



# **Project Helios**

## **Group 7-04**

Ryan Teoh 4S223 (L)

Ong Chi Juay 4S218

Lee Yin Lok 4H117

Jerome Ang Shun Kang 4H113

Zeng Zhi 4B130

## **Category 7 (Service Learning)**

# An Overview

## Our Beneficiary



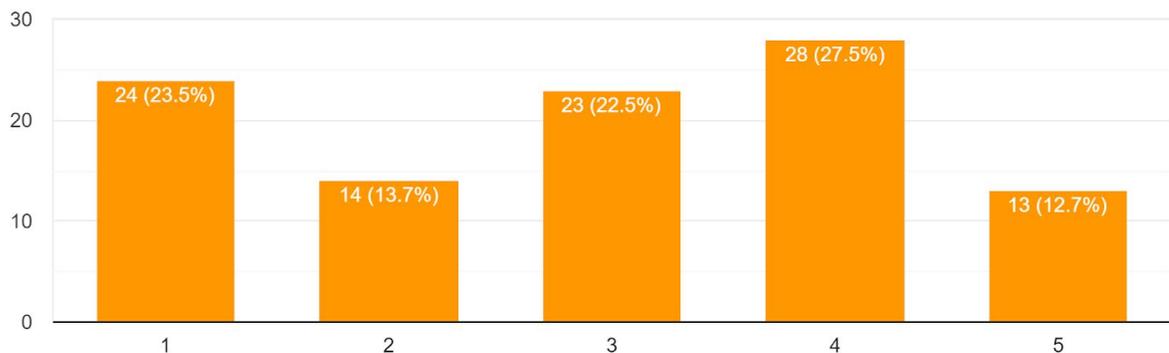
## Areas of Concern

### The Prevalence of Poor Mental Health

1 in 7 Singaporeans is affected by mental illness in their lifetime, according to the Institute of Mental Health (2016). This figure also increased from 1 in 8 from 2010, suggesting that our mental health is generally declining. This trend is emphasised further with our Needs Analysis, where a significant number of students rated their mental wellbeing as extremely low.

On a scale of 1 to 5, how would you rate your own mental well-being?

102 responses



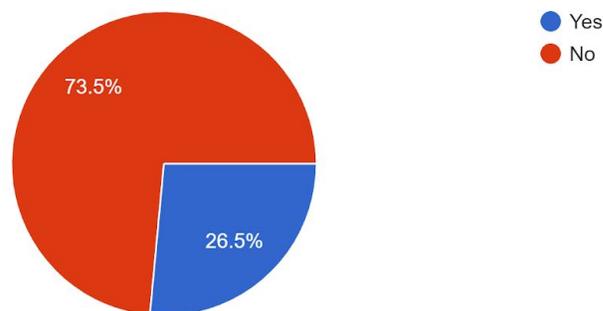
## The Impacts of COVID-19

COVID-19 has only exacerbated the situation, since it caused losses of opportunities or even loved ones for many, leading to a “pandemic of mental health” as seen in the 6600 calls to the National Care Hotline in April. Furthermore, SAMH also requires some financial support to continue to provide emotional assistance to those in need, including their existing clients, through the unstable economy.

## The Stigma Surrounding Mental Health

Research from the National Council of Social Service (2018) also suggests that more than half of Singaporeans are unwilling to coexist with people with mental illnesses, while our respondents realise how much stigma that surrounds this issue. There remain many misconceptions about mental health and illness, which can deny people with mental illness access to opportunities and relationships, and prevents them from seeking treatment.

Do you think people around you facing mental health issues would make their problems known?  
Will they seek help?  
102 responses



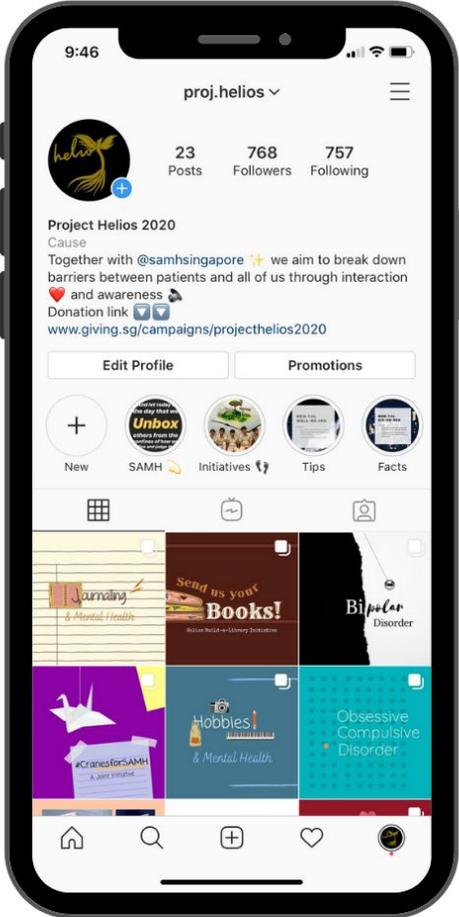
## Underlying Problem & Objectives

Given that mental health issues are a widespread concern exacerbated by COVID-19, and that there is a lack of understanding and numerous misconceptions about them,

how can we **promote an understanding of mental health**, while building an inclusive society by **empowering and promoting interaction with the mental health community**?

