

**Written Report**  
**Project Alleviate 07-02**  
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Multi-Year (First Year)

## **Section I: Overview**

### **1. Area of concern**

Based on a survey conducted by Ipsos, 25% of the respondents have fair or poor mental health. Moreover, over the course of circuit breaker, around another 18% shared that their mental health has gotten worse. This is worrying, because only through healthy mental health is an individual able to realise his or her own abilities, cope with the normal stresses of life, and make a contribution to the community.

When Mdm Halimah Yacob visited Republic Polytechnic, she mentioned that “students may not have the courage to confide in their lecturers or teachers, or they may think that there is a stigma related to mental health issues”. According to the Samaritans of Singapore, the number of suicides in Singapore for those in their 20s remained the highest in 2019 compared to other age groups. A total of 71 people in their 20s killed themselves in 2019. Thus, whilst there has been increased efforts to address mental health issues recently, it is not sufficient and more has to be done.

### **2. Challenges Identified**

With the rapidly globalising world, people are over sensitised, often overwhelmed by things around them. Toxic environments like social media are exposed to youths and could lead to ostracising or uncivilised arguments. School environments may also not be comfortable for students to share their struggles and ask for help, which can lead to further stigmatization and misconceptions.

### **3. Underlying Problem**

Given that there is a stigma related to mental health issues, which results in youths being afraid to seek help for mental health issues, how might we be able to come up with a multi-pronged approach to tackle this issue and address these stigmas in the year 2021 and beyond?

### **4. Plan of Action**

Date	Action	Objectives
1/27/21	Creation of Instagram account	Awareness
February till end of year	Pasting of posters in school	
2/15/21 4/30/21 7/9/21	Sending of response surveys	Getting feedback on initiative

Starting from April	Finding projects groups similar to ours from other schools and contacting them regularly	Situation assessment in other schools
Starting from May	Line up actions to prepare and push out to other schools	Coordinate initiatives in schools
5/14/21 5/17/21	Screencast of mental health drama at assemblies+post-show review and pre & post talks	Have students understand mental health
3/1/21 5/19/21 7/23/21	Coffee sessions with smalls group of students	Talk to students on mental health
5/21/21	MHA presentation to CCA council	Encourage healthier environments in CCAs for students' mental health
6/4/21-last session before school hols	Start of iemb messages	Encouragement messages for students
6/9/21	Session with malaysian scholars	Check-in with students
6/10/21	2nd session with malaysian scholars	Follow up session
Starting from July	Implementation of initiatives	Act on initiatives
7/23/21	Session with OPSLs	Providing tips for OPSLs
8/13/21	Mental Health conversations - It is ok to not be ok (CCE programme with lower sec students)	Follow up session
Future Work (August - September)	Partnering with FamChamps to role out a comprehensive survey	To find about more about mental health issues

## Section II: Implementation of Action Plan

### **Actions and outcomes to date**

We have been able to take all actions, except for those with involvement with other schools and the coffee sessions due to Covid-19 restrictions. Many sessions that should have been done face-to-face were done online, combined with new initiatives added due to restrictions. We have seen increased awareness in students in regards to mental health, CCAs being a healthier

environment for students comfortable and safe in and improved knowledge and skills on how to help those suffering from mental health issues. Our Instagram account has 180 followers, a decent number for a new account that has limited reach, also considering our social circles.

## **Section III: Project Outcomes**

### **1. Accomplishments**

We have an Instagram page with 180 followers which was used to debunk myths and advertise the virtual concert that we held on YouTube. We also held sessions with Ortus Peer Support Leaders to assist them in looking out for their fellow peers, checked-in on the mental health of Malaysian scholars living at the boarding school, as well as helping to organise the screening of “The Monster in the Mirror Musical” and co-hosting a mental health talk during assembly.

### **2. Reflections**

We have learnt how difficult it is to push initiatives that are effective to improve mental health and its stigma to students. Considering the huge limiting factor of covid, we have done a decent job in our advocacy of mental health, and helping to change the school environment to support mental health. In hindsight, we could have been more active in pushing initiatives to advocate for mental health and change the school environment. However, we still did the best we could, and we have made visible improvements to the school environment. We would be working with our next batch of members for Project Alleviate to help them navigate through working with other schools and hopefully from there, our project would be able to reach its true potential in helping a wide community of students.

### **3. Scope of Impact**

Community Impact: Students could learn more about mental health in general, as well as how to look out for the people around them. We hope that students will be more aware of mental wellbeing and stigmas around it, as well as how to support one another during tough times.

Resolution of AOC/UP: Given that there is a stigma related to mental health issues, which results in youths being afraid to seek help for mental health issues, we came up with a multi-pronged approach to tackle this issue. Through assembly sessions and social media outreach, we were able to tackle the awareness aspect, and reduce mental health stigmas in school by educating and student population.

Assembly talk - 800 students

iEMB messages - 1000 students

CCA council - 30 students

Malaysian scholars - 30 students

Social media - 160