

About Shan You Counselling Centre

Shan You Counselling Centre (SYCC) is a non-profit social service organisation set up in 1995 to provide professional counselling and clinical services, based on the guiding values of compassion, mindfulness, morality, and wisdom. Our services are available to all in the community, regardless of race, religion and ability to pay. Our services include:

- o **Counselling and psychotherapy for individuals, couples, and families**
- o **Mindfulness-based programmes for mental health conditions and mental wellness**
- o **Community outreach programmes on mental health and wellness**
- o **Professional training workshops for mental health and healthcare professionals**
- o **Suicide alertness training workshop**
- o **Marriage preparation programme**

SYCC is committed to deliver accessible and effective counselling and clinical services that enhance the mental and social well-being of individuals and families in the community. We strive to build a compassionate and mentally healthy community in which people are empowered to live good and meaningful lives.

Our Counselling Services

We utilize various evidence-based psychotherapies, including Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy, Cognitive-Behavioural Therapy and Motivational Interviewing, to help our clients improve their mental wellness and achieve a better quality of life. Our team of counsellors and psychologists help clients with a wide spectrum of mental health and other issues, including:

- o **Anxiety and trauma-related issues**
- o **Depression**
- o **Bereavement and grief issues**
- o **Stress**
- o **Marital and couple issues**
- o **Family and relationship issues**

The information provided in this brochure is for informational purposes only and is not professional advice, diagnosis, treatment or care, nor is it intended to be a substitute. Therefore, if you or the person you are supporting may be at risk, please consult a mental health professional.

**A Public Education Campaign
on Mental Health by:**

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Supported by:



**Let's talk about
MENTAL ILLNESS
MYTHS & FACTS**

the **Mental Health** **Let's Talk**
Elephant
in our Community

1 Myth: Only those who are mentally weak get mentally ill.

Fact: Perhaps the strong stigma surrounding mental illness stems from our misconception that only those who are mentally weak have mental health problems. There are many factors contributing to mental illness that have nothing to do with one's mental strength and resilience. Additionally, those who are struggling with mental health conditions may develop more mental resilience and fortitude as they grapple with the daily struggles and challenges their conditions bring. Just as we do not shame those who suffer from physical health conditions like flu or cancer, we should not shame those who struggle with mental health conditions.

2 Myth: People with mental illness are violent and unpredictable. They should be kept away from the rest of us.

Fact: Most individuals with mental health problems are no more likely to be violent than anyone else. On the contrary, people with severe mental illnesses are much more likely to be victims of violent crime than the general population. It is quite possible that you know someone with a mental health condition and don't even realize it. Many people with mental health problems are functioning members of the community who do not pose any danger or risks to us.

3 Myth: People don't recover from mental illness.

Fact: People can and do recover from mental illness. There are many types of effective treatments and services available that can help. Individuals experiencing mental health issues are capable of leading engaged and productive lives. Even when people have mental health conditions that last for a long time, they can learn to cope with their conditions so that they can function productively in their daily lives.

4 Myth: Mental health issues don't affect me and my loved ones.

Fact: Mental health issues are more common than you think and can affect you or your loved ones. For example, studies have indicated that in Singapore¹:

- o Major Depressive Disorder (MDD) is the most common mental illness. About 5.8% of the adult population in Singapore suffered from MDD at some point in their life.
- o About 100,000 people experience anxiety disorders during their lifetime.

¹ Institute of Mental Health (2011, November 18). Latest study sheds light on the state of mental health in Singapore. Retrieved from https://www.imh.com.sg/uploadedFiles/Newsroom/News_Releases/SMHS%20news%20release.pdf

5 Myth: There is nothing I can do to help a person with a mental health condition.

Fact: There is a lot family and friends can do for people with mental health conditions. They can play an important role in the person's recovery by:

- o Encourage them to seek professional help and treatment
- o Support them during the journey of recovery
- o Not labelling them by their diagnosis

6 Myth: Mental health conditions do not affect young people.

Fact: Most people who suffered from mental illness experience the onset of their condition in their twenties¹. About 2-8% of youths may suffer from depression². Mental health conditions can manifest differently in young people compared to adults. Children may not know how to talk about their feelings and may instead display behavioural issues.

² Ministry of Health, Singapore (2011). Depression. Retrieved from https://www.moh.gov.sg/content/dam/moh_web/HPP/Doctors/cpg_medical/current/2012/depression/Depression%20CPG_R11.pdf