- 1) Promoting understanding of mental health so our school community, peers and public can maintain their mental wellness through these times
- 2) Encouraging interaction to break down stigma between our peers and the mental health community
- 3) Supporting SAMH and mental health community through these uncertain and financially difficult times

# Accomplishments

Activity	Description	Objectives Met
<p>@proj.helios Instagram Page</p>	<ul style="list-style-type: none"> <li>● Posted almost weekly from January to August</li> <li>● Featured on @hwachong.official, @hwachonghsc, @citymca youthforcauses, @p.rojectz etc.</li> <li>● Mental Illness Facts, Mental Wellness Tips, Milestones &amp; Initiative</li> <li>● Estimated Outreach: 6250</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>	<p>Raise awareness, Reduce stigma, maintain mental wellbeing</p>

<p>Participation in SAMH activities</p>	<ul style="list-style-type: none"> <li>● Creative writing workshop and ROBOX initiative (with Extended Organising Team)</li> <li>● Learn more about mental health from SAMH</li> <li>● Interaction with mental health community</li> <li>● Estimated outreach: 10</li> </ul>	<p>Raise awareness &amp; promote interaction</p>
<p>Socio-Recreational Activities (Peers)</p>	<ul style="list-style-type: none"> <li>● 2 virtual sessions appreciating literature &amp; plays related to mental health</li> <li>● Deep discussions to promote empathy for struggles faced by people with mental illness in society</li> <li>● Estimated outreach: 30</li> </ul>	<p>Raise awareness, reduce stigma</p>
<p>Socio-Recreational Activities (Clients)</p>	<ul style="list-style-type: none"> <li>● 2 virtual sessions with clients @YouthReachSAMH</li> <li>● Clients were engaged in an origami folding session</li> <li>● Mental health benefits of origami</li> <li>● Estimated outreach: 10</li> </ul>	<p>Promote interaction &amp; maintain mental wellness</p>
<p>CCE Lesson Package @ HCI</p>	<ul style="list-style-type: none"> <li>● 5 sessions (4 consortiums and Sec 1 assembly)</li> <li>● Students were taught: <ul style="list-style-type: none"> <li>○ What mental health is &amp; common misconceptions</li> <li>○ How to maintain mental wellbeing during COVID-19</li> <li>○ How to seek assistance for themselves &amp; loved ones</li> </ul> </li> <li>● Estimated outreach: 1600</li> </ul>	<p>Raise awareness &amp; maintain mental wellness</p>

#Cranes4SAMH Initiative	<ul style="list-style-type: none"> <li>● Partnership with 4 other Service Learning groups serving SAMH</li> <li>● HCI students folded cranes to support the initiative (1000+)</li> <li>● &gt;10000 cranes were collected in total, over 8000 were collected from the public</li> </ul>	Raise awareness & maintain mental wellness
Build-a-Library Initiative	<ul style="list-style-type: none"> <li>● Reading corner in MINDSET Learning HUB</li> <li>● 200 books collected from book drive and various organisations</li> <li>● Helping clients upskill to find employment</li> <li>● Improving existing facilities</li> </ul>	Supporting mental health community
Giving SG Fundraiser	<ul style="list-style-type: none"> <li>● Online donation drive that raised \$1310.00</li> <li>● Publicised using a social media challenge &amp; word of mouth</li> </ul>	Financially support SAMH

To date, we have raised **\$1,310** for SAMH and reached out to over **8,000** people.

