



# Project Helios

Group 7-03

Lee Jun An 4P313 (L)  
Aeson Ng 4i101  
Ho Keng Hin 4A110  
Kang Hao Wei 4A215  
Nathan Ho Shu Ren 4i119

Fourth-year project

## Areas of Concern

### 1. Detrimental Effects of Mental Illnesses

Suicide is the leading cause of death for those aged 10-29 years old. A total of 452 deaths were caused by mental illnesses. (Yeoh, 2021)

Studies have shown that depression may affect up to 18.2% of youths. If not treated adequately, the illness will persist into adulthood. (SOS, n.d.)

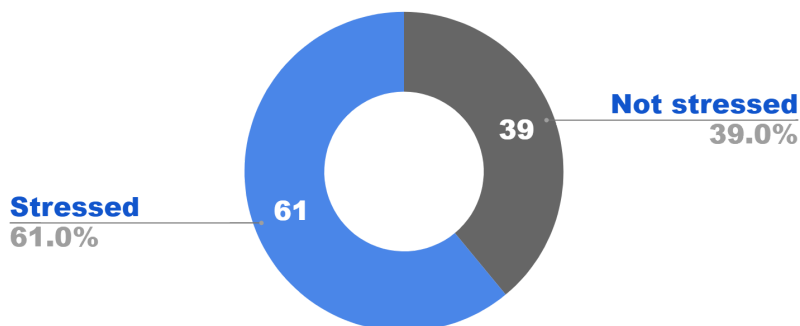
Due to societal stigmas against mental illness (Bose et al., 2019) , 59.2% of non-psychotic psychiatric patients reported difficulty in finding employment, and 27.7% of non-psychotic psychiatric patients were rejected by insurance companies.

### 2. COVID-19 has exacerbated mental health problems

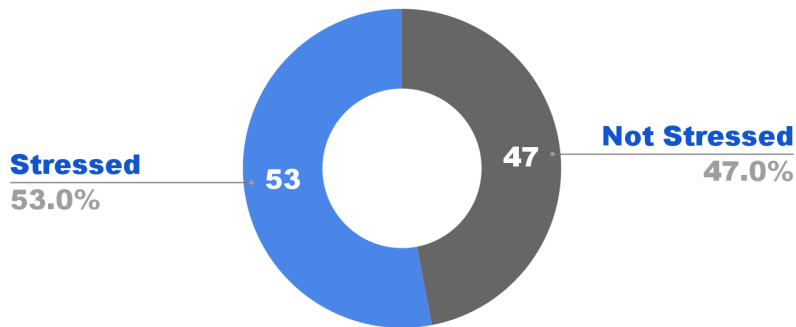
The total number of suicide and crisis calls received by Samaritans of Singapore increased by 18.2% from 2019-2020. The total number of mental health inquiries received by the Singapore Association for Mental Health (SAMH) increased by 26.9% from 2019-2020.

A survey by the NUHS's Mind Science Centre, and the Community Care Buddy found that those working from home can be more stressed than those working on the front lines of the Covid-19 pandemic.

### **Amongst those working from home,**



## Amongst front liners,



### 3. Stigma surrounding Mental Illnesses

It has been reported that more than half of respondents have indicated that they are unwilling to live with, live nearby or work with people with mental illnesses. (Choo, 2021)

Public understanding of schizophrenia is lacking despite its prevalence, with people with the condition being perceived as “dangerous or as individuals incapable of managing themselves” (CNA, 2021)

## **Challenges we had faced**

### 1. Organisation of activities and lack of funding

Earlier this year, SAMH adjusted their policies to only allow those over 18 years old to plan activities for them. Time was wasted as we were unable to execute most of our planned activities. Funding from the Citi-YMCA Youth For Causes programme only arrived end-June, inhibiting the progress of our physical schemes.

### 2. Poor responses from the Organising Team

Burdens ended up falling to the Core Team to cover for the hectic schedule as our Organising Team was unenthusiastic about the projects. Compromises had to be made, Hence, decreasing our outreach considerably due to the decreased intervals in promoting our project and raising awareness.

## Voluntary Welfare Organisation



### Underlying Problem

Given that many people still have negative sentiments towards the mentally ill, how can we promote understanding and improve the lives of those suffering from mental illnesses?

### Objectives

Based on our Area of Concern and Underlying Problem, the following objectives were set:

1. Develop a better understanding of those with mental health issues and spread awareness about mental health and its various conditions
2. Raise funds for SAMH to help them better provide for the needs of their patients

### Targeted Service Outcomes

Outreach: 700 people (Instagram) + HCI (We have planned out a CCE lesson for the school)

Funds Raised: \$3518.20

## Plan of Action

Raise awareness	Raise funds
<ul style="list-style-type: none"> <li>• Social Media posts</li> <li>• Helios Lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Helios Merch</li> <li>• Ice Cream Sales</li> <li>• Giving.sg</li> <li>• Youth For Causes</li> </ul>

## Summary

### Area of concern

- Mental illnesses have been exacerbated by Covid-19
- There is still stigma surrounding mental illnesses
- Mental illnesses have devastating effects



### Objectives

To develop a *better understanding* of those with mental health issues and *spread awareness* about mental health and its various conditions

*Raise funds* for SAMH to support their work and help them better *provide for the needs of mental health patients*



### Underlying problem

Given that the majority of people still have *negative sentiments* towards those with mental health conditions, how can we *promote understanding* and *improve the lives* of those suffering from mental health issues?



