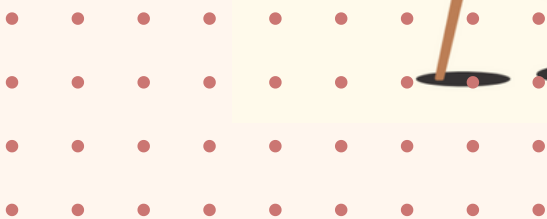
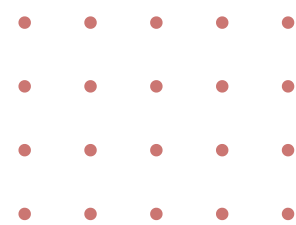


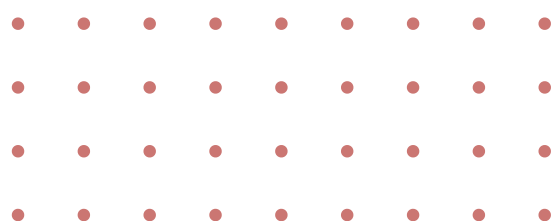
2021 ANNUAL REPORT



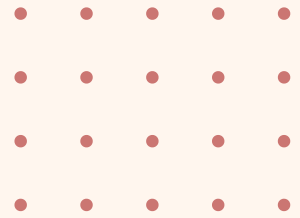


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CHAIRMAN'S MESSAGE



Dr Christopher Cheok
Chairman

It has been a wonderful privilege to be part of Clarity's journey since its inception in 2010 and to serve as the Chairman of the Board for four years. I am thankful to our Lord for His guiding hands and blessings upon Clarity and me throughout these years, and for providing us with a dedicated Board and staff.

Clarity commenced counselling services without an established office location and operated from office spaces kindly offered to us by the Catholic Welfare Services, Blessed Sacrament Church and Church of Our Lady Star of the Sea.

By October 2015, we have two permanent offices – one in Yishun and the other at the Agape Village. This would not have been possible without the support and generosity of our partners, grantors and donors. I wish to convey my sincere gratitude to every one of you.

We continue to conduct most of our therapy sessions, workshops and talks virtually. Our clients and participants are now more familiar and comfortable with online sessions.

A 22-year-old client shared that tele-counselling has made it easy for her to connect with her therapist, since the therapist could not see her completely, allowing the client to focus on herself and talk about her problems easily.

In 2021, Clarity was able to serve 1,268 clients through therapy and has organised numerous talks and workshops for the public, centred on recognising signs of mental health issues, techniques on managing mental wellness and supporting peers.

We emphasised the destigmatisation of mental health conditions and the importance of encouraging help-seeking behaviour.

A 24-year-old client shared how she came to Clarity Singapore feeling unstable, sad and wanted to escape reality badly.

She said her therapist, Cindy, was patient with her throughout and has helped her better understand her strengths and taught her relaxation techniques to ground herself. She has learned and grown a lot through her therapist's empowerment and support.

Helping clients like her and seeing their determination to achieve recovery continue to inspire us to fulfil our mission.

To widen our reach and deepen our impact, we have launched several new initiatives, which included a "Let's Talk" series on popular social media platforms, "Friends of Clarity Singapore" Telegram and "Thriving in the Pandemic" workshops and toolkit to stay relevant.

In November 2021, we also revamped Clarity's website to improve user experience and cybersecurity.

Inside this Annual Report, you will find more about how your ongoing support has enabled us to continue our mission to impact the mental health landscape positively and significantly.

I wish to take this opportunity to express my deepest appreciation to my fellow board members for their leadership and support.

Special acknowledgement to three of my fellow founding board members who will be retiring: Mr Tan Peng Chin, Prof Philip Choo and Ms Belinda Young.

I would also like to welcome Mr Peter Lam who will be taking over the office of Chairman.

I am confident that with God's blessing and continued strength in leadership, Clarity will continue fulfilling its mission to provide the community with much-needed services in the mental health space.

Through God's Grace, we continue to serve.

ABOUT CLARITY SINGAPORE



Clarity Singapore is a social service organisation that empowers persons with mental health issues to live a meaningful life through personalised support and care, acceptance and inclusivity.

Catering to individuals from all walks of life, we aim to help anyone struggling with mental health conditions arising from anxiety and depression, including trauma, perinatal and postnatal stress, bereavement and loss and relationship and other emotional issues.

We understand that different individuals have different needs. We aim to serve unique needs through our psychotherapeutic care and relevant services, such as one-on-one individualised therapy sessions, group programmes, psycho-educational workshops/talks, collaborations with community and corporate partners and social media outreach engagements, among others.

Clarity Singapore is one of the 28 member organisations tasked with a social mission for the Catholic Church and a company limited by guarantee with IPC status. We are a member of the Singapore National Council of Social Services (NCCSS). We also partner with the Agency for Integrated Care (AIC), Khoo Teck Puat Hospital (KTPH) THRIVE and Institute of Mental Health (IMH) to deliver community mental health interventions for the Northern region of Singapore.

Our Vision

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

Our Mission

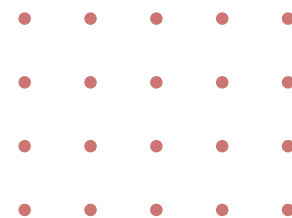
Rebuilding lives, renewing hopes for mental wellness by supporting, caring and facilitating reintegration into the community.

Our Principles of Services

As a witness to our Catholic faith, we serve:

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

ABOUT CLARITY SINGAPORE

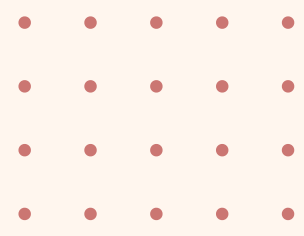


Organisational Information

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	: Ms Belinda Young Hsien Lin <i>(Term: 10 October 2010–30 September 2021)</i>
	Mr Lim Keok Kung Freddy <i>(Appointed on 1 October 2021)</i>
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
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
Telephone	: +65 6757 7990

LEADERSHIP



Board of Directors: Members of the Board



DR CHRISTOPHER CHEOK
Chairman



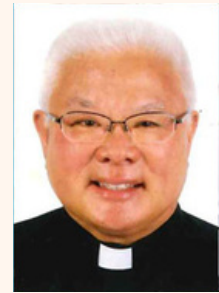
MR JOSEPH TAN
Vice-Chairman



MS BELINDA YOUNG
*Company Secretary &
Board Member*



MR BENJAMIN YEO
Board Member



**REV DEACON
CLEMENT CHEN**
Board Member



MS CYNTHIA PHUA
Board Member



MS ELIZABETH CHIA
Board Member



MR JEROME YUEN
Board Member



SR LINDA LIZADA, rc
Spiritual Director



REV FR PAUL STAES
Board Member



MR PETER CHAN
Board Member



MR PETER LAM
Board Member

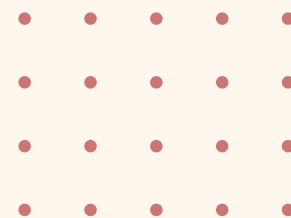


PROF PHILIP CHOO
Board Member



DR THERESA LEE
Board Member

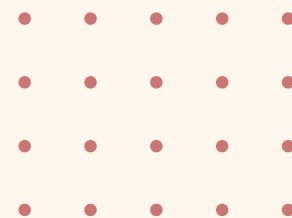
LEADERSHIP



Board of Directors: Members of the Board (cont'd)

Name	Current Appointment/ Board Appointment Date	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
Mr Benjamin Yeo Yul Chuan	Board Member 12 September 2017	Associate Lecturer at Singapore University of Social Science	-
Rev Deacon Clement Chen Kim Hin	Board Member 16 August 2018	Clergy, Catholic Archdiocese of Singapore	-
Ms Cynthia Phua Siok Gek	Board Member 22 March 2012	Corporate Consultant and Businesswoman	Finance Chair 10 October 2014 - 15 January 2018
Ms Elizabeth Chia Wei Ling	Board Member 1 August 2021	Assistant General Counsel of Collins Aerospace, Singapore	-

LEADERSHIP



Board of Directors: Members of the Board (cont'd)

Name	Current Appointment/ Board Appointment Date	Occupation	Past Charity Board Appointments
Mr Jerome Yuen Ka Lok	Board Member 1 August 2021	Social Service Sector Consultant	-
Fr Paul Staes	Board Member 23 March 2017	Missionary Priest	-
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	Finance Chair 16 January 2018 - 30 September 2021
Prof Philip Choo Wee Jin	Board Member 10 October 2010	Group Chief Executive Officer of National Healthcare Group	-
Dr Theresa Lee Mei Ying	Board Member 1 August 2021	Senior Consultant Psychiatrist at KK Women's & Children's Hospital	-

Due to the circumstances brought about by COVID-19, four founding members were retained for an additional year to provide continued guidance, while new members joined the board in August 2021.

