

# What Have we Achieved

2019 Director's Report



**The Lion Mind**  
Counselling & Psychological Services





2ND NOVEMBER 2019 (SATURDAY)

**Healthcare Services  
Employees' Union**

30th Anniversary Celebration!

# 2019 Achievements

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- Incubated new workshops & corporate talks
- Foster new collaborations
- Industry recognition
- Quality clinicians

# Roadshow

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- **TEDxYouth@Singapore**
- Date: 14 Sep 2019
  
- **Screwed Up Moments #8**
- Date: 8 Oct 2019
  
- **Shell Mental Health Day 2019**
- Date: 9 Oct 2019





# Community Support

- Singapore Book of Records –
  - *Most number of people creating Kolam simultaneously at one place*
    - *Date: 02 Feb 2019*
  - **Most Number of People Painting on Pebbles**
    - *Date: 27 Apr 2019*





# Community Support

## Chingay Parade 2019



# Community Support

## Happiness Initiative

- 1. Pre-Event:** Screw Up Moments (FREE)  
*The Shining Star of Losers Everywhere*  
Date: 14 Mar 2019
- 2. Pre-Event:** Screening of Human (FREE)  
Date: 16 Mar 2019
- 2. Event:** Launch of Film Fest (FREE via invitation)  
*A Brave Heart: The Lizzie Velasquez Story*  
Date: 20 Mar 2019
- 3. Event:** Finding Hygge (Paid)  
Date: 22 Mar 2019
- 4. Event:** Happiness 101: An Introduction (FREE)  
Date: 23 Mar 2019
- 5. Post-Event:** Building Happiness Initiative (FREE)  
Date: 30 Mar 2019



# Community Support

## Singapore Film Society

1. **Event:** Premiere of *Dolor y Gloria* (FREE)  
Date: 29 Oct 2019



## Tzu Chi x Happiness Initiative

1. **Event:** Launch of Tzu Chi Humanistic Youth Centre  
*The Kid from Big Apple* (FREE)  
Date: 30 Nov 2019







## 'Mental' School Tour Assembly Programme

Republic Polytechnic | 20 Nov 2019

Temasek Polytechnic | 21 Nov 2019



# Workshops (Community Outreach) for 2019

## External Talks (Free)

Organisation	Topic	Date
Far East Organisation	Empowering & Connecting with Your Child (Through Play)	15 Jun 2019
Rotaract Club of Temasek	Coping with Caregiver Stress & Burnout	30 Mar 2019
Richemont Luxury (Singapore) Pte Ltd	The Definitive Guide to Combating Workplace Stress & Burnout	05 Jul 2019
OMD Singapore Pte Ltd	The Definitive Guide to Combating Impostor Syndrome	19 Jul 2019
Shell Singapore	Guide to Combating Workplace Stress & Burnout	09 Oct 2019
Valqua Industries Singapore Pte. Ltd.	Coping with Anxiety	11 Oct 2019
Aileron Wellness	Coping with Obsessive-Compulsive Disorder (OCD)	12 Oct 2019
Singapore Institution Of Safety Officers	The Definitive Guide to Combating Workplace Stress & Burnout	24 Oct 2019
IVICT (Singapore) Pte. Ltd.	The Definitive Guide to Combating Workplace Stress & Burnout	11 Nov 2019



# Seminars (Free) for 2019

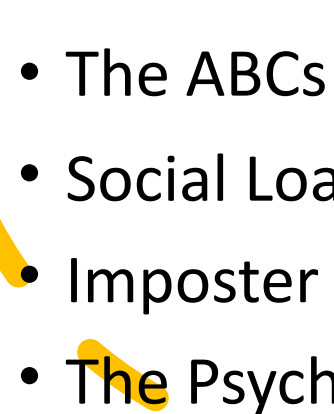
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- Coping with Anxiety
- Coping with Depression
- Coping with Grief & Loss\*
- Coping with Insomnia
- Coping with Obsessive-Compulsive Disorder (OCD)\*
- Coping with Stress & Burnout
- Career Options for Psychology Graduates

*\*New in 2019*



# Certification Workshops for 2019

- Basic Counselling Skills (Introduction to Counselling)
  - Bonding with Your Child Through Play
  - Empowering and Connecting with Your Child
  - Depression Counselling & Intervention
  - Introduction to Art Therapy
  - The ABCs of CBT
  - Social Loafing: Why People Love or Hate Project Groups
  - Imposter Syndrome: The Feeling of Not Good Enough
  - The Psychology of 'mindfulness' : The Journey
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## Graduate Certificate in Psychotherapeutic Approaches (CBT Specialisation)

- Accredited by APACS on 11 Nov 2018
- Completed a total of 3 runs
  - 1 Dec to 15 Dec 2018
  - 28 Apr to 12 May 2019
  - 7 Dec to 21 Dec 2019





# Media Releases



Releases	Source	Date
Maintaining Mental Wellbeing with Yap Weiren	VF+C, STATE CREATIVE	09 December 2019
I Quit My Dream Job	Fabl Production, Happiness Initiative	17 October 2019
Mental Health Issues: Subsidies Available And How To Navigate Through The Financial Costs	Seedly Singapore	23 August 2019
The disorder of doubt: what we get wrong about obsessive-compulsive disorders	Esquire Singapore	19 May 2019
A Formula for Happiness	Business Times	26 April 2019

# Digital Outreach



**Facebook Page Likes**

**425**

*From 166*



**Instagram Followers**

**337**

*From 146*

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