



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health.

According to the latest [Singapore Mental Health Study 2016](#), the lifetime prevalence of mental illness in the Singapore resident population is 13.9% (up from 12% in a similar study done in 2010), which is about 1 in 7 people having a mental disorder. Major Depressive Disorder, Alcohol Abuse and Obsessive Compulsive Disorder were found to be the top three most common disorders here.

Here in NTU, we have a group of students from WSC RSP Mental Health who goes regularly to the [Institute of Mental Health](#) (IMH) to volunteer their time and hope to brighten the lives of the residents there. Unlike all of us who have family and friends to support us in our times of need, the residents at IMH can only look forward to volunteer visits to provide emotional support or simply spending quality time together. If you would like to join in this meaningful effort, visit their [Facebook page](#) to find out more!

*Be informed. Be inspired. Be the change.*

## ARTICLES & UPDATES

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### **More young people supporting peers with mental health issues**

More young people are forming ground-up initiatives to raise awareness of the stigma attached and to reach out to their peers in distress. Read [more...](#)



### **Spotlight on depression at YMCA youth event**

This annual one-day event - now in its seventh year - involves talks and discussions that centres on issues related to young people. The focus this year was on depression. Read [more...](#)



### **People with mental illness regain their autonomy**

Gustavo, a client of non-profit Casa del Parana, talks about how he recovers from schizophrenia and severe depression, more than a decade later and reunited with her 12-year old daughter. Read [more...](#)



### **Call to offer 'quality jobs' to those with mental health issues**

Employers are urged to offer better jobs to those who have mental health issues. Job Club has helped some employees to seek employment in the past and they have been with the same employer for more than 10 years. Read [more...](#)

## VOLUNTEER OPPORTUNITIES

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29 October - 1 November 2019

### NTU Blood Donation Drive 2019

Organised by NTU Red Cross, come and be part of the team to encourage NTU students and staff to donate blood at this annual drive. At this four day event, volunteers will help to usher and assist to answer enquiries from blood donors and general public. [Find out more.](#)



29 November 2019

### Silver Homes Volunteer Project

A volunteer-driven initiative which offers seniors residing in rental flats, a chance to have a cleaner, safer, and healthier environment to improve their living wellness. Volunteers will help in cleaning, painting and interacting with seniors. [Find out more.](#)

## COMPETITIONS & GRANTS

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12 & 19 October 2019

### Singapore Youth Action Challenge

Take part in the Challenge and come up with ideas to impact the future of Singapore in areas of environment, social and economy. You may receive up to \$50,000 in grants to turn them into reality. Click [here](#) to read more and apply.

# UPCOMING EVENTS



5 - 6 October 2019

## TOTS Awareness Charity Carnival 2019

Organised by NTU Hall 4 Touch of the Hearts, the annual fun carnival is back! Participate to raise funds and create awareness for Rainbow Centre Singapore. There will be games and food booths, so come down and do your part for charity. Each ticket costs \$10. [Find out more.](#)



26 October 2019

## Mental Health Carnival 2019

Come and hear from mental healthcare professionals and sign up for free workshops. There will also be a bazaar that will feature handmade crafts by persons in recovery from mental health conditions. [Find out more.](#)



14 - 18 October 2019

## Entrepreneurship For Good 2019

Sign up for fun activities such as cafe hopping sessions, free movie screening, lunchtime talks and more! This event aims to explore some of the social enterprises in Singapore and how they benefit the society, in addition to be financially sustainable. [Find out more.](#)



5 October 2019

## Doing Good Better 2019

Thinking about how you can do good better? This conference will cover topics such as climate change interventions, mental health and long term welfare. Subsidised tickets are available for eligible NTU students. [Email us](#) to find out more.

# OTHERS

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9 - 12 December 2019

## Youth For Change Conference 2019

Discover how World Vision pursues social innovation to tackle threats to the well-being of children and their families. To be held in the Philippines, look forward to field visits and interactive sessions with experts in the field. Grants are available for eligible NTU students.

[Email us](#) to find out more.



Website



Email



Telegram

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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