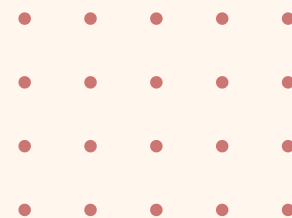
LEADERSHIP



Board of Directors: Board Committees

Committees	Members	Appointment
<u>HUMAN RESOURCES</u>	Ms Cynthia Phua Siok Gek Prof Philip Choo Wee Jin	16 January 2018 16 January 2018
<u>MARKETING, PUBLIC RELATIONS & FUNDRAISING</u>	Ms Belinda Young Hsien Lin Mr Joseph Tan Peng Chin Mr Peter Chan Pee Teck Mr Peter Lam Kok Wai	16 January 2018 16 January 2018 16 January 2018 16 January 2018
<u>MENTAL HEALTH PROGRAMMES & SERVICES</u>	Mr Joseph Tan Peng Chin Fr Paul Staes Prof Philip Choo Wee Jin	16 January 2018 16 January 2018 16 January 2018
<u>FINANCE</u>	Mr Joseph Tan Peng Chin Fr Paul Staes Mr Peter Lam Kok Wai	16 January 2018 16 January 2018 16 January 2018
<u>AUDIT</u>	Ms Belinda Young Hsien Lin Mr Michael Chye Ms Sherraine Chan	16 January 2018 16 January 2018 16 January 2018

LEADERSHIP



Board of Directors: Role of the Board

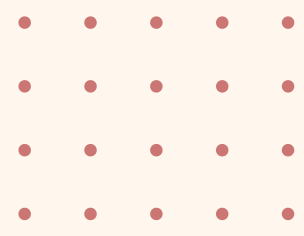
The attendance of the Board of Directors meetings (online) during the Financial Year 2020/2021 is as follows:

BOARD MEMBER	ATTENDANCE
Dr Christopher Cheok Cheng Soo	5/5
Mr Joseph Tan Peng Chin	5/5
Ms Belinda Young	5/5
Mr Benjamin Yeo	4/5
Deacon Clement Chen	4/5
Ms Cynthia Phua Siok Gek	3/5
Ms Elizabeth Chia*	1/1
Mr Jerome Yuen*	1/1
Rev Fr Paul Staes	4/5
Mr Peter Chan	5/5
Mr Peter Lam	5/5
Prof Philip Choo Wee Jin	4/5
Dr Theresa Lee*	1/1

**Appointed on 1 August 2021*

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

Clarity Singapore has no key management staff with an annual remuneration exceeding SGD100,000.00. A copy of the full audited financial statements can be viewed online at www.clarity-singapore.org.

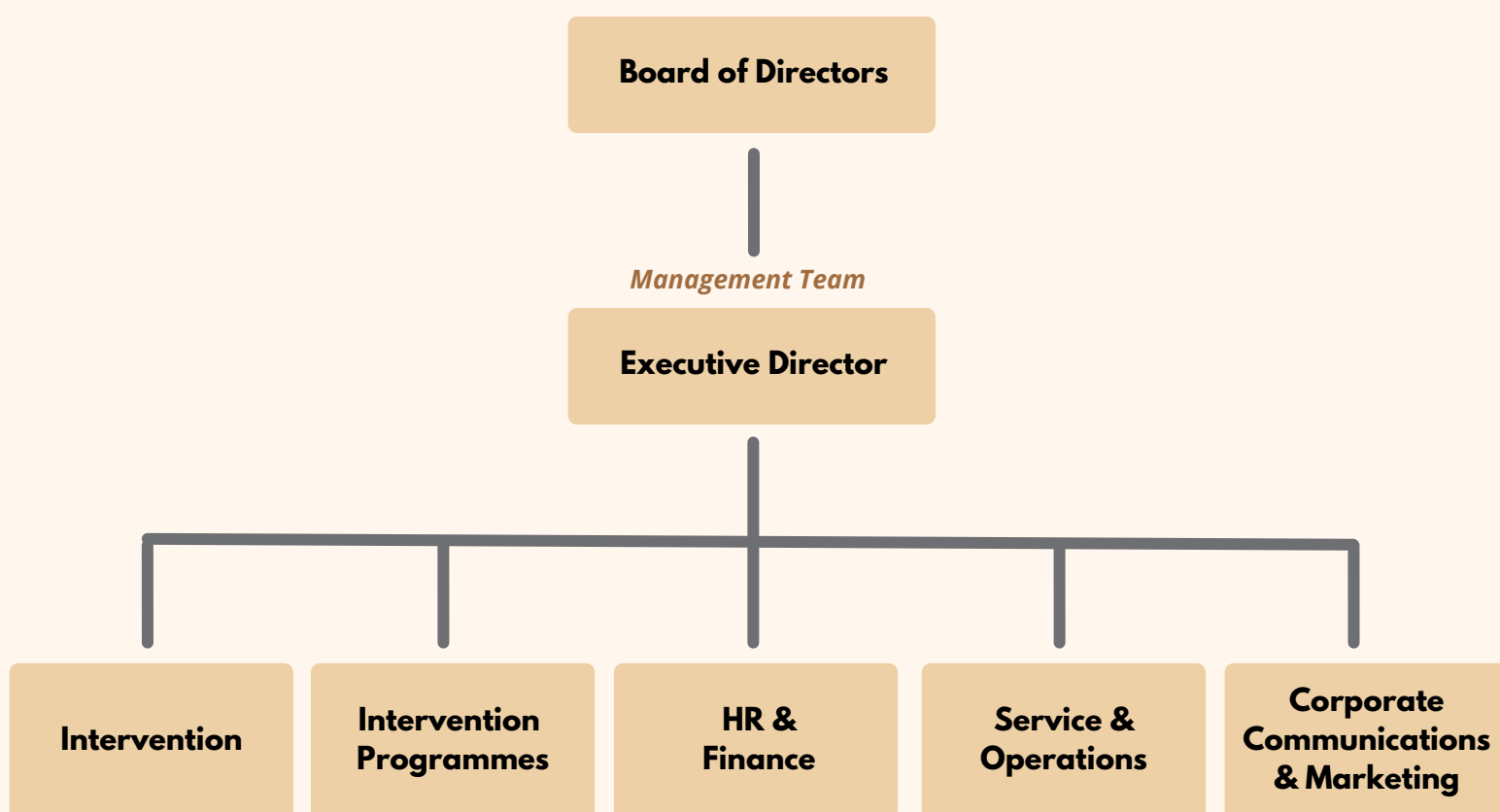


LEADERSHIP

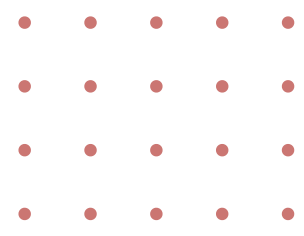
Executive Management Team

Name	Title	Appointment
Mr Joachim Toh Wen Keong	Executive Director	2 November 2020
Dr Goh Ci Ping	Clinical Psychologist (Intervention)	11 February 2019
Ms Agnes Siow Lay Hong	Senior Finance & HR Manager	1 February 2016

