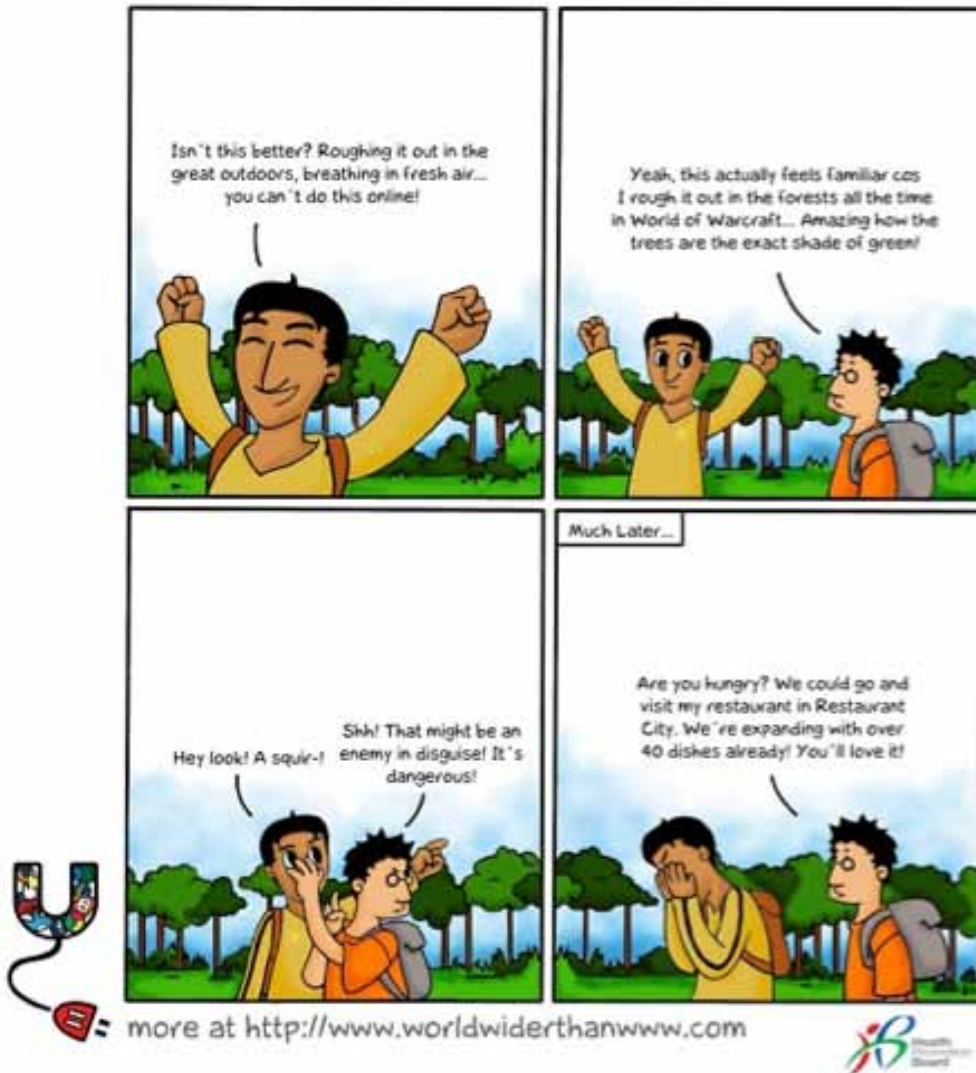
- Kang Hua



Check out the wall posts and find out more about the challenge [here](#).

Unplug!

This refers to the act of disconnecting oneself from the virtual world. The 'Unplug!' campaign is a youth-initiated campaign that tackles the problem of **internet dependency**. It promotes the need for a healthy balance between time spent online and offline, to youths aged 18 to 25 years old.



★ Achievements

- Created the "Carried Away" comic strips series to reflect youths' unique experiences with the Internet.
- Organised The Great Unplug Relay, a mobile pledge relay across 4 universities, where 1796 students pledged: 'My world is wider than the world wide web'.
- Facebook fan page received 401 likes and a total of 73, 590 post views during the campaign period.
- 70% of survey respondents indicated that the campaign has motivated them to spend more time on healthy offline activities.



Have a look at the comic strips and find out more about the campaign **here**.

Project Van Der Waals

Project Van Der Waals is an original Theatre-In-Education programme targeted at secondary school students. It consists of a drama performance and a post-performance workshop educating students about **friendship, bullying & cyberbullying**.



Make a difference in your community and in the lives of others by helping them become more resilient to life's challenges.



[Click here](#) to find out how you can do so.