



The state of our mental health determines how we handle our emotions, manage stressful situations and relate to others. Yet, we often take our mental wellbeing for granted.

The [2016 Singapore Mental Health Study](#) revealed that one in seven people in Singapore has experienced some form of mental illness (such as mood, anxiety or alcohol use) in their lives.

Let us continue to take good care of our mental health, and create a more supportive community for people around us with mental health needs.

Be informed. Be inspired. Be the change.

ARTICLES & UPDATES



President's Challenge 2019 to focus on mental health

The challenge aims to create more awareness of the needs of persons with mental health conditions, and provide avenues to support them in their journey of recovery and reintegration.

Read [more...](#)



Promoting mental well-being through art

Art therapy sessions can help adults with mental health conditions to reduce depression and anxiety, increase self-respect and encourage re-engagement with the wider world. Read [more...](#)



Scaling Mt Everest to raise awareness

A pair of professionals in the finance sector has pledged to scale Mount Everest in May 2020 to raise funds for caregivers and awareness for mental health issues. Read [more...](#)



Fighting the monsters in their minds

More young people suffering from depression are reaching out for help as people become more aware of the condition. Read [more...](#)

VOLUNTEER OPPORTUNITIES



16 March 2019

Eye Am Aware 2019

Organised by WSC RSP (VH), join in for a day of fun at the Singapore Zoo where you get to interact and build bonds with service users from Singapore Association of the Visually Handicapped. [Find out more.](#)



28 March - 24 May 2019

URA Planning Exhibition

Play a part in shaping our city by participating as a volunteer guide in an upcoming exhibition presented by URA. Learn more about the future plans for Singapore and help share these plans with the community. [Find out more.](#)

COMPETITIONS & GRANTS



Social Impact Internship Stipend

The Stipend provides opportunities for you to explore a meaningful career by creating social impact and shared values while banking on real world experiences. [Find out more](#) and apply by April 2019.

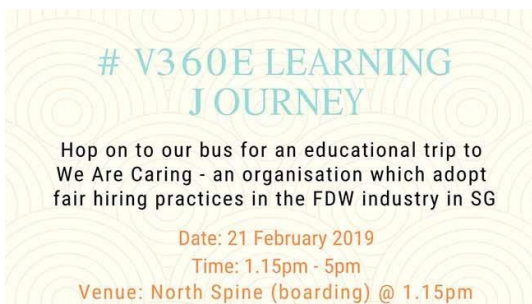
UPCOMING EVENTS



17 February - 7 April 2019

Arts For Good

A collaboration between Nanyang Arts Festival and Student Community Engagement, Arts For Good promises to unleash your creativity streak; all while contributing to a worthy cause. [Find out more.](#)



21 February 2019

#V360E Learning Journey: We Are Caring

Organised by NTU WSC GO!, come and learn more about how 'We Are Caring' aims to revolutionise the industry by promoting fair and ethical hiring practices of foreign domestic workers. [Find out more.](#)



18 - 22 February 2019

Mind Matters

Jointly organised by NTU WSC RSP (Mental Health) and NTU GSA, come and show your support at NTU's first ever Mental Health Week. There will be fun activities such as VR workshops and FREE ice cream. [Find out more.](#)



21 - 24 February 2019

Singapore Mental Health Film Festival

A film festival dedicated to break the stigma of mental illnesses and start real conversations around mental health issues in Singapore. The festival will feature seven different films, panel sessions and yoga workshops. [Find out more.](#)

OTHERS



May - August 2019

Internship Opportunities

The ASEAN Foundation is looking for a Creative Writing Intern and a Social Media Intern. Interns will be expected to start between May to August 2019, and minimum internship duration is at least eight weeks. Interested? [Email us!](#)



Student Community Engagement aims to empower students to make a difference through positive social actions. We believe that young people have a critical role to play in building a better world for themselves and the community.

We provide students access to opportunities such as grants for their ground-up initiatives and social entrepreneurship efforts, internships at non-profit organisations, and training programmes to develop community leadership skills.

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