

MEDIA RELEASE

Date of Issue: Monday, 27 February 2023

CONNECT THE DOTS TOGETHER ON NATIONAL ADDICTIONS AWARENESS DAY 2023

1. "Don't give in, don't give up," shares [Mr Simon Khung](#), a person in recovery from substance abuse and guest speaker at the National Addictions Awareness Day (NAAD) 2023. Speaking from lived experience, Simon believes that addiction is about temptation and it is easy to succumb to one's temptation. His message to affected individuals is that the recovery process for addiction is a long journey and it is important to not to give up as one could easily lose his or her life to addiction.
2. Into its sixth run, the NAAD 2023 will take place on Saturday, 4 March 2023, 9am to 3pm at The Plaza at the National Library Building. This year's event is organised by the National Addictions Management Service (NAMS) and supported by Central Singapore Community Development Council (CDC) and community partners. Guest of Honour Ms Denise Phua, Mayor of Central Singapore District and Grassroots Adviser to Jalan Besar GRC GROs, will grace the event.
3. Central Singapore CDC is the fifth CDC that NAMS has worked with to forge a deeper understanding of addictions to the general public. This is the first time the event is held physically since the Covid-19 pandemic started in 2020, with a virtual NAAD held in 2021. The NAAD 2023 has come full circle back to a physical event where it allows for in-person interaction and connection, to foster a sense of community. The event also aims to raise awareness of various addictions and highlight the need for collaboration and connection in the recovery journeys of individuals with addictions.
4. The theme 'Connect the Dots' underscores the importance of a holistic approach to prevent addictions and support recovery. A/Prof Lee Cheng, NAMS Programme

Director and Clinical Director (Population Health), Institute of Mental Health, said: “There are many factors why a person takes up a harmful substance or behaviour. It is usually in retrospect that we connect these dots and learn how it had veered into an addictive illness. Treatment will be incomplete if we only manage the clinical symptoms and not their psycho-social needs. This means we have to revisit these dots and connect them to form a supportive and protective network to help them keep the addiction at bay. We hope that the [NAAD](#) will steer open conversations about addictions, its prevention and recognising that recovery calls for more than just an individual’s effort.”

5. At the NAAD event, recovery warriors will share their stories of recovery. Attendees can expect intimate conversations with recovery warriors at the human library booth to kickstart empowering conversations about addictions. There will also be family-friendly activities such as Giant Jenga and t-shirt printing at the fabric printing booth, ensuring a fun day out for all.
6. As part of on-going public education, for the first time, a national quiz on addictions will be launched on NAAD and run beyond the event. The quiz aims to increase Singaporeans’ knowledge of addictions and the help avenues available. Participants who complete the quiz and register for the final draw could win prizes.
7. Mayor of Central Singapore District, Ms Denise Phua, said: “1 in 7 Singaporeans experiences a mental disorder in their lifetime. As Singapore’s most populated region, Central Singapore District is naturally concerned and committed to supporting the cause of mental wellness, including addiction prevention.

During the COVID pandemic, Central CDC launched a ‘MIND Your Health’ series with the Institute of Mental Health (IMH) to help create timely awareness of mental health. Residents were equipped and encouraged to take positive action for mental wellness.

I am heartened by IMH for its strong support and continued good work in promoting mental wellness. Addiction prevention and recovery will take more than an individual’s effort. The theme of National Addictions Awareness Day (NAAD) this year, ‘Connect the Dots’, highlights the importance of a supportive network. I invite partners and passionate individuals to collaborate with IMH and Central Singapore CDC to champion the mental well-being of our residents.”

8. Attendees can visit various informative booths to learn more on the resources for those seeking help for various addiction issues. The booths are managed by

community partners such as Alcoholics Anonymous Singapore, Credit Counselling Singapore, Central Narcotics Bureau, Fei Yue Community Services, HUG Community Services, Industrial & Services Co-operative Society, Ministry of Social and Family Development, Narcotics Anonymous Singapore, NeuGen Fund, Singapore Anti-Narcotics Association and WE CARE Community Services.

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About National Addictions Management Service (NAMS)

The National Addictions Management Service (NAMS) was incorporated in 2008 to provide treatment for a broad range of addictions, including addiction to gambling, drugs, alcohol, sex, and the internet, and gaming.

At NAMS, a multi-disciplinary team which includes psychiatrists, psychologists, counsellors, nurses, and medical social workers provides an integrated treatment approach for patients. Individual, group and family therapy programmes are available for both patients and their family members.

Located at the Institute of Mental Health (IMH), NAMS runs an outpatient clinic and an inpatient ward (Serenity Centre) which provides residential detoxification and rehabilitation services.

ENGLISH-CHINESE GLOSSARY

National Addictions Awareness Day	全国成瘾意识日
Institute of Mental Health (IMH)	心理卫生学院
National Addictions Management Service (NAMS)	国立成瘾治疗服务
Adj A/Prof Lee Cheng Programme Director, National Addictions Management Service, Clinical Director (Population Health), Institute of Mental Health, Senior Consultant	李清副教授 国立成瘾治疗服务项目总监 兼心理卫生学院 人口心理健康教育办事处 医务总监, 精神科高级顾问
Ms Denise Phua Mayor of Central Singapore District Grassroots Adviser to Jalan Besar GRC GROs	潘丽萍女士, 中区市长 惹兰勿刹集选区基层组织顾问
Central Singapore Community Development Council (CDC)	中区社区发展理事会

National Addictions Awareness Day Event Poster

NATIONAL ADDICTIONS AWARENESS DAY 2023

Saturday 4 March 2023

9am to 3pm

The Plaza, National Library Building

100 Victoria Street, Singapore 188064

Free admission | This event is held in English

Join us to learn more about the different types of addictions and the various platforms to seek help. Let's **Connect the Dots** together to raise awareness about addiction!

Guest of Honour

Ms Denise Phua

Mayor of Central Singapore District
Grassroots Adviser to Jalan Besar GRC GROs

Emcee

Genevieve Tan @theycallmegenny



Event Highlights

Guest speaker, **Simon Khung**, was trapped in a cycle of drug abuse for 16 years as he dealt with depression and suicidal thoughts. He shares his struggles and journey to recovery to inspire others.



Get connected with persons in recovery at our **Human Library** booth to hear their stories. Learn to take your first steps towards a healthier lifestyle.

Witness a mesmerising show of vibrant colours and spectacular visuals by sand artist **Lawrence Koh** as he turns sand into beautiful works of art right before your eyes.



Make your own tee at our **fabric printing booth** and have fun at the other fringe activities including **Giant Jenga!** Catch local band **The Night Stand** as they perform songs of inspiration.



CONNECT THE DOTS

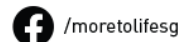
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