Organisational Structure



2021 AT A GLANCE



Our Impact

NUMBER OF CLIENTS SERVED **1,268**

NUMBER OF NEW CLIENTS **856**

TOTAL NUMBER OF SESSIONS CONDUCTED **5,945**

89.70%
CLIENTS ACHIEVED
AT LEAST 1
THERAPEUTIC GOAL

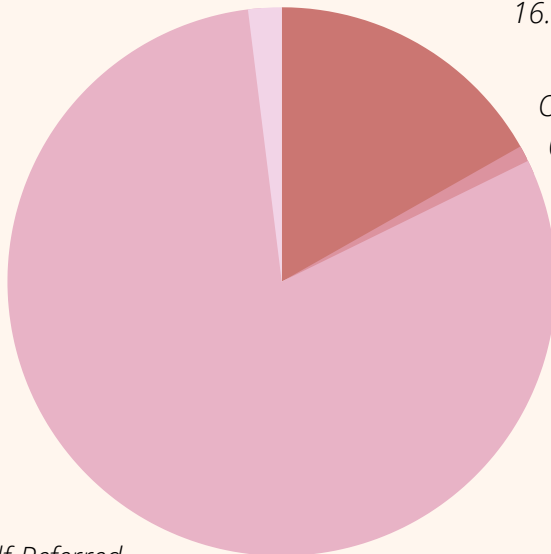


Community Agencies
2%

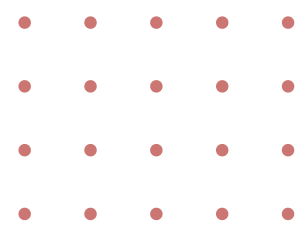
Medical Services
16.8%

Others
0.9%

Self-Referred
80.3%

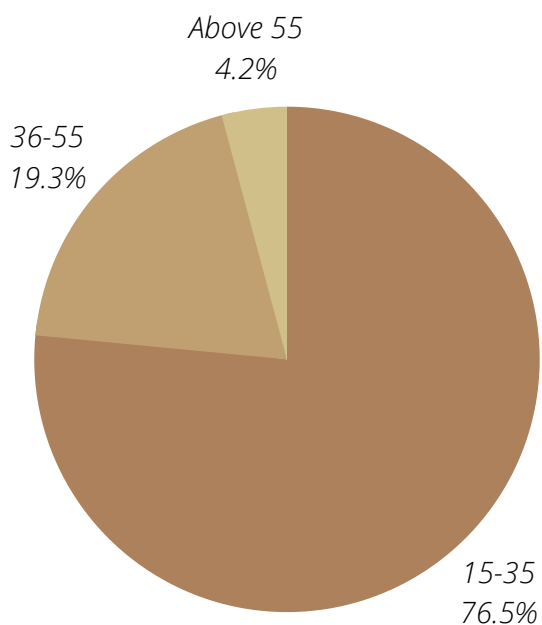


**REFERRAL
SOURCES**

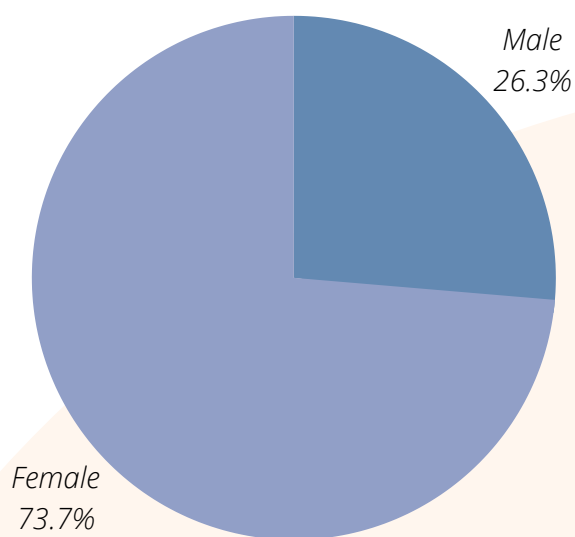


2021 AT A GLANCE

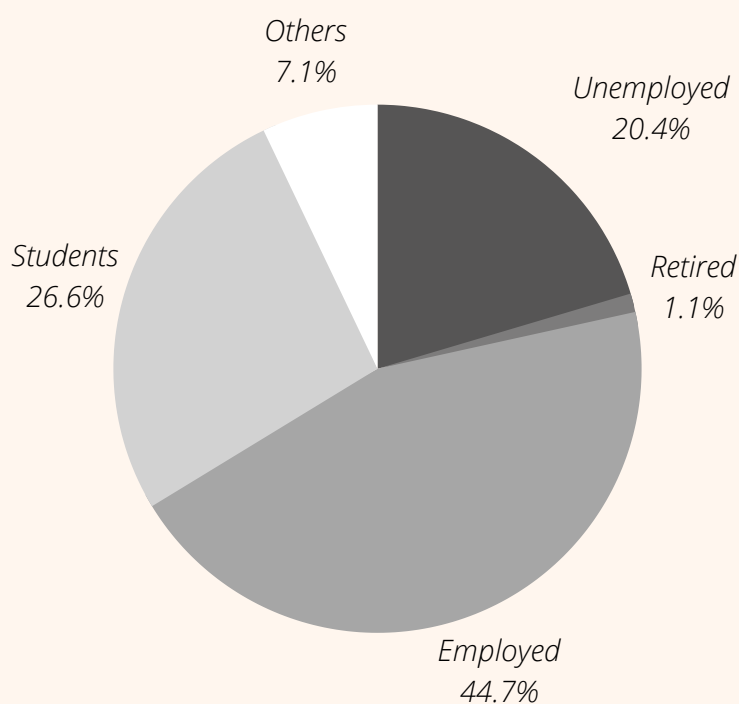
Our Clients' Demographics



AGE



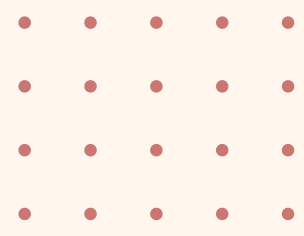
GENDER



EMPLOYMENT STATUS

48.1% of our clients were students, unemployed individuals & retirees.

