



ANNUAL REPORT 2020

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ABOUT CLARITY SINGAPORE

Clarity Singapore is a Catholic charity that provides services to persons with mental health issues live meaningful lives through support, therapy, acceptance and recovery.

We aim to help anyone in all walks of life struggling with mental health conditions arising from anxiety and depression including trauma, pre and post-natal, stress, bereavement and loss, relationship and other emotional issues.

We are one of 27 Member Organisations tasked with a social mission for the church and a company limited by guarantee with IPC status. We are a member of NCSS and work in partnership with AIC to delivery community mental health intervention for the Northern region. We also collaborate with KTPH THRIVE on community mental health intervention in the Northern region.

ORGANISATIONAL INFORMATION

Clarity Singapore Limited is a Public Company Limited by Guarantee incorporated under the Companies Act (Cap. 50) on 10 October 2010. We are a registered charity with IPC status.

Unique Entity Number (UEN)	201021634E
Company Secretary	Belinda Young Hsien Lin
Registered Address	12 Tannery Road, #10-01 HB Centre 1, Singapore 347722
Banker	DBS Bank Limited, 6 Shenton Way, DBS Building Tower One, Singapore 068809
Auditor	Fiducia LLP, 71 Ubi Crescent, Excalibur Centre, #08-01, Singapore 408571
Internal Auditor	Internal Auditor Audit Committee
Yishun Office Address	Block 854 Yishun Ring Road, #01-3511, Singapore 760854
Toa Payoh Office Address	7A Lorong 8 Toa Payoh, #04-01 Agape Village, Singapore 319264
Mount Alvernia Hospital Office Address	Medical Centre B #01-21, Singapore 574623
Telephone	67577990

VISION

A Catholic charity that serves persons with mental health issues to live meaningful lives through support, therapy, acceptance and recovery.

MISSION

Rebuilding lives, renewing hopes for mental wellness by supporting, caring and facilitating reintegration into the community.

PRINCIPLES OF SERVICE

As witness to our Catholic faith, we serve:

1. To uphold the dignity of those with mental health issues.
2. To provide relevant information that facilitates choice of participation.
3. To develop Personal and Family Responsibility by tapping on their resources and strengths.
4. To balance long-term improvement with short-term relief.
5. To empower rather than create dependency.

FROM THE CHAIRMAN

2020 was a year of emotional and economic hardship for many here and globally. It will also be remembered for the resilience of the human spirit and the ability to adapt and change.

As an organisation, we were quick to adapt and initiate tele-health services in February when COVID-19 hit our borders, placing us in a good position to roll into video conferencing therapeutic intervention during Circuit Breaker, phase 2 and 3. Our services have continued with minimal disruption and surprisingly, with greater efficiency in registration and assessment processes. With this efficiency, we were able to serve more than 600 new clients and deliver just over 4000 hours of therapy sessions. Access to our online psycho-educational programmes for beneficiaries and public has also been significantly broadened.

2020 was also a milestone as we celebrated ten years of social mission and service to persons with mental health conditions. To commemorate our roots as a Catholic mental health charity, we began early planning for a month-long Catholic Youth Mental Health Festival which started on 10 October 2020.

We are thankful for the trust and support from our industry partners. With their assistance, we will continue to strive to provide mental health intervention services and support to the community. In the year ahead, we will also look into reviewing and improving on our group therapeutic and psychosocial programmes such as Breathing Space, #Bloom and Better and Happier Uplif, to reach out to the community more effectively and promote better mental health outcomes within the current environment.

With great respect and appreciation, we would like to thank all our generous donors (large and small). You have enabled us to provide heavily subsidised professional mental health services, giving our beneficiaries dignity and hope for recovery.

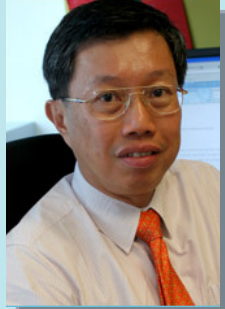
Through God's Grace, we continue to serve.

Dr Christopher Cheok Cheng Soon

BOARD OF DIRECTORS



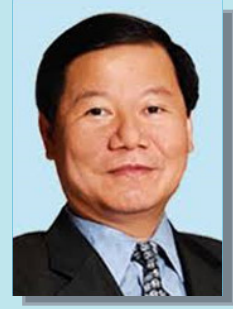
Dr Christopher Cheok Cheng Soon
Chairman
Senior Consultant
Dept. of Forensic Psychiatry
Institute of Mental Health



Mr Joseph Tan Peng Chin
Vice Chairman
Managing Director & Consultant
of Tan Peng Chin LLC



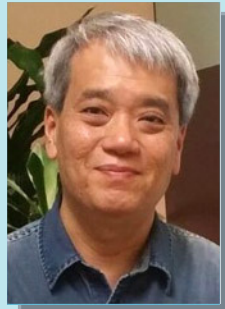
Ms Belinda Young Hsien Lin
Company Secretary & Board Member
Accountant



Prof. Philip Choo Wee Jin
Board Member
Group Chief Executive Officer
of National Healthcare Group



Ms Cynthia Phua Siok Gek
Board Member
Corporate Consultant &
Businesswoman



Mr Peter Chan
Board Member
Founder & Managing Partner
of Crest Capital Asia



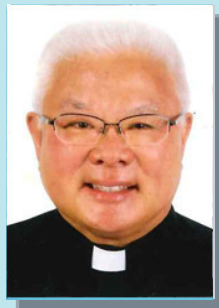
Mr Peter Lam
Board Member
Principal & Chief Executive Officer
(PCEO) of Temasek Polytechnic



Mr Benjamin Yeo
Board Member
Associate Lecturer at Singapore
University of Social Science



Rev Fr Paul Staes
Board Member
Missionary Priest



Rev Deacon Clement Chen
Board Member
Clergy, Catholic Archdiocese of Singapore



Sr Linda Lizada, rc
Spiritual Director
Religious Sister

ABOUT BOARD OF DIRECTORS

Name	Current Charity Board Appointment	Occupation	Past Charity Board Appointments
Dr Christopher Cheok Cheng Soon	Chairman 10 October 2010	Senior Consultant Dept. of Forensic Psychiatry Institute of Mental Health	Chairman 1 October 2017 - 15 January 2018
Mr Joseph Tan Peng Chin	Vice Chairman 10 October 2010	Managing Director & Consultant of Tan Peng Chin LLC	Chairman 10 October 2010 - 30 September 2017
Ms Belinda Young Hsien Lin	Company Secretary & Board Member 10 October 2010	Accountant	Finance Chair 10 October 2010 - 9 October 2014
Prof. Philip Choo Wee Jin	Board Member 10 October 2010	Group Chief Executive Officer of National Healthcare Group	-
Ms Cynthia Phua Siok Gek	Board Member 22 March 2012	Corporate Consultant Businesswoman	Finance Chair 10 October 2014 - 15 January 2018
Mr Peter Chan Pee Teck	Board Member 12 September 2017	Founder & Managing Partner of Crest Capital Asia	-
Mr Peter Lam Kok Wai	Board Member 12 September 2017	Principal & Chief Executive Officer (PCEO) of Temasek Polytechnic	-
Mr Benjamin Yeo Yul Chuan	Board Member 12 September 2017	Associate Lecturer at Singapore University of Social Science	-
Fr Paul Staes	Board Member 23 March 2017	Missionary Priest	-
Rev Deacon Clement Chen Kim Hin	Board Member 16 August 2018	Clergy, Catholic Archdiocese of Singapore	-

