


# youth

## MENTAL WELL-BEING NETWORK

Supported by MSF, MOH, MOE in collaboration with MCCY and NYC

## JOIN THE PROJECT TEAMS

Click on  for more details on the project and to sign up! You may also contact the group representative if you have clarifications on the project.

### A Parent's Guide to Emotional Literacy

We are looking for a graphic designer to design the guide, and a subject matter expert (psychiatrist/ psychologist/ counsellor) to contribute to writing the guide. For more details on the roles, please see the sign-up form.

[sngkiatpeng@u.nus.edu](mailto:sngkiatpeng@u.nus.edu)



### Certification to be Peer Supporter @Work

Participate in specialist training to be equipped with mental well-being peer support skills. For individuals, be certified to help fellow peers facing distress at work. For corporates, nominate and train your employees as advocates.

[youngntuc@ntuc.org.sg](mailto:youngntuc@ntuc.org.sg)



### CRACKERJACK Circuit and CRACKERJACK Community

Circuit - a mental circuit where youths can practise and develop skills by doing various tasks at different stations. Community - a curated tabletop gaming session where youths play board games that focus on their needed skills. We welcome you to join us as facilitators for the sessions.

[fuzziedbare@gmail.com](mailto:fuzziedbare@gmail.com)



### Digital Emotion Support Platform: Research Support

We invite you to work with Acceset's research partners to help roll out our Institutional Review Board (IRB)-approved research study. Support needed include literature review, assistance in updating of research protocol, manuscript write-up and participant recruitment.

[matt@acceset.com](mailto:matt@acceset.com)



### Driving Resilience & Inspiration for The Incredible Next Generation (DRIFTING)

Are you keen in youth work, but not sure how or where to start? Join us to make a difference through a structured mentoring programme. You will receive training at Ngee Ann Polytechnic in the morning before mentoring adolescents at-risk in the afternoon.

[drifting.ymwbsg@gmail.com](mailto:drifting.ymwbsg@gmail.com)



### E-PSY (Ecosystem - Peer Support for Youths)

Join the team to develop a one-stop "By Youths, For Youths" Peer Support Ecosystem consisting of text-based/ e-mail / call / video conferencing service!

[Campusysmovement@gmail.com](mailto:Campusysmovement@gmail.com)



### 'Free your Mind'

Join us if you would like to be part of the team to respond to youths who write in anonymously, to support them and ensure that their concerns are heard.

[anastardust@gmail.com](mailto:anastardust@gmail.com)



### Kickboxing for Fitness & Resilience (Female class)

Facilitators are needed to conduct a 30 min reflection (content provided) for groups of four female youths after each kickboxing training session in a ten-session kickboxing programme.

[delinaswee@gmail.com](mailto:delinaswee@gmail.com)



### Let's Talk Positivity!

LTP is a ground up Facebook community providing a safe space for positive conversations around mental well-being. Join us as content creators, with events management, or simply enjoy the conversation!

[talkpositivity@gmail.com](mailto:talkpositivity@gmail.com)



### Makan Already?

We are a group of parents keen to start a ground up interactive platform for parents to learn more about how to support their children's mental & emotional well-being. We are inviting other network members and members of the public to join us. We are looking for people who are excited and keen to contribute some of their time for our interactive platform for parents. All skill sets are welcome!

[makan.alreadysg@gmail.com](mailto:makan.alreadysg@gmail.com)



### Preparing for PSLE: Understanding and managing your child's stress

Join as a facilitator for online workshops for parents and/ or give feedback on a conversational game. Also appealing to businesses to sponsor family-friendly rewards for families that complete the programme (e.g. free scoop of ice cream).

[shaoyuan.chewchia@letsbramble.com](mailto:shaoyuan.chewchia@letsbramble.com)



### Sunflower Mental Wellness Workplace Connection

We need volunteers who can be part of the development and committed core team to co-drive the implementation phase. All volunteers, including those who are good with powerpoint presentation and IT skills are welcome to join us!

[ymwsunflower@gmail.com](mailto:ymwsunflower@gmail.com)



### The Catalyst Collective

We are looking for interested youths to share their mental wellness journey in our podcast series and stakeholders for collaboration. We are currently in discussion to run a pilot. We will provide more updates when more information is available!

[thecatalystsg8@gmail.com](mailto:thecatalystsg8@gmail.com)



### The WAND Resilience Programme for Youths

The call to action is for help in implementation - from finding sponsors to facilitators for small group coaching sessions to helping out with the administration and publicity for the programme.

[wendywand@chua.com](mailto:wendywand@chua.com)



### Using Data to Improve Youth Mental Well-being

We are interested in recruiting volunteer facilitators and setting up partnerships with youth agencies. Please sign up if you're interested in receiving updates on such opportunities.

[sikai\\_chen@trisector.org](mailto:sikai_chen@trisector.org)



### We Are Hear (WAH)

Join us as the core team in this community heart-based listening initiative. Volunteer Manager, Event Liaison, Social Media and Fund-raising personnel needed. We welcome anyone who is 14 years old and above, keen to reduce mental health stigma.

[wearehearsg@gmail.com](mailto:wearehearsg@gmail.com)



### Well-being SG: a community portal for everyone

You will be part of an innovative Well-being SG community portal which will give everyone an opportunity to create and curate conversations round various well-being topics. Join us as conversation starters, moderators or expert advisors

[hello@kaleidoscope.sg](mailto:hello@kaleidoscope.sg)



## OTHER YOUTH MENTAL WELL-BEING NETWORK PROJECTS

(currently not open for sign up)

### Bridge to Emotional Self-Sufficiency Project

The team is using a two-pronged approach to build emotional resilience in our at-risk youths by (1) equipping and training Peer Support Leaders (PSLs) with social-emotional skills (2) Enhancing and strengthening of social emotional learning in schools and tertiary institutions in the longer term (e.g. foster emotional literacy, promote help-seeking behaviours).

### Building a Befrienders' Network in the Community

The team aims to engage youths (15-25 years old) to embark on community projects near their homes to provide (1) opportunities for them to show their potential, (2) platforms to keep them occupied on meaningful work and (3) prospects for them to meet fellow youths (trained on mental health) within the community

### Project It'll Be Alright

Our project is aimed at inspiring youths who are going through mental health issues or difficult moments by collecting stories of hope and resilience, from youths of diverse backgrounds. These stories will be compiled into an e-book, which will be shared with youths through Government agencies and influencers.

### Rebrand the Image of the School Counsellor

The team aims to reframe counselling and help parents and society understand what goes on during the counselling session. We hope to normalise counselling so that help seeking as a sign of weakness can be destigmatised.

### Upstream support to prepare youth for parenthood

The team aims to develop and roll out workshops/ conversations for parents-to-be so that they can be more confident as they enter parenthood, being aware of their parenting styles and are equipped to raise their children with strong mental health.