2021 AT A GLANCE

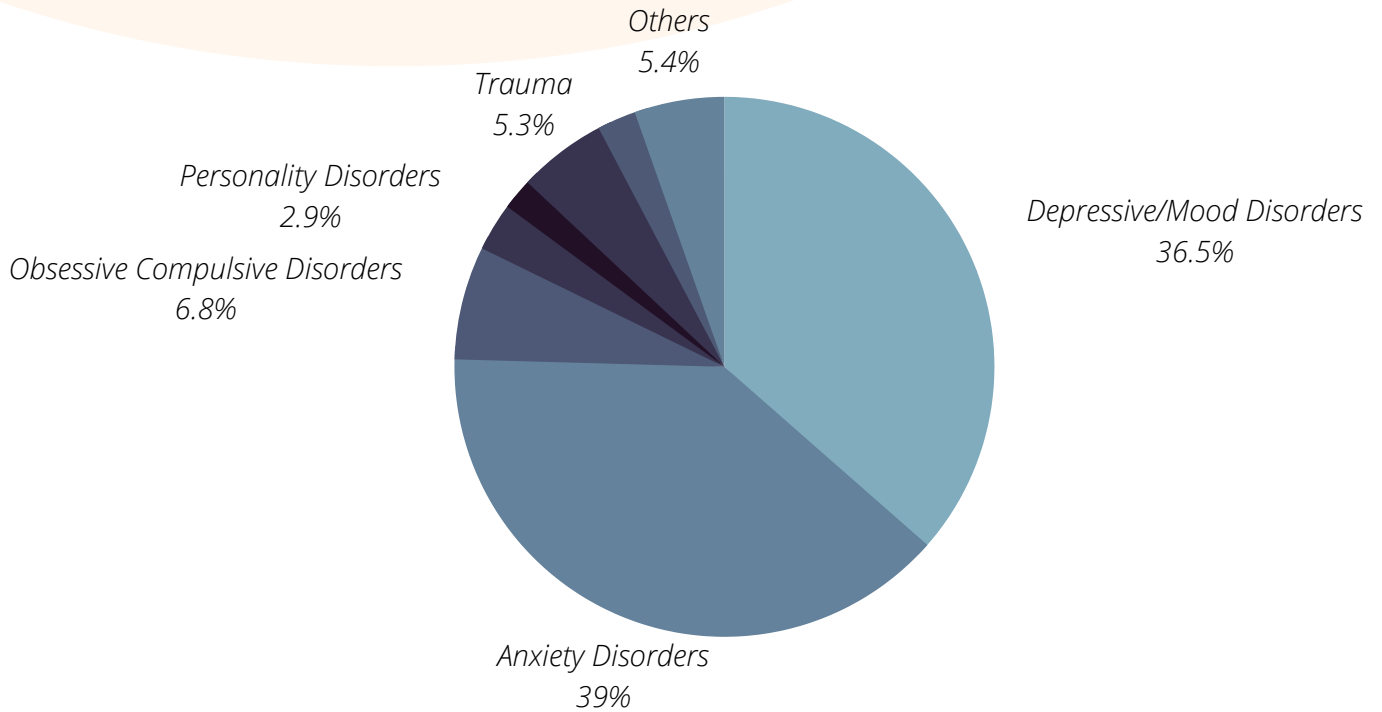


Our Clients' Mental Health Conditions



TYPES OF MENTAL HEALTH CONDITIONS SEEN

Mood & Anxiety Disorders made up 75.5% of our clients' conditions.



OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Families Unite Against OCD

This is an online support group for caregivers whose loved ones are diagnosed with Obsessive-Compulsive Disorder (OCD).

In collaboration with OCD Network, we arranged for the group to meet once a month to learn more about various relevant topics and interact with one another.

UPLif Workshops

We ran a series of 4 individual workshops that focused on increasing one's mental well-being. The workshop topics included: self-care and sleep hygiene; managing thoughts and emotions; love languages; and values and purpose.

About 140 participants attended these sessions.

OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

#bloom Sessions

We organised an 8-session psychoeducational group programme, targeted at youths aged 17-24 years old. These sessions touched on socio-emotional topics, improvement in self-awareness, self-management, and forming and improving quality in relationships.



#Bloom
@THEYESINITIATIVE

to better mental wellbeing in 2021!

Sunlight, clean water and soil, that's what plants need to grow healthily and blossom. How about you? Do you have a vision on how you want to #bloom in 2021?

#bloom is a psycho-educational group programme for young people to learn and grow together into better mental wellbeing. Come together as a community and form a garden of growth - learn to take better care of yourself, grow more comfortable with connecting with people and gain what it takes for you to grow into who you are meant to be.

8 sessions via Zoom
Tuesdays
2.30pm - 4.30pm

9, 16, 23 & 30 March
6, 13, 20 & 27 April 2021

Fees: Free!

Utilising cognitive behavioural therapy (CBT) concepts and taking into account of your strengths and goals, you will find the tools you need to #bloom.

Open to youths, 17-24 years old, with mental health needs, keen to build emotional and mental resilience and are ready to mingle and make more friends!

Register at: tinyurl.com/hiclarify or scan the QR code by **2 March 2021, 23:59**

*For Q19 in the form, select "Group Programmes - #bloom"
*After submission of the form, facilitator will contact you via phone to confirm your participation.
*Confirmed participants will receive a workbook to guide the learning process.

www.clarity-singapore.org ☎ 6757 7990 ✉ ask@clarity-singapore.org 📍 ClaritySG 📱 @theYesInitiative 📺 Lmeclaritysg CLARITY

#bloom with TP

In September 2021, we held a special edition of our #bloom session in collaboration with Temasek Polytechnic.



OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Breathing Space Programme (Group)

We organised an 8-session group therapy programme, designed to provide participants with sufficient knowledge and skills to manage their thoughts, emotions and behaviours relating to anxiety.



Breathing Space

29 MAY, 5, 12 & 19 JUNE
3, 10 & 24 JULY
14 AUGUST 2021

SATURDAYS, 10AM - 12PM
8 SESSIONS VIA ZOOM
FEES: \$40

Anxiety is an emotion experienced by everyone. However it can be a painful and difficult experience when **anxiety occurs frequently, affecting your day to day activities**. Feelings of anxiety and stress can become worse when there are **uncertainties in our lives**. However, we can all **learn how to respond better** to these stressors and uncertainties.

At the end of the 8 sessions, you will be able to:

- Better understand your anxiety**
- Use specific skills to manage anxiety-related thoughts and behaviours**
- Identify triggers of anxiety and overcome them in a safe manner**
- Continue managing your own recovery plan beyond the group sessions**

We are offering **group therapy for individuals with anxiety** to learn, share experiences and practise **skills to better cope with anxiety**, all within a **safe, non-judgemental space**. Held over 8 interactive online sessions, this group therapy programme is conducted by our trained facilitators to journey with participants to mental wellness through discussions, pair-work, group activities and homework assignments.

Register at: tinyurl.com/hiclarify or scan the QR code

*For Q23 in the form, select "Group Psychotherapy - Breathing Space".
*After submission of the form, facilitator will contact you for a video screening call.

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IN YOUR HANDS

This is a **community for you** as you **journey to recovery from Obsessive-Compulsive Disorder (OCD)**. Take recovery **into your own hands**, and **connect with other individuals** on the same journey - you are not alone. You are encouraged to take part in the below components:

Hands In

Join this **6-session time-limited group** with other peers to gain wisdom, knowledge and strengths on your path of recovery!

5, 12 & 19 MAY
2, 9 & 16 JUNE 2021
(WEDNESDAYS)

All-Hands

Monthly gathering to share and take part in meaningful activities to keep yourself socially and physically active!

20 MARCH, 17 APRIL
15 MAY, 19 JUNE 2021
(SATURDAYS)

2PM - 3.30PM VIA ZOOM
FEES: FREE!

Register at: tinyurl.com/hiclarify or scan the QR code

*For Q19 in the form, select "Group Programme - In Your Hands".
*After submission of the form, facilitator will contact you for a video screening call.



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In Your Hands Sessions & Gatherings

"In Your Hands" is a community for individuals on their journey to recovery from Obsessive-Compulsive Behaviour Disorder (OCD). The participants attended group sessions with peers as well as gathered monthly to participate in meaningful activities.

OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Being BRAVE Chats

These chat sessions are an extension of our inaugural BRAVE Festival 2020. We aimed to continue spreading the message of mental health in the Catholic youth space through a series of these authentic BRAVE CHATS.

WE'RE LOOKING FOR YOU!

Working Adults (18-35 years old) | Students (from JC/poly/ITE/Uni)
 Educators/ School counsellors | NS Men
 Parents of youths | Catechists/ Youth church workers

Being BRAVE

Join us for an evening of raw, authentic BRAVE CHATS as we share about our experiences in the Catholic youth mental health space!

Clarity Singapore will be holding BRAVE CHATS about youth mental health and faith in the Catholic space. Let's have a chat if you're in any of the categories above to:

- Share your viewpoints about mental health
- Discuss youth mental health needs and challenges
- Brainstorm feedback and ideas regarding Catholic youth mental health

DATES: Various Tuesdays, June - July
TIME: 7.30 - 9.30pm
VENUE: Zoom

Indicate your interest at tinyurl.com/bravechats-all
REGISTER NOW

www.clarity-singapore.org | 6757 7990 | ask@clarity-singapore.org | ClaritySG | @theY5Initiative | Lmclaritysg | CLARITY

WHAT'S THE TEA WITH OCD?

THIS IS PEARL. PEARL HAS SOME THOUGHTS

Do I need help? | Why am I seeking help for? | Am I ready to seek help? | How do I seek help? | Is OCD affecting me?

1 ETERNITY LATER... (AKA 11 YEARS... AND STILL THINKING)

Do I need help? | Why am I seeking help for? | Am I ready to seek help? | How do I seek help? | Is OCD affecting me?