BOARD COMMITTEES

COMMITTEES	MEMBERS	APPOINTMENT
HR & Development	Ms Cynthia Phua Siok Gek Prof Philip Choo Wee Jin	16 January 2018 16 January 2018
Marketing, Public Relations & Fundraising	Mr Joseph Tan Peng Chin Ms Belinda Young Hsien Lin Mr Peter Chan Pee Teck Mr Peter Lam Kok Wai	16 January 2018 16 January 2018 16 January 2018 16 January 2018
Mental Health Programmes & Services	Prof Philip Choo Wee Jin Fr Paul Staes Mr Joseph Tan Peng Chin	16 January 2018 16 January 2018 16 January 2018
Finance	Mr Peter Lam Kok Wai Fr Paul Staes Mr Joseph Tan Peng Chin	16 January 2018 16 January 2018 16 January 2018
Audit	Mr Michael Chye Ms Belinda Young Hsien Lin Ms Sherraine Chan	16 January 2018 16 January 2018 16 January 2018

ROLE OF THE BOARD

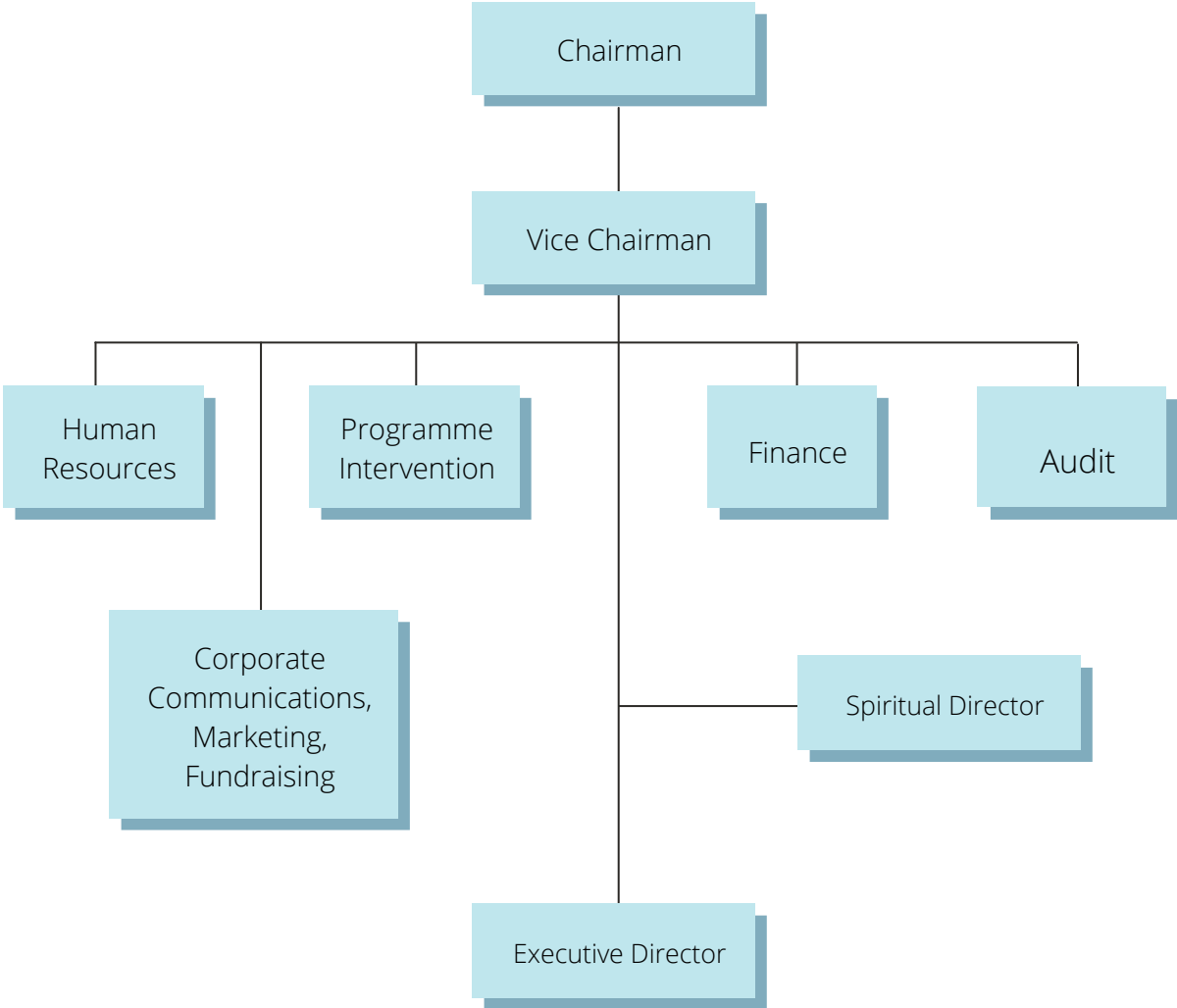
The number of online meetings attended by the Board of Directors during the financial year are as follows:

BOARD MEMBER	ATTENDANCE
Dr Christopher Cheok Cheng Soo	4/4
Mr Joseph Tan Peng Chin	3/4
Ms Belinda Young	4/4
Prof. Philip Choo Wee Jin	3/4
Ms Cynthia Phua Siok Gek	4/4
Mr Peter Chan	3/4
Mr Peter Lam	4/4
Mr Benjamin Yeo	3/4
Rev Fr Paul Staes	4/4
Deacon Clement Chen	4/4

The role of the Chairman and the Executive Director are kept separate for independence in their respective spheres of decision-making. Board members render their service on a voluntary basis and are consequently, not remunerated.

The Charity had one key management staff with annual remuneration exceeding SGD100,000.00. A copy of the full audited financial statements can be viewed online www.clarity-singapore.org.

ORGANISATIONAL CHART



CORPORATE GOVERNANCE

CODE OF GOVERNANCE

S/No	Code guideline	Code ID	Response (select whichever is applicable)	Explanation (if Code guideline is not complied with)
BOARD GOVERNANCE				
1	Induction and orientation are provided to incoming governing board members upon joining the Board.	1.1.2	Complied	
	Are there governing board members holding staff1 appointments? (skip items 2 and 3 if "No")		No	
4	The Treasurer of the charity (or any person holding an equivalent position in the charity, e.g. Finance Committee Chairman or a governing board member responsible for overseeing the finances of the charity) can only serve a maximum of 4 consecutive years. If the charity has not appointed any governing board member to oversee its finances, it will be presumed that the Chairman oversees the finances of the charity.	1.1.7	Complied	
5	All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years.	1.1.8	Complied	
6	The Board conducts self evaluation to assess its performance and effectiveness once during its term or every 3 years, whichever is shorter.	1.1.12	Complied	
	Is there any governing board member who has served for more than 10 consecutive years? (skip item 7 if "No")		No	
8	There are documented terms of reference for the Board and each of its committees.	1.2.1	Complied	
CONFLICT OF INTEREST				
9	There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity.	2.1	Complied	
10	Governing board members do not vote or participate in decision making on matters where they have a conflict of interest.	2.4	Complied	

