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# Learn how to better tackle mental health concerns with three-day programme 'Difference in YOUth'

by Esther Lam (Writer) | Sep 10, 2020

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The programme, which will happen from Sep 10 to 12, is organised by the North East CDC and Care Corner Singapore in support of suicide prevention week.

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In conjunction with suicide prevention week, the North East Community Development Council (CDC) and Care Corner Singapore are running a three-day programme focusing on the mental wellness of youths.

Called **Difference in YOUth**, it will take place between Thursday and Saturday (Sep 10 to 12).

Recognising the importance of early intervention and raising awareness on mental wellness, the youth mental health programme seeks to provide both youths and caregivers with access to resources to better tackle mental health concerns.

A study by the Institute of Mental Health in 2018 revealed that the most vulnerable group at risk of suffering from a mental health condition are youths in Singapore.

The North East CDC Mayor, Mr Desmond Choo, said: "We know that if we don't up our game [against mental health issues], it can leave many of our young people behind and without help.

"The only good thing about COVID-19 is that it has really forced us to evolve our outreach methods. So our plan is to go through a multi-prong approach.

"There is still a stigma in seeking help and we want to make it as accessible for younger people as possible."

Head [here \(https://linktr.ee/DIY2020\)](https://linktr.ee/DIY2020) to register for the programmes available.

PHOTO CREDIT: NORTH EAST COMMUNITY DEVELOPMENT COUNCIL

The programme starts with a sharing session by 'Ah Boys To Men' actor and musician Tosh Zhang on his experiences with mental health issues via Facebook Live on the North East CDC's [Facebook](https://www.facebook.com/NECDC) (<https://www.facebook.com/NECDC>) page on Sep 10, from 3pm to 4pm.

There will also be a chat session on the importance of youth mental wellness featuring FLY Entertainment's Irene Ang and North East CDC Mayor Mr Desmond Choo.

On Sep 11 (Friday), an e-gaming Mobile Legends competition for youths will be held from 2pm to 6.30pm. Non-participants and members of the public may view the competition via the Facebook page of either [North East CDC](https://www.facebook.com/NECDC) (<https://www.facebook.com/NECDC>) or [Care Corner Singapore](https://www.facebook.com/carecornersg) (<https://www.facebook.com/carecornersg>).

On Sep 12, a "Youth Mental Wellness Dialogue Session for Caregivers" and vocational workshops "Crash Course 101" will be conducted between 2.30pm and 5pm.

The dialogue session features three speakers: Joanne Wong of TOUCH Community Services, Jenny Teo of the PleaseStay. Movement and Jane Goh from the Singapore Association of Mental Health (SAMH).

Joanne will be presenting the impacts of social media on youths, destigmatising mental wellness issues and how caregivers can seek help if they struggle in understanding such issues.

Jenny will be sharing her personal experience of losing her son who committed suicide. She will also share tips to identify symptoms of and prevent depression or suicidal behaviour.

Jane will speak on the transitions youths undergo, from adolescence to working adults, approaches caregivers can adopt in discussing mental health issues and seeking community support when needed.

Crash Course 101 will include a sharing by Care Corner Singapore Insights about the various aspects of mental wellness and tips to strengthen mental health. There are also specific workshops for youths to explore their interests such as 'Digital Marketing Strategy', 'How to be a Professional Game Commentator' and 'Crocheting as a Skill'.

BANNER AND TEASER PHOTO CREDIT: POLINA ZIMMERMAN ON PEXELS

*Want to avoid the crowd outside but unsure what you can do at home? Hop on to [Cr8studiosg](http://https://www.facebook.com/Cr8studiosg/) (<http://https://www.facebook.com/Cr8studiosg/>) to watch chat shows, stand-up comedy and music performances! Or visit [MehGoWhere.SG](https://mehgowhere.sg/) (<https://mehgowhere.sg/>) for more resources or things to do!*

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