AHH! I need to talk to someone about this!

Cannot wait anymore!

We don't want to wait another 11 years.* Come join me with your BBT and talk about some of these questions we know you are thinking of!

*11 years is the average time taken to seek help and treatment since the onset of OCD symptoms.

Are you 18 - 35 years old, and just like Pearl, thinking you may be suffering from OCD (Obsessive-Compulsive Disorder)?

Come join us in these sessions to spill the tea about OCD and explore the roadblocks to seeking help and treatment!

Register at: tinyurl.com/whatstheaeoocd or scan the QR code by 6 July 2021, 23:59

9, 16 & 30 July, 6 August 2021
Fridays, 3.30pm - 5pm
 4 Sessions via Zoom
 Fees: Free!

www.clarity-singapore.org | 6757 7990 | ask@clarity-singapore.org | ClaritySG | @theY5Initiative | Lmclaritysg | CLARITY

What's the Tea with OCD? Programme

This is a psychosocial programme which aimed to:

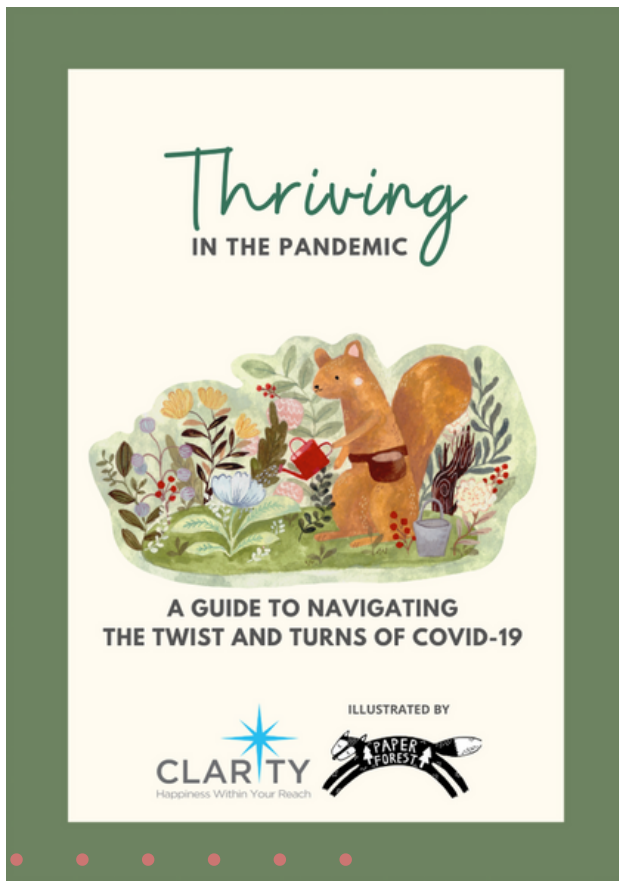
- Bridge the gap between understanding OCD and seeking help by identifying and overcoming possible barriers to treatment; and
- Provide a safe and non-judgmental space for individuals with symptoms of OCD to connect with others with a similar condition to share challenges, ideas and learn from their experiences.

OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Thriving in the Pandemic Workshops

This series of workshops was held from July to September, covering pandemic-related topics, such as coping with pandemic fatigue, locus of control, effective communication and adaptability.

We had about 60 attendees for these 3 runs.



OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Commemoration of World Mental Health Day

In October 2021, we organised a series of virtual workshops to commemorate World Mental Health Day. These workshops were targeted at different groups:

- Adults: Seeking Help Through Therapy
- Parents: Youths' Mental Health for Parents
- Youths: Peer Support for Youths
- Expectant Mothers: Coping with Transitions and Self-Care for New Mums

About 200 attendees joined us for these workshops.



1. SEEKING HELP THROUGH THERAPY
13 October 2021 (Wed), 7.30pm - 9pm
Register FOC via Zoom: tinyurl.com/wmhd13oct

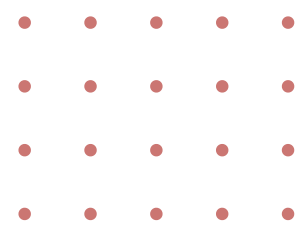
2. YOUTHS' MENTAL HEALTH FOR PARENTS
16 October 2021 (Sat), 10am - 11.30am
Register FOC via Zoom: tinyurl.com/wmhd16oct

3. PEER SUPPORT FOR YOUTHS
20 October 2021 (Wed), 7.30pm - 9pm
Register FOC via Zoom: tinyurl.com/wmhd20oct

4. COPING WITH TRANSITIONS AND SELF CARE FOR NEW MUMS
23 October 2021 (Sat), 10am - 11.30am
Register FOC via Zoom: tinyurl.com/wmhd23oct

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OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

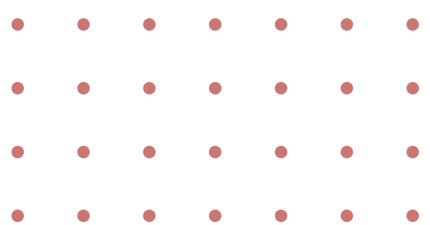


Clarity Christmas Specials

We explored the Advent themes of love, peace, hope and joy in our programmes.

Our special events included:

- Hang Out: Love & Peace workshop that focused on self-compassion
- Let's Talk: Christmas Special IG live session on Christmas card-making and conversations on the topics of hope and joy



OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

Hang Out for Youths & Adults (Monthly)

Through "Hang Out", we aimed to create a platform for persons with mental health conditions, or at-risk of, to gather and socialise through pleasurable and meaningful activities.

During these monthly sessions, participants gathered to engage in a variety of activities, such as games, exercise, arts and crafts, workshops, discussions and sharings.



HANG OUT

YOUTH HANG OUT
(18 to 35 years old)
Every 3rd Friday of the month
3pm-4pm via Zoom
Fees: Free!

ADULT HANG OUT
(36 to 55 years old)
Every 3rd Friday of the month
11am-12pm via Zoom
Fees: Free!

Come Hang Out with us! Join our community and get to:

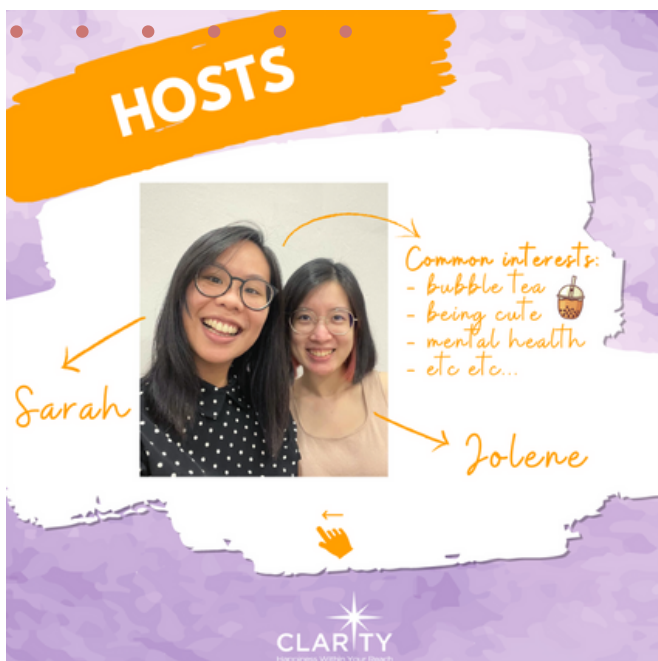
- Join in games, exercise, art & craft, and more!
- Meet new people
- Be part of a supportive community
- Participate in workshops, discussions and sharings
- Have fun!

Hang Out is a **community group** which provides a **monthly gathering** for you to take part in meaningful and fun activities with others. If you are **struggling with mental health conditions, or just want to be part of a mental health community group for support**, we welcome you to join us!

Register at: tinyurl.com/clarityhangout or scan the QR code to be part of our community!