CORPORATE GOVERNANCE

CODE OF GOVERNANCE

STRATEGIC PLANNING				
11	The Board periodically reviews and approves the strategic plan for the charity to ensure that the charity's activities are in line with the charity's objectives.	3.2.2	Complied	
HUMAN RESOURCES AND VOLUNTEER* MANAGEMENT				
11	The Board periodically reviews and approves the strategic plan for the charity to ensure that the charity's activities are in line with the charity's objectives.	3.2.2	Complied	
12	The Board approves documented human resource policies for staff.	5.1	Complied	
13	There is a documented Code of Conduct for governing board members, staff and volunteers (where applicable) which is approved by the Board.	5.3	Complied	
14	There are processes for regular supervision, appraisal and professional development of staff.	5.5	Complied	
	Are there volunteers serving in the charity? (skip item 15 if "No")		Yes	
15	There are volunteer management policies in place for volunteers.	5.7	Complied	
FINANCIAL MANAGEMENT AND INTERNAL CONTROLS				
16	There is a documented policy to seek the Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of the charity's core charitable programmes.	6.1.1	Complied	
17	The Board ensures that internal controls for financial matters in key areas are in place with documented procedures.	6.1.2	Complied	
18	The Board ensures that reviews on the charity's internal controls, processes, key programmes and events are regularly conducted.	6.1.3	Complied	
19	The Board ensures that there is a process to identify, and regularly monitor and review the charity's key risks.	6.1.4	Complied	

CORPORATE GOVERNANCE

CODE OF GOVERNANCE

FINANCIAL MANAGEMENT AND INTERNAL CONTROLS				
20	The Board approves an annual budget for the charity's plans and regularly monitors the charity's expenditure.	6.2.1	Complied	
	Does the charity invest its reserves (e.g. in fixed deposits)? (skip item 21 if "No")		Yes	
21	The charity has a documented investment policy approved by the Board.	6.4.3	Complied	
FUNDRAISING PRACTICES				
	Did the charity receive cash donations (solicited or unsolicited) during the financial year? (skip item 22 if "No")		Yes	
22	All collections received (solicited or unsolicited) are properly accounted for and promptly deposited by the charity.	7.2.2	Complied	
	Did the charity receive donations in kind during the financial year? (skip item 23 if "No")		No	
DISCLOSURE AND TRANSPARENCY				
24	"The charity discloses in its annual report — (a) the number of Board meetings in the financial year; and (b) the attendance of every governing board member at those meetings."	8.2	Complied	
	Are governing board members remunerated for their services to the Board? (skip items 25 and 26 if "No")		No	
	Does the charity employ paid staff? (skip items 27, 28 and 29 if "No")		Yes	
27	No staff is involved in setting his own remuneration.	2.2	Complied	

CORPORATE GOVERNANCE

CODE OF GOVERNANCE

DISCLOSURE AND TRANSPARENCY				
28	<p>"The charity discloses in its annual report —</p> <p>(a) the total annual remuneration for each of its 3 highest paid staff who each has received remuneration (including remuneration received from the charity's subsidiaries) exceeding \$100,000 during the financial year; and</p> <p>(b) whether any of the 3 highest paid staff also serves as a governing board member of the charity.</p> <p>The information relating to the remuneration of the staff must be presented in bands of \$100,000. OR The charity discloses that none of its paid staff receives more than \$100,000 each in annual remuneration."</p>	8.4	Complied	
29	<p>"The charity discloses the number of paid staff who satisfies all of the following criteria:</p> <p>(a) the staff is a close member of the family³ belonging to the Executive Head⁴ or a governing board member of the charity;</p> <p>(b) the staff has received remuneration exceeding \$50,000 during the financial year.</p> <p>The information relating to the remuneration of the staff must be presented in bands of \$100,000. OR The charity discloses that there is no paid staff, being a close member of the family belonging to the Executive Head or a governing board member of the charity, who has received remuneration exceeding \$50,000 during the financial year." uneration exceeding \$50,000 during the financial year.</p>	8.5	Complied	
PUBLIC IMAGE				
30	<p>The charity has a documented communication policy on the release of information about the charity and its activities across all media platforms.</p>	9.2	Complied	

CORPORATE GOVERNANCE

FUNDING

1. Caritas Singapore Community Council

- Annual budget to be submitted annually for grant processing.
- Funds received from Caritas Singapore are used to support services delivered in Yishun and Agape Village.

2. COMIT@North Grant

- Funds received from Agency of Integrated Care are used to support services delivered in Yishun and Agape Village for Singaporeans / Permanent Residents 18 years of age and above.

3. Community Foundation of Singapore

- Funds received to support programmes for youths as part of the YES Initiative.

4. Care & Share Matching Grant

Grant received from Care & Share Matching Grants are used for new Initiatives.

5. General Public

RESERVE POLICY

To establish reserves at level of at least three years of its past two years of average expenditure.

STAFFING

As at 30 September 2020, there are 17 full-time staff (2019: 16 full-time staff) employed by the Charity.

FINANCIAL SUMMARY

Statement of financial activities for the financial year ended 30 September 2020

	Unrestricted Fund	Restricted Funds	Total Funds
	S\$	S\$	S\$
2020			
INCOME			
Income from generating funds	439,499	1,196,587	1,636,086
Income from charitable activities	5,000	43,025	48,025
Other income	212,430	4,323	216,753
TOTAL INCOME	656,929	1,243,935	1,900,864
LESS: EXPENDITURE			
Cost of charitable activities	133,188	608,292	741,480
Governance and other administrative cost	69,782	442,724	512,506
TOTAL EXPENDITURE	202,970	1,051,016	1,253,986
SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR	453,959	192,919	646,878

For details of our financial statements, please refer to our website
www.clarity-singapore.org/annual-report/

2020 BRIEF OVERVIEW



4,048

Counselling sessions were conducted
From April 2020, 95% of sessions were
conducted online via Zoom



