

**JOINT WELCOME BY SMHC 2019 ADVISORY COMMITTEE
CO-CHAIRPERSONS, IMH CEO PROF CHUA HONG CHOON, AND
NCSS DEPUTY CEO, MS TINA HUNG,
AT THE SINGAPORE MENTAL HEALTH CONFERENCE 2019**

30 JANUARY 2019

Prof Chua:

Good morning, everyone! Tina and I are delighted to welcome you to the Singapore Mental Health Conference (SMHC) 2019. Could we invite you to join us in welcoming our Guest of Honour, President Halimah Yacob. Thank you, Madam President, for gracing this event.

2 We would also like to welcome other special guests for joining us this morning:

NCSS President, Ms Anita Fam

AIC Chairman, Dr Gerard Ee

IMH Institutional Committee Chairman, Mr Robert Chew

HPB CEO, Mr Zee Yoong Kang

3 First, let me share why the theme “Empowerment for Resilience & Recovery” for this Conference.

4 Treatment and care is important, particularly at the early, acute stage of a mental health condition. But beyond that, recovery is important. That's where support and empowerment can facilitate it. For the larger community, having the resilience to bounce back from issues, including mental health issues, is something we should all look at.

Tina:

5 Indeed, some view persons in recovery only as people who need help. NCSS's Attitude Study showed many uninformed fears and misconceptions exist towards persons with mental health conditions. Such stigma is a major barrier to people seeking help.

6 NCSS launched a mental health anti-stigma campaign "Beyond the Label" last September. Through this, we want to unite the community in fighting stigma towards persons with mental health conditions in Singapore.

7 This requires contribution from everyone in the ecosystem, and that means all of us! Most of us probably know or work with persons in recovery. In the next 2 days, let's look at how we can further empower and support them to achieve their potential and reach greater heights.

8 In closing, Hong Choon and I are happy to have representatives from five social service agencies join us in organising this year's conference, injecting a community perspective into this year's exciting programme. Thank you, Clarity, ClubHEAL, Mindset, Singapore Anglican Community Services and TOUCH Community Services.

Prof Chua:

9 We also thank our sponsors, without whom this conference would not have been possible.

10 We are confident that mental health will continue to gain traction with President's Challenge's focus on it this year. Thank you, Madam President, for focusing on mental health. We would now like to invite you on stage to deliver your address. Madam President, please.