*After submission of the form, facilitator may contact you via phone if more information is required.

www.clarity-singapore.org | 6757 7990 | ask@clarity-singapore.org | @ClaritySG | @theYSInitiative | @claritysg | CLARITY

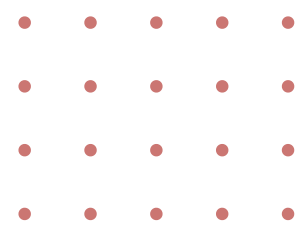


Let's Talk Series (Monthly)

The series aimed to deliver bite-sized mental health contents that are timely, accurate and appropriate for our social media platforms.

Targeted at young people aged 18-34 years old, our "Let's Talk" Series engaged both persons in need and their caregivers through a series of psychoeducational posts and live sessions.

Since its launch in March 2021, it has covered topics, such as stress, self-care, imposter syndrome and men's mental health.



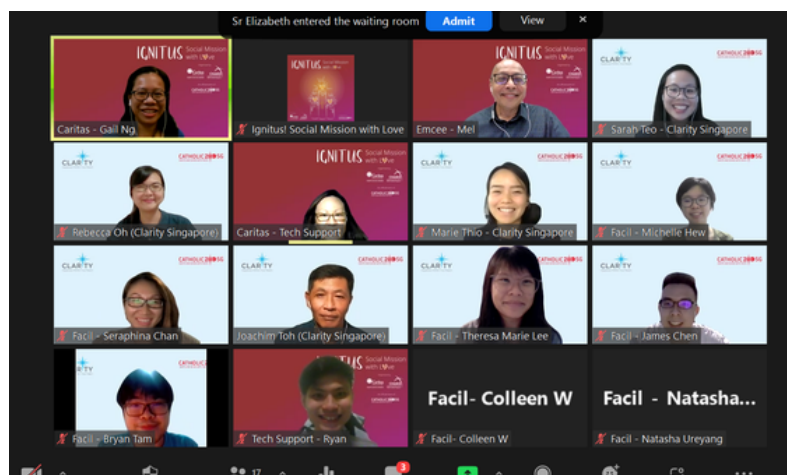
OUR WORK: PROGRAMME & EVENT HIGHLIGHTS

CDAC Workshops

We organised 2 workshops for the students under the CDAC programmes: Understanding Stress (Workshop 1) and Supporting Someone in Distress (Workshop 2). The topics for the workshops included signs and symptoms of stress, stress management plan, understanding youth mental health landscape in Singapore, strategies for supporting someone and more.

NSSWC Mental Wellness Workshop

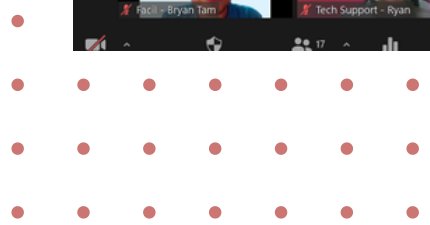
We conducted an introductory mental wellness workshop for the Nee Soon South Mental Well-being Committee members. Our facilitator introduced the mental health landscape, providing insights into common mental health conditions, help-seeking pathways and various mental health resources available in the community. We also shared about the different types of mental health treatments and the hopes and challenges of recovery.



Caritas Workshop

In this workshop, "Mental Health in Our Church Spaces", we introduced participating church leaders to the mental health landscape in Singapore and shared the importance of mental health in relation to our Catholic faith. We also equipped them with mental health knowledge and resources.

The leaders shared their personal experiences/encounters with mental health in the church space and discussed how they can collectively spread the importance of mental health.



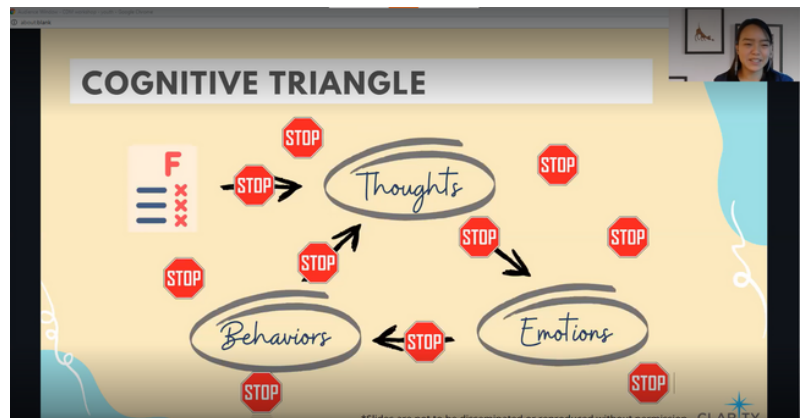
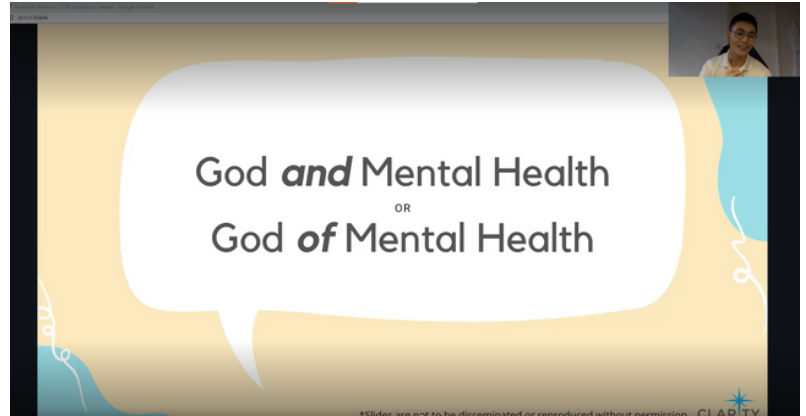
OUR WORK: PROGRAMME & EVENT HIGHLIGHTS



Church of Divine Mercy Sessions

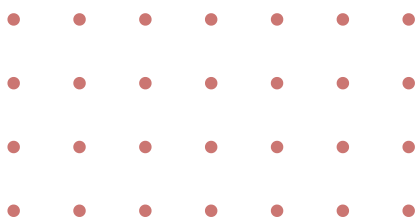
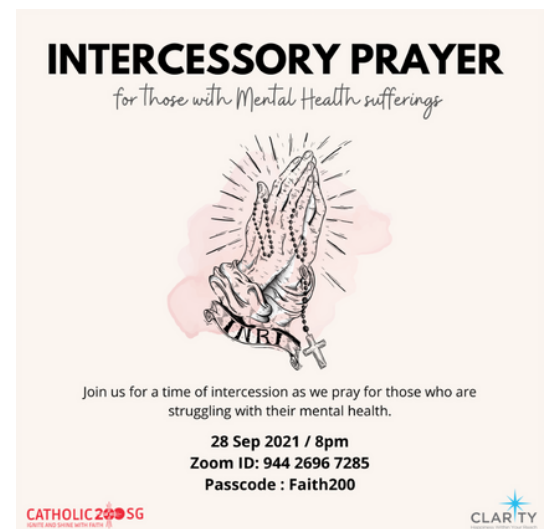
2 sessions were held to introduce mental health, in the context of our faith, to youths, leaders and catechists. The workshops covered the youth mental health landscape in Singapore, the signs and symptoms of depression as well as anxiety and mental health resources.

The session for the youths included sharing strategies and tips to better manage thoughts, emotions and responses with a short reflection time. Whereas, the leaders' session dived deeper into emotional health with faith-based content.



Catholic200SG: Intercessory Prayer

A prayer session was held on 29 September 2021, in conjunction with Catholic200SG, to pray for those struggling with their mental health. There were over 100 attendees.