1,086

Clients served

610

New clients

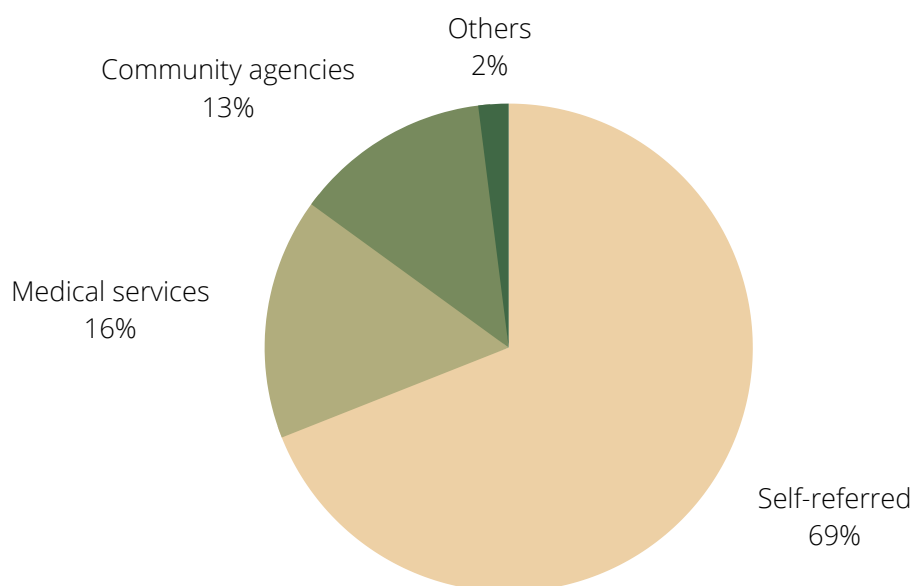


ACHIEVEMENT OF CLIENT GOALS

87%

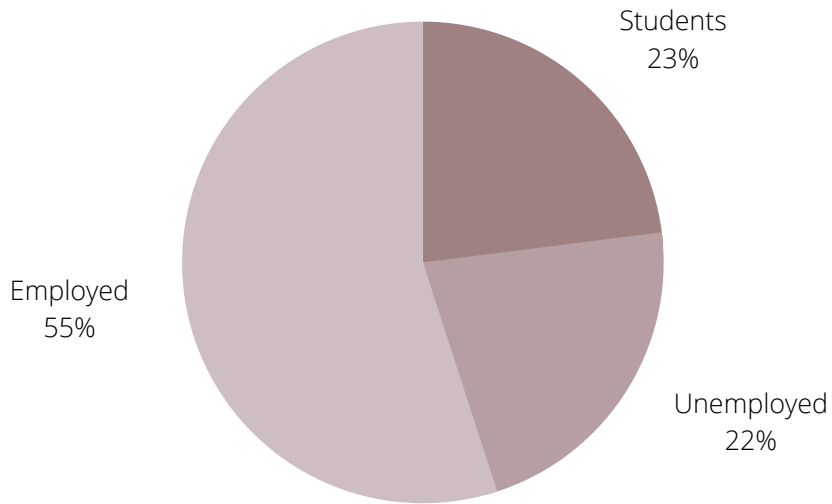
Clients achieved at least 1 goal

REFERRAL SOURCES

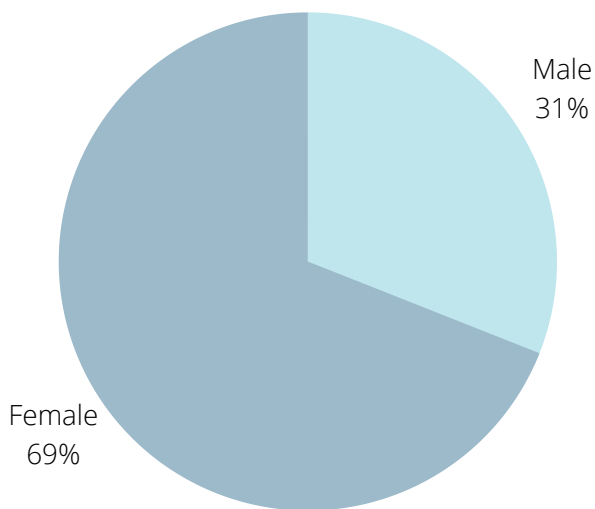


2020 BRIEF OVERVIEW

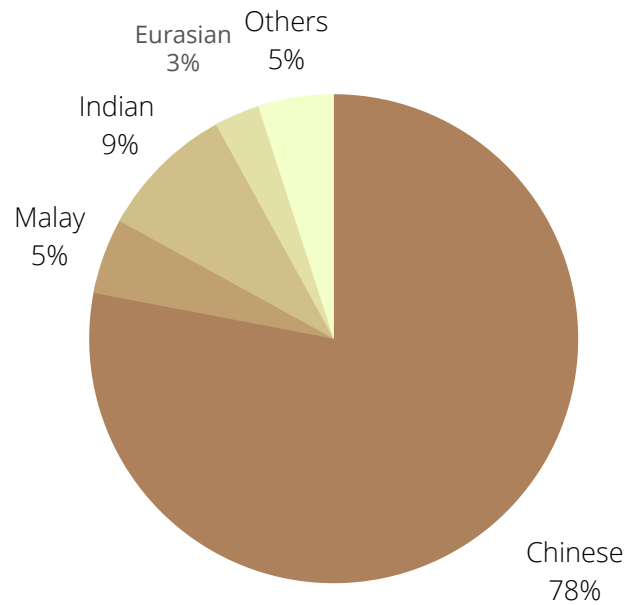
EMPLOYMENT STATUS



SEX

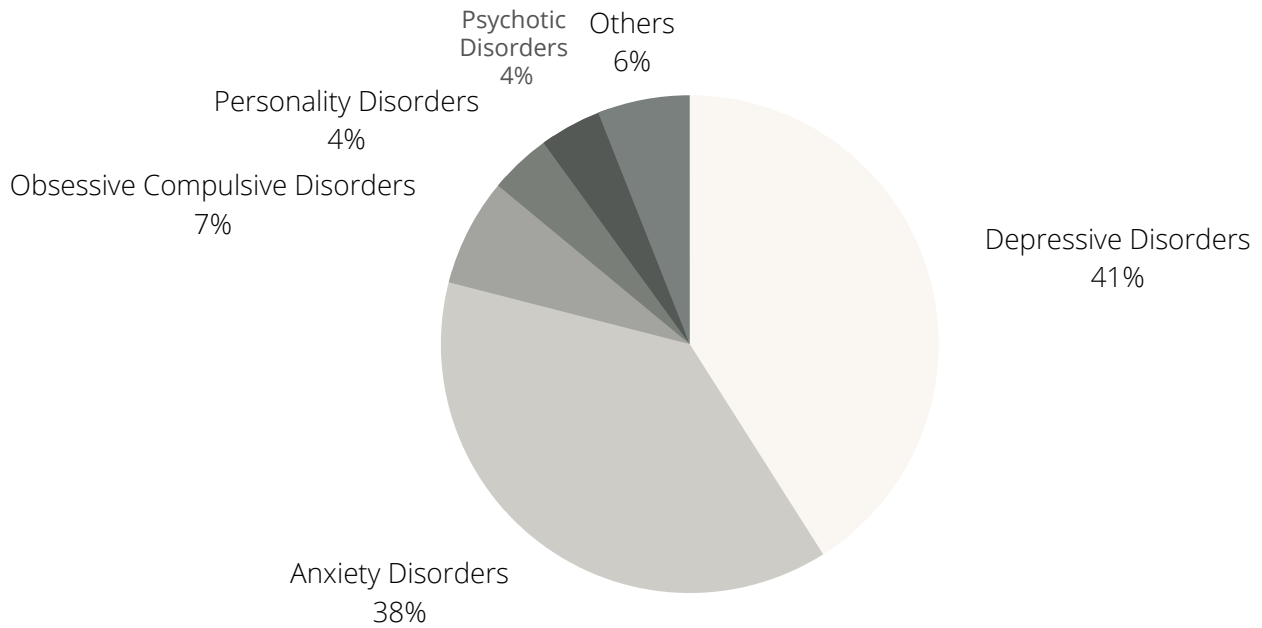


RACE



2020 BRIEF OVERVIEW

CLIENTS WITH MENTAL HEALTH CONDITIONS



CLIENTS DEMOGRAPHICS



20%

Male aged 35 and below

7%

Male aged 36 - 55

2%

Male aged above 55

57%

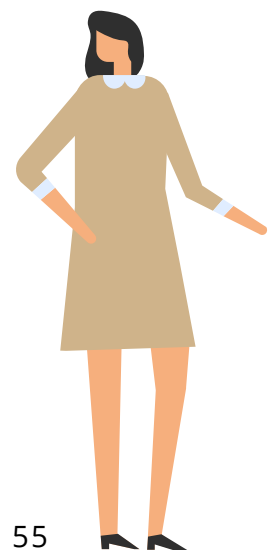
Female aged 35 and below

14%

Female aged 36 - 55

1%

Female aged above 55



PROGRAMMES & ACTIVITIES



MindHealth@ClaritySG - Balance Your Life
Mindhealth@ClaritySG – Balance Your Life is a 2-week online mental wellness programme, which included topics such as finding strengths, mindfulness, gratitude and managing stress. The programme was offered for those above 18 years old who would like to improve their mental wellness through an online platform.

