



Towards Better Mental Health in Our Community

Shan You supports World Mental Health Day, which is observed on 10 October each year. It is a day for the education of mental health, to bring attention to mental health conditions and their effects on many lives worldwide as well as for the advocacy against mental illness stigma.

Mental health affects all other aspects of our health and well-being. Our mind is always with us, anywhere we go. What is happening in our mind affects our physical health and other areas of our life like our work and relationships. We hope that everyone of us will check in on our mental health regularly and take active steps to improve our personal mental well-being.

To start real and open conversations about mental health in our community, Shan You launched *The Elephant in Our Community* public education campaign on mental health on 1 July this year. The campaign aims to challenge the deeply-rooted social stigma of mental health conditions and highlight the consequences – many people do not talk about their mental health issues nor seek professional help, suffering in silence. This campaign hopes to raise awareness of the real-life experiences of persons living with mental health conditions and increase the understanding and acceptance of them in the community. By challenging the deeply-rooted social stigma of mental health conditions, we hope to empower affected individuals and families to seek support from their loved ones and help from professionals.

Persons affected by mental health conditions live amongst us in the community. In fact, all of us will be affected by some mental health issues at some point in our lives. *The Elephant in Our Community* campaign is for each of us and all of us.

As a community-based organisation, Shan You's programmes and services are anchored on improving the mental and social well-being of individuals and groups in our society. We are thankful for having community partners who are with us in this journey. Working together collaboratively and in sustainable ways with them and other like-minded stakeholders, we can change the way our community thinks about mental health issues and challenge mental health stigma for this and future generations.

Dr Siew Kum Yew
Clinical Director
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