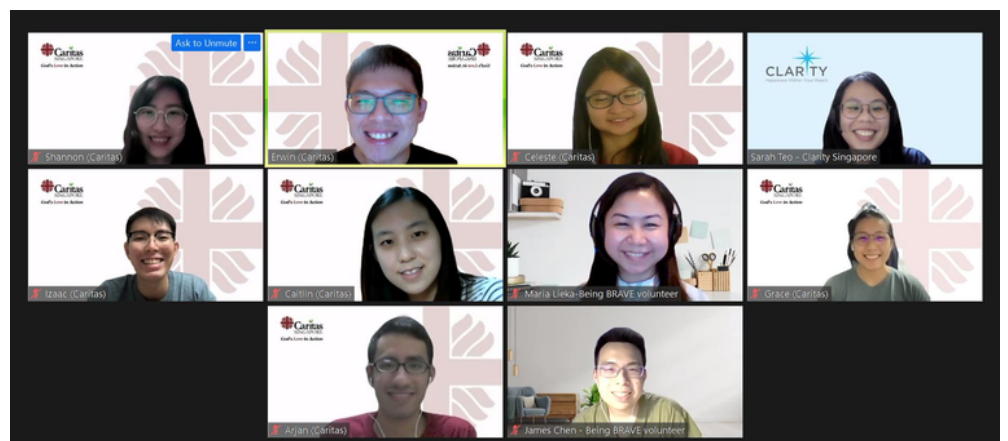
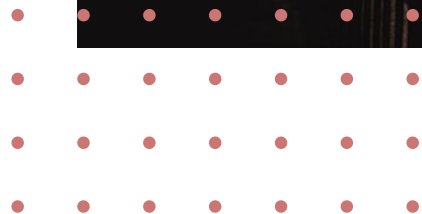
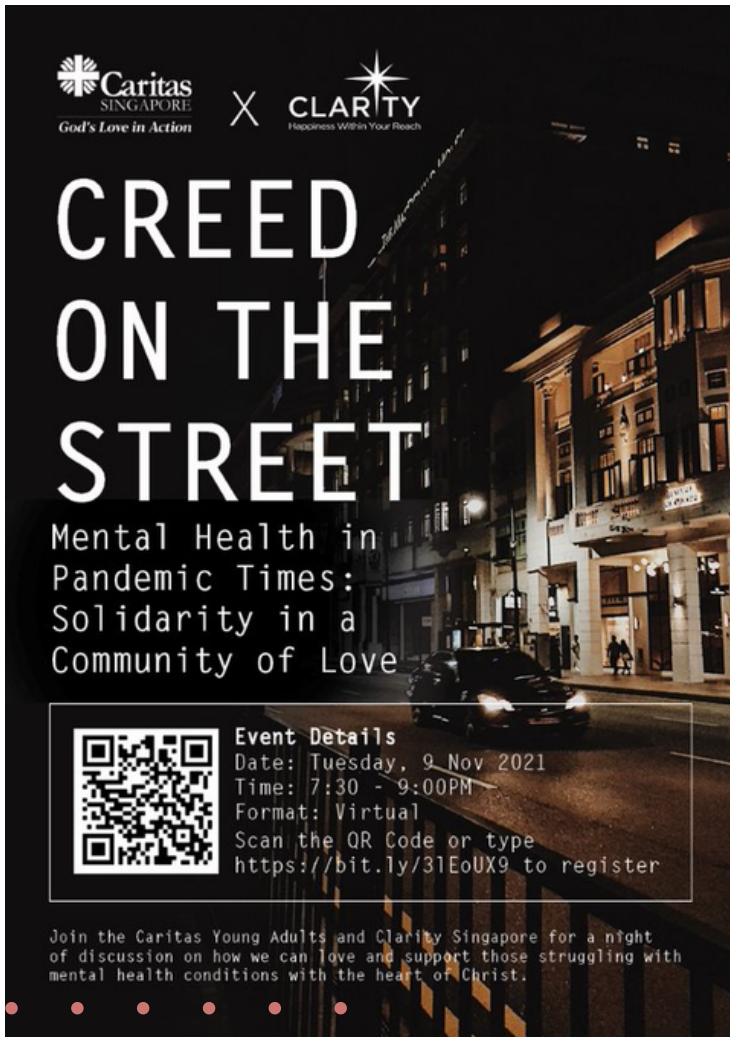
OUR WORK: PROGRAMME & EVENT HIGHLIGHTS



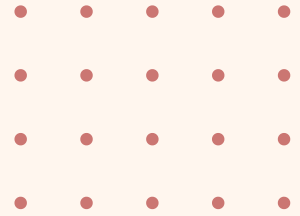
Creed on the Streets

A collaborative event with Caritas Young Adults (CYA) was held on 9 November 2021. Being BRAVE volunteers gave a presentation on the youth mental health landscape in Singapore, guided by Clarity Singapore staff

CYA gave a presentation on mental health in light of Catholic Social Teaching. There were also breakout rooms and a short discussion on mental health and faith in our lives, led by CYA.



CLARITY IN THE NEWS



**Mt Alvernia: My Alvernia Magazine Issue #44
60th Anniversary Issue, April 2021**

**Article on "Building Resilience" by Ms Charley
Joyce, Senior Counsellor (Clarity Singapore)**
[https://mtalvernia.sg/publication/60-anniversary-
issue/](https://mtalvernia.sg/publication/60-anniversary-issue/)

**Mt Alvernia: My Alvernia Magazine Issue #45,
September 2021**

**Article on "10 Healthy Habits for Preventing
Clinical Anxiety" by Ms Tan Ming Chin,
Counselling Psychologist (Clarity Singapore)**
<https://mtalvernia.sg/publication/issue-45/>

In the Pink
Building Resilience

Building Resilience

These trying times have triggered a mental health crisis worldwide. Charley Joyce, Senior Counsellor, Clarity Singapore Pte Ltd, shares insights into ways in which we can build our resilience.

WHAT EXACTLY IS RESILIENCE?
Charley describes mental and emotional resilience as the ability to adapt and move forward in a constructive way when faced with adversity, trauma, tragedy, threats, or significant sources of stress. In other words, it is the ability to bounce back from difficult experiences.

Fun fact: the word 'resilience' comes from the Latin word 'resilio' which means to bounce back or retaliate.

QUALITIES OF A RESILIENT PERSON
Charley shared some common characteristics of resilient people.

Physical Elements
Physical strength, energy and vitality are often seen in resilient people. If you are physically healthy, you are more likely to be able to cope and adapt in stressful situations.

Mental or Psychological Elements
These include factors like mental flexibility, emotional self-regulation, adjustability, focus, self-awareness, and the ability to express oneself clearly and think rationally.

Emotional Awareness
People who recognise and understand their own emotions and those of others tend to be able to regulate their feelings and switch to rational problem-solving modes in times of crisis.

A Sense of Humour
Having a sense of humour is a great asset. Seeing the funny side of a stressful situation can trigger a shift in perspective that transforms a threat into a challenge.

A Positive Attitude to Mistakes
Allocating a constructive meaning to failures and mistakes is a powerful way to build resilience. You must tell yourself –

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In the Pink
10 Healthy Habits for Preventing Clinical Anxiety

10 Healthy Habits for Preventing Clinical Anxiety

Everyone worries about something sometimes. But some people feel anxious all of the time. Ms Tan Ming Chin, Counselling Psychologist, Clarity Singapore, explains the difference between normal and clinical anxiety, and how to keep the latter at bay.

ANXIETY IN SINGAPORE
The Singapore Mental Health Study initiated in 2016 by Institute of Mental Health (IMH), Ministry of Health (MOH) and Nanyang Technological University (NTU) revealed that one in seven persons in Singapore has a lifetime prevalence of a mental disorder. One in 62 persons would develop generalised anxiety disorder, and that is only one of the many subtypes of anxiety disorders identified so far. Ms Tan shared that it is also not uncommon to see clients carry severe anxiety symptoms, though diagnosed with another condition.

WHAT IS NORMAL AND WHAT IS NOT
"Clinical anxiety manifests easily, for infinite reasons," said Ms Tan. "It is important to acknowledge that anxiety is a normal state of emotion. In life, we will all have anxious moments. However, regular anxiety is fleeting while clinical anxiety can persist for days, months and even years, in varying intensities."