YES TV and BAH TV launched
Our very own YES TV and BAH TV were launched on 17 April 2020. We hoped to continue engaging our programme participants through this platform during the Circuit Breaker. We also hoped that the weekly activities kits introduced encouraged them to have ideas on what to do at home.



PROGRAMMES & ACTIVITIES

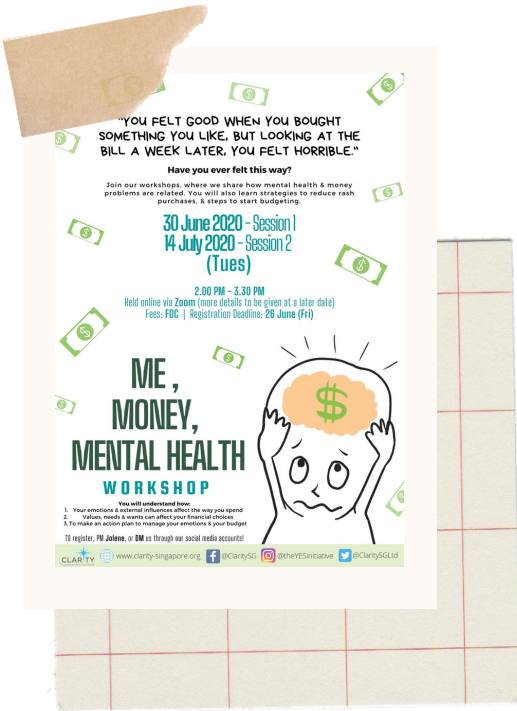


Our various workshops and programmes held online amidst pandemic

Through online workshops we ensured that our clients continue to receive mental health support and knowledge with the following workshops:

- **Becoming:** An introduction to understand how to live an authentic life
- **Anxiety:** An introductory workshop to understand about anxiety and its coping strategies
- **Lighting the Way:** An introductory workshop to learn more about depression and its coping strategies
- **#Bloom** (@theYESinitiative) - An 8-session programme to engage youths aged 17-24yo on mental wellness and resilience
- **Breaking the Cycle:** An introductory session on helping the public to understand what OCD is and the various ways of help-seeking
- **In Your Hands** - An on-going group programme for individual seeking recovery support for OCD
- **Families Unite Against OCD** - A monthly support group for caregives with loved ones affected by OCD

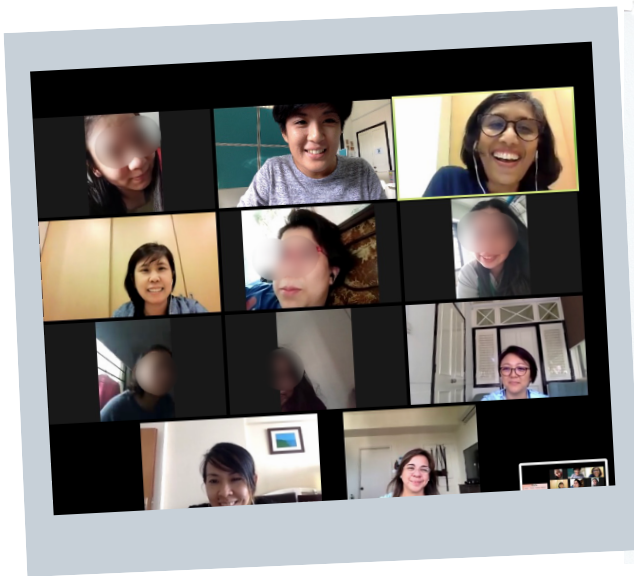
PROGRAMMES & ACTIVITIES



Beyond our regular workshops
Our psychoeducational workshops were not limited by mental health topics only, but we went beyond other topics. We also held workshops such as Money Management and Emotional Well-being (for 18-35yo) and Mind-Skin Connection (for 18 and above). We hope to cultivate awareness and share strategies to help our youth clients manage the other psycho-social areas of their lives.



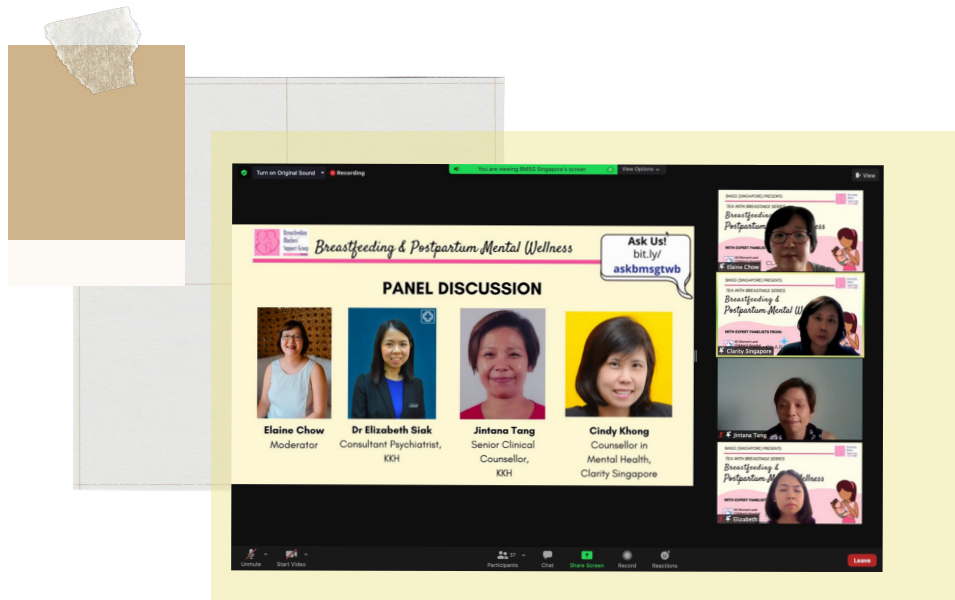
PROGRAMMES & ACTIVITIES



Embracing Self Worth Workshop for Mums

Clarity Singapore, collaborating with Safe Place, held a workshop on embracing self worth for mums. Held on 22 September 2020, the workshop was attended by participants from Safe Place.

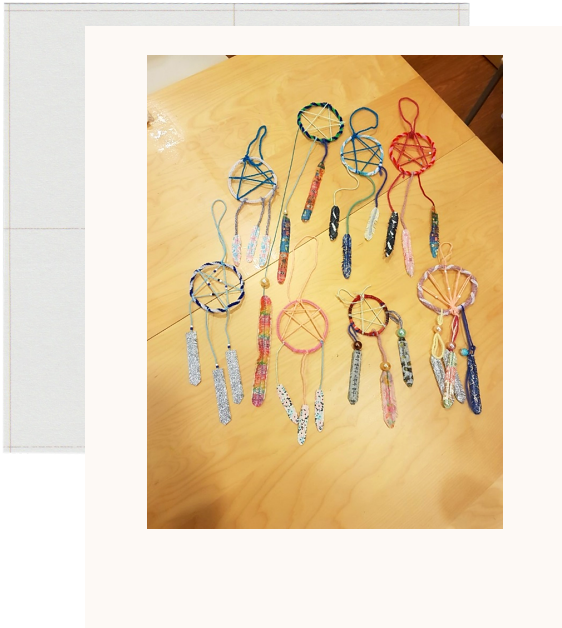
See safeplace.org.sg for more information.



