



Let's unite against mental health stigma.

HOW MUCH DO YOU KNOW ABOUT MENTAL HEALTH?

In a recent survey on mental health, only 37% of Singapore residents agree that they are knowledgeable about mental health conditions. Let's be more aware and educate others around us to fight misperceptions and stigma in our community.



Did you know that **1 in 7 people in Singapore** will face a mental health condition in their lifetime?

¹ Source: 2016 Singapore Mental Health Study

Anyone can have a mental health condition. It can happen to anyone, regardless of age, gender, job or race.



Most people with a mental health condition have **no history of violence.**



Mental health treatment is available at **public hospitals and polyclinics.**

In Singapore, **depression** is the most common mental health condition.

1 in 16 people¹ has lived with depression at some point in their lives.

¹ Source: 2016 Singapore Mental Health Study



You can find mental health resources, helplines and services with **Belle, Beyond the Label helpbot.**

With early treatment and support from family, friends and community, **persons with mental health conditions can lead fulfilling lives.**



Take the first step to recovery by seeking help early.

#BeyondTheLabel #MentalHealthAwareness #TogetherWeCanOvercome



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[Beyond the Label SG](https://www.youtube.com/BeyondtheLabelSG)