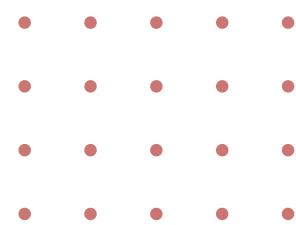
Persistent worrying, finding it difficult to relax, and constantly fearing that 'something bad' will happen, are among the common indicators of clinical anxiety.

Ms Tan emphasises the fact that clinical anxiety does not discriminate. It can afflict anyone, including highly successful and intelligent leaders and articulate young people with apparently bright futures. They may or may not have family members who have been diagnosed with mental disorders.

"If you develop pathological traits of distress, it is important to remember that it is never your fault," said Ms Tan. "At times it does feel like life can push us dangerously close to the edge. However, the good news is that you can actively build better 'mental immunity'. It does not mean that you will never falter, but rather than you will recover faster."

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LOOKING AHEAD

Our Commitment

We serve to empower individuals and communities to reach their full potential by meeting unique mental health-related needs through quality, ethical, inclusive and personalised intervention and programme services.

Programme and Event Plans

Enhancement of Existing Programmes

To better serve the needs of our participants, our UPlif workshops, aimed to increase one's mental well-being, will focus on helping our participants understand emotions and manage moods. New topics will include the introduction to emotions, managing depression and anxiety, improving interpersonal relationships and more.

This change was made in consideration of the feedback from past participants and the relevance of these topics to our target age group of 35 years and older.

New Programmes and Initiatives

- Project Polaris. Volunteers will be trained to help conduct mental health assessments for our clients.
- Peer Support Programme. To provide opportunities for persons who have recovered from their mental challenges to support peers who are struggling with mental health issues.

Fundraising Plans

We planned to organise four virtual fundraising activities during:

1. Lent
2. Annual Fundraising Event (mid-year)
3. World Health Mental Day
4. Christmas

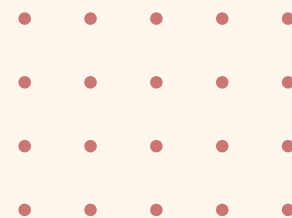
Our fundraising activities will be implemented mainly through Clarity Singapore's online and social media platforms as well as an affiliate website, Giving.sg.

Expenditure Plans

The funds collected will be used to cover:

- Event management costs
- Costs of charitable activities, including programme costs
- Governance and administrative costs

FINANCIAL SUMMARY

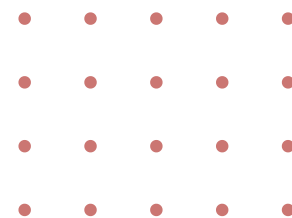


Statement of financial activities for the financial year ended 30 September 2021

	Unrestricted Fund	Restricted Funds	Total Funds
	S\$	S\$	S\$
2021			
INCOME			
Income from generating funds	600,190	915,240	1,515,430
Income from charitable activities	24,455	78,270	102,725
Other income	157,421	0	157,421
TOTAL INCOME	782,066	993,510	1,775,576
LESS: EXPENDITURE			
Cost of charitable activities	140,644	679,400	820,044
Governance and other administrative cost	302,637	240,810	543,447
TOTAL EXPENDITURE	443,281	920,210	1,363,491
SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR	338,785	73,300	412,085

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

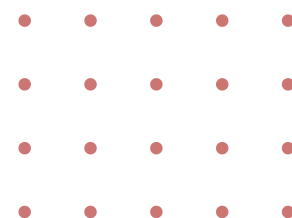
CORPORATE GOVERNANCE



Code of Governance

S/N	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 staff 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")		Yes	
7	The charity discloses in its annual report the reasons for retaining Board member(s) who have served for more than 10 consecutive years.	1.1.13	Yes	
8	There are documented terms of reference for the Board and each of its committees.	1.2.1	Complied	

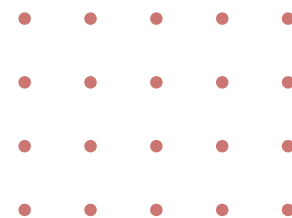
CORPORATE GOVERNANCE



Code of Governance (cont'd)

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	
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				
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	

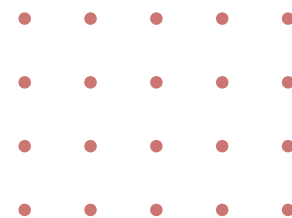
CORPORATE GOVERNANCE



Code of Governance (cont'd)

FINANCIAL MANAGEMENT AND INTERNAL CONTROLS (cont'd)				
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	
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 (cont'd)

DISCLOSURE AND TRANSPARENCY (cont'd)				
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 family belonging to the Executive Head 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.</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

- **Caritas Singapore Community Council**
An annual budget is submitted annually for grant processing. The funds from Caritas Singapore supported services delivered in Yishun and at the Agape Village (Toa Payoh).
- **COMIT@North Grant and COMIT@Central**
The funds from the Agency of Integrated Care (AIC) supported services delivered in Yishun and at the Agape Village (Toa Payoh) for Singaporeans and Permanent Residents aged 18 years old and above.
- **Community Foundation of Singapore**
The funds supported programmes for youths as part of Clarity Singapore's YES Initiative.
- **Bicentennial Community Fund**
Donations to Clarity Singapore will be matched dollar-for-dollar through the Bicentennial Community Fund (BCF).
- **General Public**

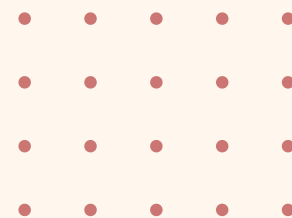
Reserve Policy

To establish reserves at a level of at least three years of the past two years' average expenditure.

Staffing

As of 31 September 2021, there are 22 full-time staff (2021: 17 full-time staff) employed by Clarity Singapore.

ACKNOWLEDGEMENTS



Thank You!

Our achievements were made possible because of your generous contributions, support, guidance and prayers. It is a privilege to partner with you.

Agency for Integrated Care	mbrace Singapore
Care & Share Matching Grant	Ho Bee Foundation
Caritas Singapore	T-Touch (<i>Temasek's staff volunteer initiative</i>)
Charity Council	SCHOPE
COMIT@North Grant	Project nbwu
COMIT@Central Grant	Ms Cynthia Phua
Community Foundation of Singapore	Mr Nicholas Joo
Institute of Mental Health	Mr Lim Feng Philip
Khoo Teck Puat Hospital	Mr Chan Boon Kheng
Ministry of Health	Ms Serena Koh
Ministry of Social and Family Development	Ms Goh Guat Nee Joey
National Council of Social Service	Mr Wong Hein Jee
OCD Network	Mr Benjamin Foo
Mount Alvernia Hospital	

Programme Partners:



GET INVOLVED!



Looking to make an impact in the mental health landscape in Singapore and be a blessing to individuals struggling with mental health conditions?

Here's how you can partner with us in this mission!

Make a Donation

We help beneficiaries who are suffering from mental health conditions and need donations for one-on-one therapy sessions, group programmes and psycho-education workshops/talks. Your donation is greatly appreciated and will help us to reach out to more mentally distressed individuals and empower them to overcome their challenges and lead meaningful lives.

Be Our Corporate Partner

Work with us to give your staff or other individuals the best opportunities in the area of mental wellness.

Volunteer

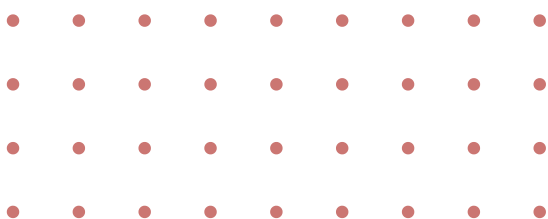
Our volunteers are our extended hand and significant contributors to the success of our clients' recovery journey. We welcome you to join our team of vibrant and like-minded volunteers.

We also offer internship opportunities.

Stay Connected with Us

Connect with us on social media and subscribe to our mailing list for the latest on the meaningful work we are doing at Clarity Singapore and the life-transforming opportunities available for you.

For more ways to get involved, email ask@clarity-singapore.org or call +65 6757 7990.





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