Breastfeeding & Postpartum Mental Wellness forum

Clarity Singapore, in collaboration with KK Women's & Children's Hospital and Breastfeeding Mothers' Support Group (BMSG), held this forum on 28 November 2020. The objective is to raise awareness of postnatal depression and the mental struggles that new mothers face during the postpartum period. As we are aware, the postpartum period can be a tough time especially when mothers are also facing breastfeeding challenges.

PROGRAMMES & ACTIVITIES



Weaving dreamcatchers

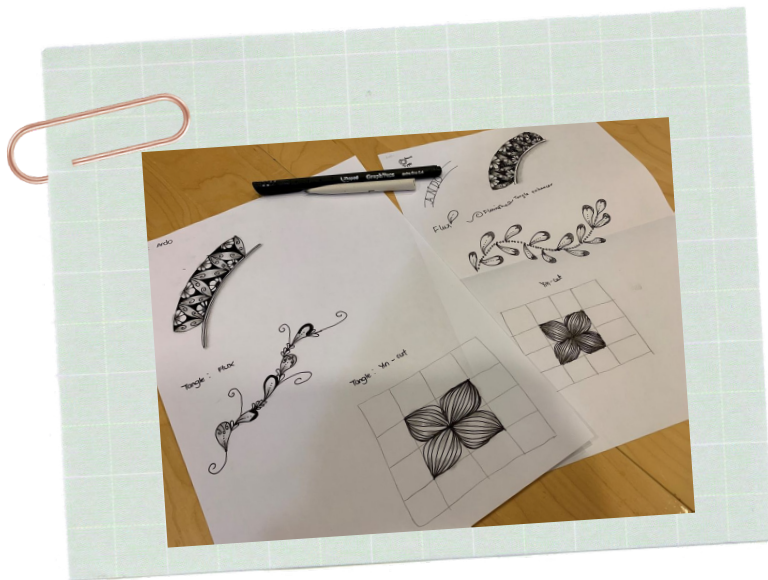
Weaving dreamcatchers was one of the activities in our special interest group sessions. The activity was facilitated by one of our participants. In both the adult and youth interest groups, she expertly taught the other participants how to make these beautiful dreamcatchers, and also let us explore and indulge in our own creativity. These dreamcatchers with their diverse designs and colours remind us that even though we each have different stories and experiences, we are all amazing in our own ways.

Interest Group sessions

As part of a collaboration, our friends from mbrace joined us for some of our interest group sessions in a series of excersises earlier in 2020.



PROGRAMMES & ACTIVITIES



Zentangle art

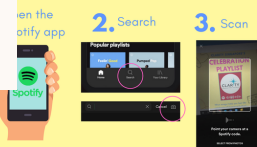
As part of our collaboration, mbrace conducted a Zentangle session for our participants. The Zentangle method is a fun and relaxing way to create beautiful art using structured patterns called tangles. It was indeed a mindful and tranquil experience.

Celebration songs

In the mode of celebrating 10 years of Clarity Singapore serving the community, we specially curated our own celebration playlist for our clients. Our clients can scan the Spotify code on app to listen to our song recommendations



How to scan Spotify codes



EVENT HIGHLIGHTS



CNY Homecoming steamboat sessions

We held these annual sessions for both our adults and youths groups. Participants caught up with one another over food and games. The sessions were ended with louhei.

Clarity Singapore Open House

We organised a Chinese New Year-themed Open House event in January where we welcomed our partners. At the event, we shared more information about our services and upcoming programmes or workshops.



EVENT HIGHLIGHTS

Roadshow at NTU's Mind Matters

Clarity Singapore participated in Nanyang Technology University's Welfare Services Club's 2nd run of Mind Matters in February. The event was held in conjunction with their Mental Health Week. At the roadshow, we raised awareness about our services and upcoming programmes for youths, and also sold handmade items made by our clients as part of our fundraising efforts. We are pleased to have joined hands in spreading mental health awareness among the youths!

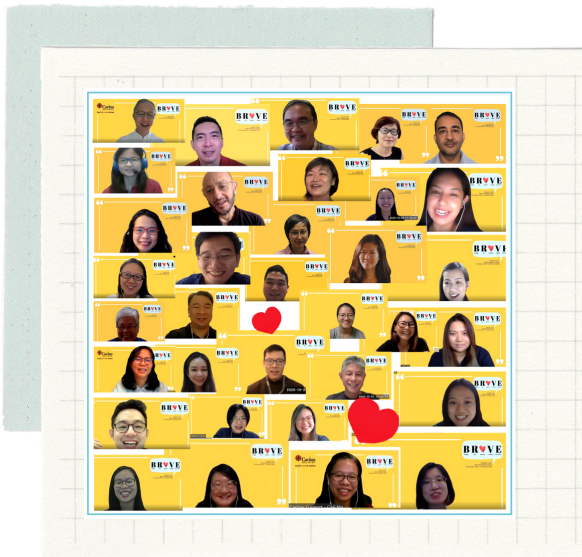


Music As One - an online musical performance

Organised by OCD Network, the online music performance was held on 10 July 2020. Gabriel Hoe, an award-winning pianist, performed the online music performance while attendees enjoyed it from the comfort of own homes, interacted with the pianist himself, and even requested for songs. The event was attended by International OCD specialists, Dr Elna Yadin (Exposure and Response Prevention Specialist for OCD and co-author of several OCD books) and Dr Jeff Szymanski (Executive Director of International OCD Foundation), as well as local specialists in the field.



EVENT HIGHLIGHTS



BRAVE **Catholic Youth Mental Health Festival**

The month-long festival was opened to coincide with Clarity Singapore's 10th anniversary on 10 October.

Our very first online festival examined how mental health literacy, psychological interventions and faith relate to the mental health of young people.

The festival featured speakers from various background – mental health practitioners, peer support specialists and religious priests and sisters.



EVENT HIGHLIGHTS

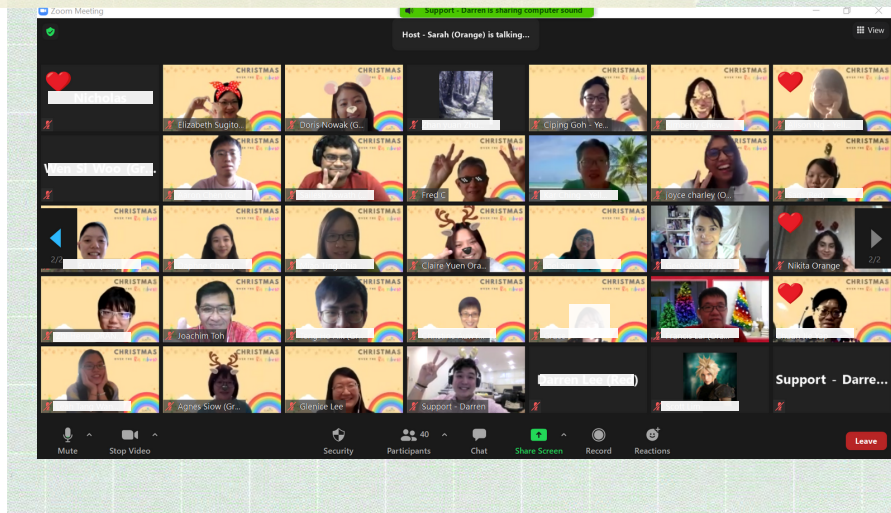


Words of encouragement

A little something from all of us at Clarity Singapore to you, our clients, donors, partners and volunteers as we stepped foot into the circuit breaker period. As this period may be particularly tougher for some of us, we hoped to do our parts to check in with and to encourage one another.

