

SCE Update Goes Online!

Newsletter Issue #80

30 September 2020



LOVE YOUR MIND

During the two-month circuit breaker period, most people in Singapore stayed home as much as possible to fight COVID-19. To some people, having to be at home was difficult as they had no sense of personal space, both physical and psychological. Those who were more vulnerable included the low-income groups, working mothers with young children, frontline and migrant workers, those with mental health conditions and the elderly who were already social isolated. Health experts have warned that mental-health stresses can rise and problems can develop as the pandemic drags on.

The World Health Organization has designated 10 October every year as World Mental Health Day, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health.

Do you know of anyone in school who may be suffering from mental health issues or would like someone to talk to? The [University Wellbeing Centre](#) offers such services to NTU students. If you would like to help others who have mental health issues instead, get in touch with [Welfare Services Club Regular Service Project \(Mental Health\)](#) and volunteer in their programs!

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all." - Bill Clinton

Be informed. Be inspired. Be the change.

ARTICLES & UPDATES



Mental health advocates bridge support gaps online

Nicole, founder of mental health publication The Tapestry Project SG, launched a series of #CopingCovid19 stories in response to the pandemic. Back in 2011, she struggled with major depression and generalised anxiety disorder. She realised that writing allowed her to de-escalate her emotions. Read [more...](#)



Virtual walkathon aims to get community to step up

It is estimated that with every death caused by suicide, at least six other individuals are affected by the aftermath. The Samaritans of Singapore organised its first #HOWRU Virtual Walkathon, in conjunction with Suicide Prevention Awareness Month, which takes place globally each September. Read [more...](#)



Youth with mental health problems stay strong under COVID-19

As stresses from COVID-19 kick in, teenagers and young adults are more open to seek help with their mental health. Between July and August, HappYouth, a youth wellness programme by charity Character & Leadership Academy received an average of nine calls each month, relating to youth looking for emotional support. This is up from an average of three cases a month for the same period last year. Read [more...](#)



Trio promote mental well-being in online community

Alyssa's late husband, Tyler, who had bipolar disorder, took his own life just four months after they got married in 2017. Initially she didn't want to talk as she feels that she would be stigmatised after losing someone to suicide. When she finally started talking, it helped her healing process. This year, she teamed up with her friends to launch Calm Collective, a community that promotes mental wellbeing through webinars and online content. Read [more...](#)

VOLUNTEER OPPORTUNITIES



5 September - 26 December 2020

Y Arts Challenge @ YSTARs

Happening three Saturdays a month, Y STARs comprises of adults with Down-Syndrome who possess unique gifts in the dance and performing arts. They practice dance weekly and participate in regular arts and crafts sessions. Volunteer to be a friend to them. Click [here](#) to read more and apply.

Project Pens
& Friends



30 September - 31 December 2020

Project Pens & Friends

Love writing and keen to make a new penpal? Join in as a volunteer to write letters to the elderly at All Saints Home. Click [here](#) to read more and apply.

COMPETITIONS & GRANTS



CoLab4Good Fund for Community Projects

The Fund seeks to support meaningful ground-up initiatives and is an opportunity for NTU students to take action and create change. Feel inspired to start a community project or initiative to help those in need, especially during this period? Click [here](#) to read more and apply.

UPCOMING EVENTS



19 September - 30 October 2020 World Mental Health Day 2020

COVID-19 has transformed our lives in many ways. In conjunction with World Mental Health Day 2020, join in for a series of online talks, workshops and activities to learn how to better look after our mental well-being and adapt to a new normal. [Find out more.](#)



25 September - 18 October 2020 The Virtual Enabling Festival

Into its third year, the Enabling Festival is going virtual this year. The festival is to create greater awareness about dementia and creating a community for caregivers. The programme lineup includes talks by health professionals, films, theatre, movement classes and more. [Find out more.](#)



3 - 10 October 2020 The Limitless Run 2020

Since 2017, Limitless has been working with youths across Singapore, providing them with support through helplines and counseling programmes. All proceeds collected from this virtual run, goes towards supporting youth mental health programmes. You can also fundraise for Limitless! [Find out more.](#)



13 - 14 October 2020

GCNS Virtual Summit 2020: Youth Track

Gain insights on food sustainability in the new normal and learn how you can take decisive action on your part in this free GCNS Virtual Summit youth track, which is dedicated to empower future business leaders in shaping the future of our food systems. [Find out more.](#)



18 - 22 October 2020

YESFestival 2020

As part of the 'Say Yes To Waste Less' campaign and organised by National Environment Agency, this is a five day online festival celebrating and promoting the actions we can take to reduce our disposables and food waste. Daily content will feature local personalities such as Xiao Ming from SGAG, Benjamin Kheng and Munah Bagharib. [Find out more.](#)

OTHERS



12 - 16 October 2020

Digital Break

Organised by WSC Growth & Opportunities, come and learn more about the importance of taking digital breaks and be more aware about the problems excessive digital consumption causes. [Find out more.](#)

CONNECT WITH 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.

This is a fortnightly newsletter. You can read our past issues [here](#).