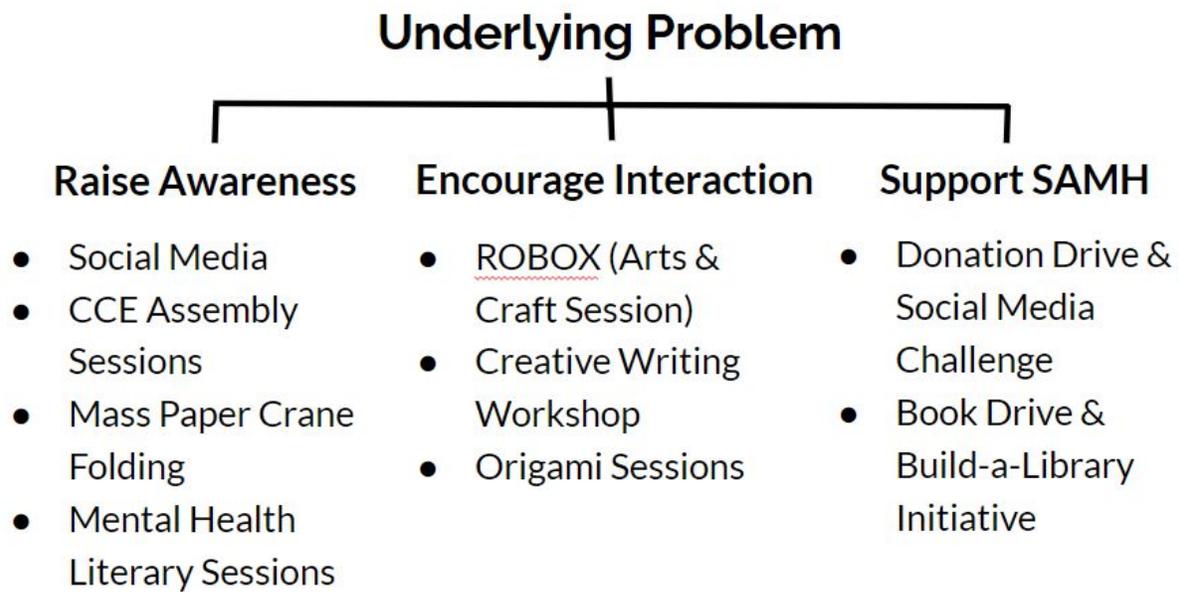
**Community Impact**

The public and our school community were able to better understand mental health and illness, and learn to better maintain our mental wellness. Our activities involving SAMH’s clients have also received positive feedback that it has been an enriching experience, while SAMH staff commended our Build-A-Library and online donation initiatives for their usefulness.

## Community Involvement:

Apart from us core members, we had 31 organising team members from various schools. They volunteered for our socio-recreational activities to further understand and interact with the mental health community, breaking down the stigma surrounding them and spreading their knowledge to their peers

## Resolution of AOCs/UP:



By educating the public and our peers, we can provide useful information on recognising and understanding mental illnesses and maintaining their own mental health, hopefully improving the mental health in our community while decreasing stigma surrounding the issue.

Interaction with the mental health community can not only meaningfully engage our clients and OT during the circuit breaker, but also aid in breaking down the barriers between them, reducing misconceptions about people with mental illnesses.

Finally, we managed to support SAMH, and by extension the mental health community, financially, at the same time allowing our beneficiaries to upskill.

## Reflections

As a team, adapting to the everchanging COVID-19 situation was one of our biggest challenges, requiring us to replan and rethink many of our initiatives. But this forced us to be innovative and flexible, and we feel that we adjusted very well to the social distancing measures and Circuit breaker period. If possible, we would like to have more interaction sessions, engaging the public especially, to further promote an inclusive society.

Furthermore, communications between us teammates as well as with SAMH was another issue, since we couldn't meet in person to discuss our plans. Communicating clearly and regularly became a very important skill and habit we learnt in order for all our plans to be executed smoothly. So in future, we'll establish a consistent and reliable communication, proactively updating the staff at SAMH.

But most importantly, in the time we spent with our beneficiaries, we begun to see the many different sides to a person. We realised how it's very narrow-minded to define a person's life by his/her mental health, especially since everyone has different personalities and experiences. This perspective is what truly helps us to destigmatise people with mental health conditions and respect them for who they are.

Word Count: 1000 (Excluding Cover Page and Headers)

## References

Choo, Cynthia (2018), *More people in Singapore have experienced a mental disorder in their lifetime, study finds*. Retrieved August 19, 2020 from <https://www.todayonline.com/singapore/more-people-singapore-have-experienced-mental-disorder-their-lifetime-study-finds>

The Strait Times (2018), *Many still steer clear of people with mental illness: Poll*. Retrieved August 19, 2020 from <https://www.straitstimes.com/singapore/many-still-steer-clear-of-people-with-mental-illness-poll>

Han, Goh Yan. *Over 6,600 Calls Made to National Care Hotline*. 29 Apr. 2020, [www.straitstimes.com/singapore/health/over-6600-calls-made-to-national-care-hotline](http://www.straitstimes.com/singapore/health/over-6600-calls-made-to-national-care-hotline).

Institute of Mental Health (2018), *Latest nationwide study shows 1 in 7 people in Singapore has experienced a mental disorder in their lifetime*. Retrieved August 19, 2020 from [https://www.imh.com.sg/uploadedFiles/Newsroom/News\\_Releases/SMHS%202016\\_Media%20Release\\_FINAL\\_web%20upload.pdf](https://www.imh.com.sg/uploadedFiles/Newsroom/News_Releases/SMHS%202016_Media%20Release_FINAL_web%20upload.pdf)