BAHMAS Over The Rainbow Annual Christmas Party

This year's theme, Christmas Over The Rainbow, invited clients and staff of Clarity Singapore to reflect on the year. Participants were then treated with lots of fun playing games and singing Christmas carols together. Though held virtually, different from previous parties, it did not stop participants from having a lot of joy and laughter.



EVENT HIGHLIGHTS



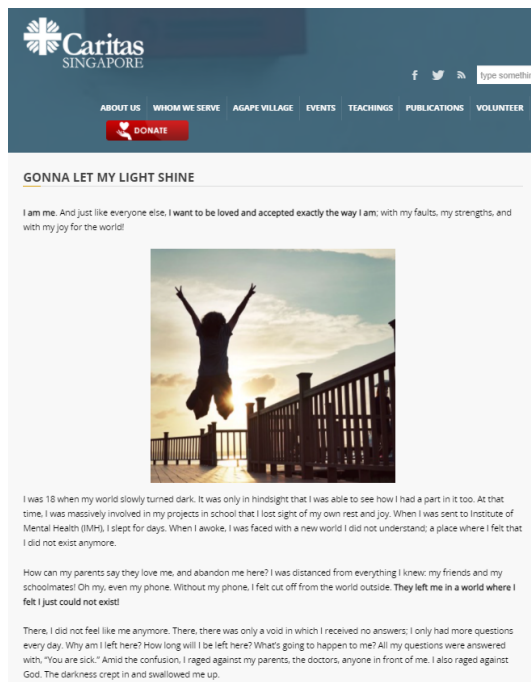
Celebrating 10 years of service
In celebrating 10 years of our service in the community, we shared our joy with our clients with the launch of **Project Gratitude** in November. This project was to thank them for trusting us to journey with them over the last few years. We delivered boxes of little things to their door step. The box of little things contained masks, hand cream, bubs stickers (created by one of our interns), blanket, Christmas-themed tea sachets, origami papers, Christmas headband, cards with mental health topics, scented candle, self-care wheel, self-care tips and love language cards.

IN THE NEWS

Caritas in Mission

23 March 2020

<https://www.caritas-singapore.org/gonna-let-my-light-shine/>

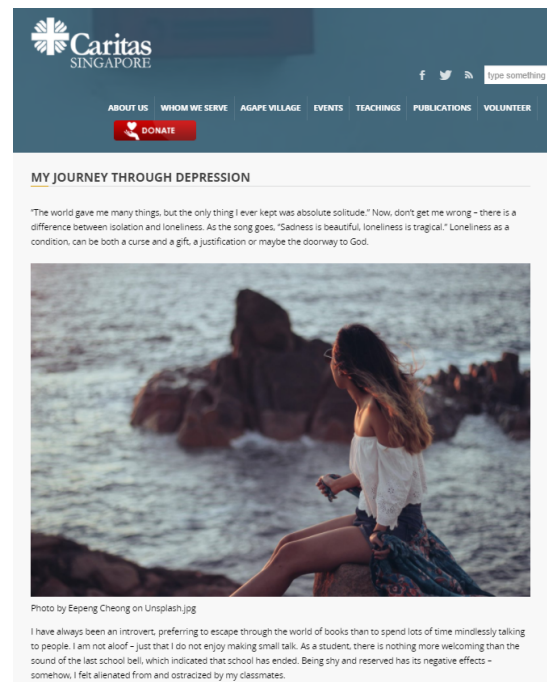


The screenshot shows the Caritas Singapore website header with navigation links: ABOUT US, WHOM WE SERVE, AGAPE VILLAGE, EVENTS, TEACHINGS, PUBLICATIONS, VOLUNTEER, and a DONATE button. The article title is "GONNA LET MY LIGHT SHINE". The text begins with "I am me. And just like everyone else, I want to be loved and accepted exactly the way I am: with my faults, my strengths, and with my joy for the world!" Below the text is a photograph of a person jumping joyfully on a balcony at sunset. The text continues with a personal narrative about mental health struggles, isolation, and a search for meaning.

Caritas in Mission

9 April 2020

<https://www.caritas-singapore.org/my-journey-through-depression/>

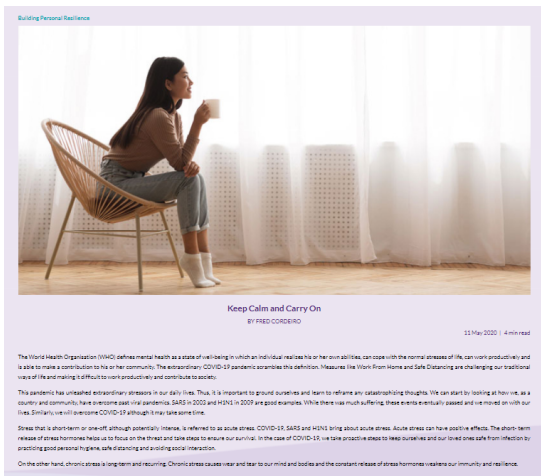


The screenshot shows the Caritas Singapore website header with navigation links: ABOUT US, WHOM WE SERVE, AGAPE VILLAGE, EVENTS, TEACHINGS, PUBLICATIONS, VOLUNTEER, and a DONATE button. The article title is "MY JOURNEY THROUGH DEPRESSION". The text begins with "The world gave me many things, but the only thing I ever kept was absolute solitude." Below the text is a photograph of a woman sitting on a rocky shore looking out at the ocean. The text continues with a personal narrative about depression, social withdrawal, and the impact of being an introvert.

IN THE NEWS

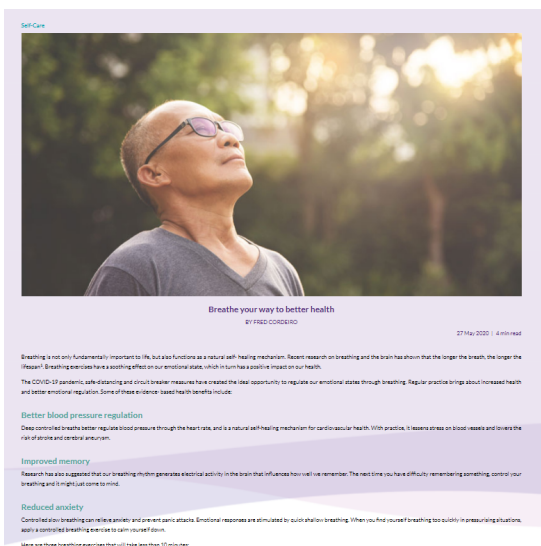
My Mental Health by Temasek Foundation 11 May 2020