### Our role

Be the medium for the public to gain knowledge of mental health issues

Provide support for our beneficiary so that they can help more people with mental health

## Implementation of Project

### Activities and Outcomes to Date

<b>Activity</b>	<b>Description</b>	<b>Objectives Met</b>
Social media posts	<ul style="list-style-type: none"> <li>● Various social media posts on mental health               <ul style="list-style-type: none"> <li>○ Posts about specific mental illnesses to raise awareness about them</li> <li>○ Mental wellness tips</li> </ul> </li> </ul>	Raised awareness and helped alleviate mental burdens
Helios merch Sales	<ul style="list-style-type: none"> <li>● Sold the following:               <ul style="list-style-type: none"> <li>○ T-shirts</li> <li>○ Popsockets</li> <li>○ Magnets</li> <li>○ Drawstring bags</li> </ul> </li> </ul>	Raised awareness and funds (\$796)
Giving.sg	<ul style="list-style-type: none"> <li>● Online fundraising site set up</li> </ul>	Raised funds (\$1656)
Helios Lesson	<ul style="list-style-type: none"> <li>● Planned for late August to raise awareness about the importance of mental health</li> <li>● Provide tips for students to cope with stress</li> <li>● Lesson may be uploaded to SLS for greater accessibility</li> </ul>	Raised awareness about mental health and taught fellow students how to cope with stress
Ice Cream Sales	<ul style="list-style-type: none"> <li>● Sweet treats for students               <ul style="list-style-type: none"> <li>○ Helps de-stress after Term 3 examinations</li> </ul> </li> </ul>	Raised awareness

		and helped alleviate mental burdens (\$328.30)
--	--	--

### Project Outcomes

#### **Accomplishments**

- Raised a total of \$3518.20 for SAMH to fund their initiatives (including remaining YFC Funds)
- Outreach (Instagram): 700+ followers
  - Raised awareness on a total of 6 mental illnesses
  - Posted 10 mental wellness tips to help people understand how to cope with stress



## **Scope of Impact**

### Community Impact

The public was able to learn more about Mental Wellness for themselves and others through our Instagram posts. We explained the effects mental illnesses can have on us, as well as tips on how to cope with them.

Our lesson plan will allow HCI students to better understand, prevent, and cope with mental illnesses, as well as teach them how to empathise with those with mental illnesses.

### Community Involvement

We had a total of 22 extended organising team members from various schools, who aided with designing our Instagram posts. They can better understand mental wellness and will share what they have learnt with their social circles as well.

### Resolution of AOCs/UP

Through raising funds totalling \$3518.20, we helped SAMH to ensure their financial sustainability.

Our Instagram page has garnered 766 followers. We plan to present a lesson plan to the school, increasing our outreach. These activities allow students to better understand people with mental illnesses, reducing the stigma that they face, resulting in a more comfortable and encouraging environment that benefits people suffering from mental illnesses.

## **Reflection on Outcomes**

We realised the public was generally ignorant about mental health issues. When coming up with solutions, we found that small lifestyle changes are critical in achieving mental wellness. While we received much support from the public, we believe there is a long way to go before we can achieve a truly “Mentally Healthy” society. Organisations like SAMH play an important role in the community. However, more has to be done to gain public support and to spread mental wellness, which can help those suffering from mental illnesses to seek the help they require.

Over the past few months, we had managed to carry out our planned activities and achieved the goals we had set for ourselves. However, due to policy changes at SAMH, we were unable to host any interaction sessions. We realised how demanding the entire project was and we will work closely with the next batch of core members to further Helios’ impact.

Word Count: 999 (Excluding the Cover Page and References)

## References

[1] CNA, 2021: "The rise of mental health awareness – and the stigma that remains attached to certain conditions"

[2] Chong, S.A., Jeyagurunathan, A., Pang, S., Picco, L., Satghare, P., Subramaniam, M., Ying, W.L. (2017), Stigma resistance and its association with internalised stigma and psychosocial outcomes among psychiatric outpatients, *Psychiatry Research*, 257, 72-78. <https://doi.org/10.1016/j.psychres.2017.07.027>

[3] Bose, J., Chia, Y.M., Chu, W.J., Ho, R., Jatchavala, C., Koh, J., Li, Z.M., Sun, K.S., Tan, W.Q., Tran, B., Wang, J.Y., Wang, S.Z., Zhang, Z.S. (2019) Overview of Stigma against Psychiatric Illnesses and Advancements of Anti-Stigma Activities in Six Asian Societies doi: [10.3390/ijerph17010280](https://doi.org/10.3390/ijerph17010280)

[4] Yeoh, G., (2021) *The rise of mental health awareness – and the stigma that remains attached to certain conditions*. Retrieved from <https://www.channelnewsasia.com/singapore/singapore-mental-health-awareness-stigma-a-conditions-depression-1973166>

[5] SOS, (n.d.) *Learn about suicide*. Retrieved from <https://www.sos.org.sg/learn-about-suicide/quick-facts>

[6] MOH, (2012) *Depression*. Retrieved from [https://www.moh.gov.sg/docs/librariesprovider4/guidelines/depression-cpg\\_r14\\_final.pdf](https://www.moh.gov.sg/docs/librariesprovider4/guidelines/depression-cpg_r14_final.pdf)

[7] Choo, D., (2021) *Suicides in Singapore reach 8-year high in pandemic-hit 2020, with elderly suicides highest since 1991*. Retrieved from <https://www.todayonline.com/singapore/suicides-singapore-reach-8-year-high-pandemic-hit-2020-elderly-suicides-highest-1991>

[8] NCSS,(2018) *Media Release*. Retrieved from

<https://www.ncss.gov.sg/docs/default-source/ncss-press-release-doc/mh-anti-stigma-campaign-launch-release-pdf.pdf>