

NEW SHORT COURSE:

PART 1: AN UNDERSTANDING OF MENTAL HEALTH FOR ALL & INVOLVING ALL

PART 2: SELF-HARM AND SUICIDE IDEATION: MENTAL HEALTH PERSPECTIVES

Given the growing awareness of and need for mental health in the community, ECTA would very much like to engage you to deliver one of a two-part course on mental health, **An Understanding Of Mental Health For All & Involving All & Self-Harm And Suicide Ideation: Mental Health Perspectives**.

The administrative details are as follows:

1. Schedule

- Part 1: 28 October 2022, Friday, 2:00pm to 6:00pm (4 hours)
- Part 2: 30 November 2022, Wednesday, 2.00pm to 5.00pm (3 hours)

2. Delivery

Dual Mode of Learning: Onsite In-Person and Online

- Onsite In-Person
Venue: ECTA, 1 Kay Siang Rd, #08-01/02, Singapore 248922
- Online
Via Zoom (Zoom details to be sent out one day before course commence)

3. Course Facilitator

- Part 1: 28 October 2022, Friday

A/Prof Lee Cheng

Clinical Director (Population Health)

Programme Director, NAMS

Senior Consultant, IMH

A/Prof Lee is a Psychiatrist and a Senior Consultant at the Institute of Mental Health (IMH), Singapore. At IMH, he holds multiple appointments including the Programme Director of National Addictions Management Service (NAMS) and the Clinical Director, Office of Population Health. He was previously the Vice-Chairman Medical Board (Clinical); the Head of the Emergency Services; and the Programme Director of Mobile Crisis Service. A/Prof Lee is currently the Vice-President of the Singapore Association for Mental Health (SAMH) and the immediate past President of the Silver Ribbon Singapore (SRS). He was also a board member of the National Council for Social Service (NCSS) from 2014 to 2020. A/Prof Lee is currently the Vice-President of the College of Psychiatrists and was the immediate past Chairman of the Section of Addiction Psychiatry. He was also an ex-President of the Singapore Psychiatric Association (SPA).

- Part 2: 30 Nov 2022, Wednesday

Dr Jared Ng Wei Lik

Senior Consultant / Chief / Program Director (MCT)

MBBS (Singapore), M Med (Psych) (Singapore), MPH (US)

Dr Jared Ng completed his medical studies at the National University of Singapore and subsequently obtained his Masters of Medicine in the field of psychiatry. Dr Ng has served as a military psychiatrist for the Singapore Armed Forces (SAF), providing psychiatric care and treatment for soldiers and other members of the SAF. Dr Ng had been involved in various humanitarian assistance and disaster relief missions. He was the deputy medical team leader deployed to Afghanistan in 2009 where he provided medical care and psychiatric training for both foreign troops and locals nationals.

Dr Jared Ng obtained his Master of Public Health from Harvard University where he focused on health and social behavior and explored school-based mental health programs in Boston.

Dr Ng is currently a senior consultant psychiatrist working at the Institute of Mental Health, Singapore. He oversees emergency services in the hospital and is the program director of a psychiatric crisis response service in Singapore. Dr Ng is an adjunct assistant professor with medical schools in Singapore. He volunteers with the Ministry of Social and Family Development, the Singapore International Foundation, and is the Board of Management of the IJ schools in Singapore.

4. Course Admin Facilitator

Adelyn Tan

Email: adelyn@ecta.edu.sg

Tel: 6346 6411 / 6339 5191

5. Course Fees

S\$288.00 inclusive of GST

Note: Please do not make any payment until further notice.

6. Registration

Please click [here](#) to complete the registration form.

7. Registration Closing Date

21 October 2022

8. Further Information

Course Introduction

In 2016, the Singapore Mental Health Study conducted by the Institute of Mental Health, revealed a significant association between younger age and mental disorders. Young adults aged between 18 to 34 years had the highest lifetime prevalence and a 12-month prevalence for any mental disorder. In 2017, it was reported that mental illness was the largest contributor to years lost to disease among young people aged 10 to 34 years in Singapore. The suicide incidence rate among those aged 10 to 19 had risen from 4.0 per 100,000 in 2019 to 5.5 per 100,000 in 2020

The IMH Mental Health Helpline received 50% more callers in 2020 compared to the same period in 2019, with a peak seen in April 2020 which coincided with the start of the Circuit Breaker. As of end May 2021, the National CARE Hotline has managed over 45,000 calls.

The Samaritans of Singapore (SOS) similarly noted a 30% increase in calls to its suicide prevention hotline during the Circuit Breaker. On 2 April 2020, the Samaritans of Singapore (SOS) saw a 42% increase in helpline calls, with callers sharing concerns around financial hardship, stress around the home environment, and anxiety from being separated from loved ones. From January 2021 to February 2022, the Samaritans Of Singapore (SOS) attended to more than 800 clients who attempted suicide or had suicide ideation, and were at high risk of self-harm. More than 80% of them were youth.

The National Youth Council (NYC) conducted regular polls on Singaporean youths' challenges and sentiments on COVID-19, between April and December 2020. Survey results showed that 50.1% would not consider seeking help from a mental health hotline; and only 1.8% had sought help. The top stressors cited by youth were 53% anxiety over the future, 41% stress over finances, and 39% worried about academic or work performance.

Synopsis

Health is “not merely the absence of disease but a state of complete physical, mental and social well-being” (WHO). Mental Health is how people look at themselves, their lives, and the other people in their lives; evaluate their challenges and problems; and explore choices. This includes handling stress, relating to other people, and making decisions. A person without any diagnosable mental health illness may suffer from poor mental health and conversely a person with a diagnosable mental illness may have good mental health. Stress may present as not just psychological or emotional symptoms. Workplace stress is prevalent and the past 2.5 years of COVID-19 makes us better appreciate the importance of workplace mental health. Sadly, there is strong stigma associated with mental health issues which deter an individual from seeking help. Do practice self-care while helping others.

This course will introduce participants to the landscape of suicide and self-harm in Singapore. Participants will learn about suicide risk assessment and management, including the application of assessment tools. There will be opportunities to understand the efforts of suicide prevention in Singapore and internationally.

Learners' Outcomes

At the end of the course, participants will:

- a. understand the difference between mental health and mental illness
- b. identify what leads to poor mental health and the symptoms
- c. understand what is workplace stress and job burnout
- d. employ strategies to maintain and sustain positive mental health
- e. recognise the stigma associated with mental health issues
- f. appreciate the importance of self-care
- g. be aware of suicide ideation risks and management as well as interventions
- h. know what constitutes self-harm
- i. identify self-harm risks and management as well as interventions

Target Learners

This course is suitable for all sectors, including counsellors, ECTA trainee counselling, psychotherapists, educators and teachers, social workers, caregivers and practitioners directly supporting mental health and mental wellbeing-related work.

Materials Provided

ECTA will email soft copy of handouts to learners attending Synchronous E-Learning while printed handouts will be provided to Onsite In-Person participants.

Certificate

Participants who complete 90% of the course will receive a Certificate of Participation from the Executive Counselling and Training Academy via email.

Enquiries

Should you have any enquiries, please do not hesitate to contact me at adelyn@ecta.edu.sg or 6346 6411 / 6339 5191.