<https://stayprepared.sg/mymentalhealth/articles/keep-calm-and-carry-on/>



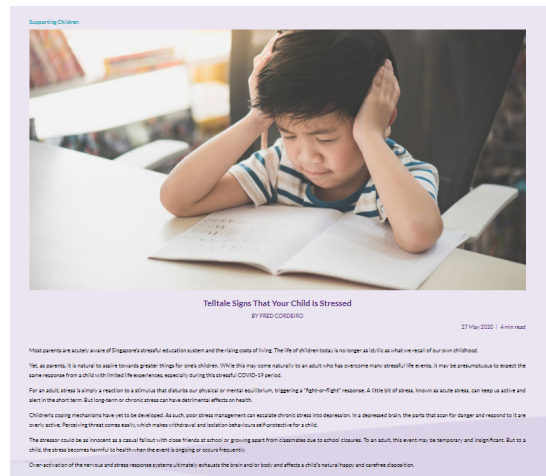
My Mental Health by Temasek Foundation 27 May 2020

<https://stayprepared.sg/mymentalhealth/articles/breathe-your-way-to-better-mental-health/>



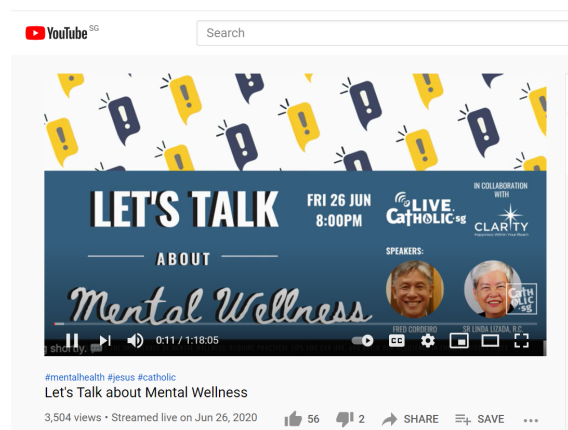
My Mental Health by Temasek Foundation 27 May 2020

<https://stayprepared.sg/mymentalhealth/articles/telltale-signs-that-your-child-is-stressed/>



Roman Catholic Archdiocese of Singapore 26 June 2020

<https://youtu.be/KzgPDEeeNgs>



IN THE NEWS

The Straits Times 9 August 2020

<https://www.straitstimes.com/lifestyle/mental-health-advocates-bridge-support-gaps-online>

Meanwhile, staff at Clarity Singapore, which also runs youth platform The Yes Initiative, have also adapted online over the past few months, taking existing programmes online and even launching new ones.

In April, midway through a free eight-week programme for youth with mental health conditions called Project Bloom, facilitators shifted the programme online to comply with circuit breaker measures.

And in May, they moved twice-yearly in-person mental health workshops online and increased their frequency to once a month.

These workshops, which previously cost \$15 for an introductory session and three small-group sessions, used to see 15 to 30 people each time.



Mental health charity Clarity Singapore has been running online workshops that deal with various mental health conditions. PHOTO: CLARITY SINGAPORE

Now, the free 90-minute sessions attract between 40 and 70 participants. Sessions target those with mental health conditions - such as obsessive-compulsive disorder (OCD), anxiety and depression - as well as their caregivers.

"We want to reach out to people who are hesitant about seeking help when it comes to mental health. Online, it is less intimidating as people can ask questions in the chat box and don't have to show their faces in the video," says intervention programmes manager Rebecca Oh.

RELATED STORY
Father's death spurred her to lend a listening ear

The process of venturing online has sparked new experiments, such as piloting a new programme for those suffering from skin-related mental health issues.

RELATED STORY
Delivering food to low-income families

Ms Oh explains that there is a link between conditions such as eczema and acne, and mental wellness. Sufferers may have trouble sleeping or lack the confidence to go to school.

RELATED STORY
Upcycling to help the less privileged

"We heard feedback that there aren't any avenues for such specialised support in Singapore and want to plug this gap," she says, adding that the organisation intends to run the workshop on a recurring basis.

RELATED STORY
Caring for the community

Down the line, they want to offer both online and offline programmes to continue providing accessible help to the community.

Catholic News 5 November 2020

<https://catholicnews.sg/2020/11/05/clarity-singapore-hosts-brave-2020/>



Archdiocese Archives Faith Questions Online Forms Contact

Clarity Singapore hosts BRAVE 2020

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Louis Aquinas Tan

Bringing a Catholic perspective to mental well-being BRAVE: Catholic Youth Mental Health Festival 2020 was held from Oct 10-31 in conjunction with World Mental Health Day. Held virtually on Zoom, BRAVE stands for "Bringing Raw and Authentic Valuable Experiences".

BRAVE 2020, which reaches out to youths aged 16-35, was organised by Clarity Singapore, a Catholic mental health charity, to coincide with its 10th anniversary and Caritas Singapore, the official social and community arm of the Catholic Church in Singapore.

The speakers included Catholic mental health professionals, persons recovering from mental health conditions, as well as priests and religious. It drew 95 registered participants, ranging from those struggling with mental illness and their caregivers, to students and professionals in the field.



Finding freedom in Christ. Photo: VITA Images

My Mental Health by Temasek Foundation 23 December 2020

<https://stayprepared.sg/mymentalhealth/articles/telltale-signs-that-your-child-is-stressed/>



THE YEAR AHEAD

PROGRAMMES IN PIPELINE



Improved programmes

Better and Happier (BAH) and Your Empowered Self (YES) have revamped their programmes to meet the changing needs of the current environment and Hang Out is created! Hang Out hopes to create a platform for individuals who are keen to improve their mental health and to find a group to journey in recovery together. It aims to create a community that engages in activities together, bring personal stories together to create hope and most importantly, allow each individual to empower one another volunteering, sharing of resources and spreading of joy and hope.

THE YEAR AHEAD

Commitments

We will improve and enhance delivery of intervention and programme services to the community on mental health related needs.

Fundraising plans

We have made plans to carry out online fundraising four times a year during our major event times:

- Chinese New Year
- Lent
- Clarity Singapore's Anniversary
- Christmas

The online fundraising will be executed via our own platforms - website and social media, as well as via Giving.sg.

Expenditure plans

The funds collected will be used to fund:

- Event management costs
- Printing costs
- Charitable activities
- Administrative costs

WE THANK YOU

Our achievements were made possible because of your support, advice, guidance, contributions. It is a privilege to work with you.

Agency for Integrated Care	ClixerPlus Pte Ltd
Care & Share Matching Grant	Mr Emmanuel Wee
Caritas Singapore	ETG Pte Ltd
Charity Council	Fok Chung Yee
Church of Holy Cross	Foo Ye Zhe
COMIT@North Grant	Holy Cross Fundraising Project
Community Foundation of Singapore	Mr Joo Zhi Wen, Nicholas
Institute of Mental Health	LEGAL OPTIONS LLC
FNA Group (The Cocoa Trees)	Lim Siew Eng Jane
Khoo Teck Puat Hospital	Lim Sim Eng
Legal Options LLC	Ms Low Soo Fen
Ministry of Health	Mr Ong Jun Da
Ministry of Social and Family Development	Ms P Buvanaswari
National Council of Social Service	Mr Phoon Chee Shun
OCD Network	Ms Cynthia Phua Siok Gek
Mount Alvernia Hospital	Ms Tan Siok Ngo
mbrace Singapore	Mr Teo Chong Meng Philip Dominic
Temasek Foundation	Mr Wong Chun Leong David
Mr Alexander Joramsa	
Ms Betty Tan Ching Muay	
Mdm Chu Puay Hoon	

Programme partners:



