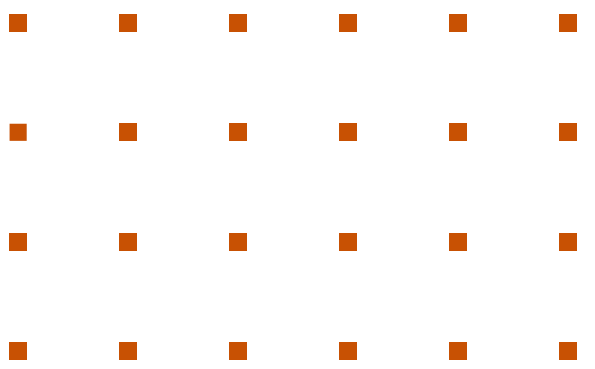


# Our Achievements Directors' Report 2023



# Co-founder's Message

What an incredible year it has been! The Lion Mind is now officially five years old!

Throughout this year, we have navigated numerous highs and lows. As a nonprofit organisation, balancing providing affordable counselling services with covering our operating costs was challenging. My gratitude extends to my co-founder, Weiren, whose unwavering support has been invaluable.

In 2023, we have made strides in expanding our Employee Assistance Program (EAP). This year, we have welcomed four organisations aboard, the most recent addition being the Foundation of Rotary Clubs Singapore Family Service Centre (FRCS FSC). A warm welcome to them!

We are delighted to have welcomed two new mental health clinicians to our team. As an organisation, we are committed to cultivating the expertise of our mental health clinicians by encouraging them to pursue postgraduate qualifications, ensuring that they continue to deliver top-notch mental healthcare to our clients.

Con't





# Co-founder's Message

Looking ahead to 2024, we are expanding our repertoire of workshops, aligning with Singapore's National Mental Health and Well-being Strategy. We will offer four psychotherapeutic approaches (Cognitive Behaviour Therapy - CBT), one Solution-Focused Brief Therapy (SFBT) workshop, a fresh addition focusing on Effective Group Facilitation, and another new workshop dedicated to Motivational Interviewing (MI). Recognising the growing demand for specialised skills, we are exploring workshops tailored for new mental health practitioners. These will delve into specific areas such as depression counselling, anxiety counselling, and insomnia counselling.

I am eagerly anticipating another year filled with excitement and growth.

Here's to an amazing 2024!

**James Chong**

*Co-founder / Clinical Director*



# Co-founder's Message

As we bid farewell to 2023 and embrace the opportunities that 2024 brings, I reflect with fulfilment on the transformative journey that The Lion Mind has undertaken in the past year.

The challenges of the global landscape, with the transition of COVID into an endemic phase, have prompted us to adapt and evolve. Witnessing the world gradually returning to a sense of normalcy is heartening. The Lion Mind has played an active role in facilitating this transition.

Throughout 2023, our commitment to enhancing the client experience remained unwavering. We devoted ourselves to continuous improvement, resulting in a revamped and upgraded website. Our digital presence is now more user-friendly and aesthetically pleasing, aligning with our dedication to providing a comfortable and inviting space for our clients.

In keeping with our counselling principles, we took a significant step forward by introducing an online booking system. This innovative feature empowers our clients, allowing them greater control over their session scheduling. We believe in fostering an environment where clients can actively participate in their journey to well-being, and this system reinforces that commitment.



*Con't*

# Co-founder's Message

Recognising the importance of timely access to support, we expanded our team to reduce appointment waiting times. Our efforts have successfully decreased peak period waiting times from three weeks to just one week. This enhancement underscores our dedication to providing efficient and accessible mental health services to those who rely on us.

As we embark on the new year, we remain steadfast in our mission to serve the community. The Lion Mind is actively exploring and developing new services to cater to a broader spectrum of individuals in need. Our commitment to mental health and well-being drives us to innovate and adapt continually.

I extend my heartfelt gratitude to our clients, team members, and stakeholders who have been integral to our success. Together, we look forward to the opportunities, challenges, and positive impact that 2024 holds for The Lion Mind and the communities we serve.

Thank you for your unwavering support.

**Yap Weiren**

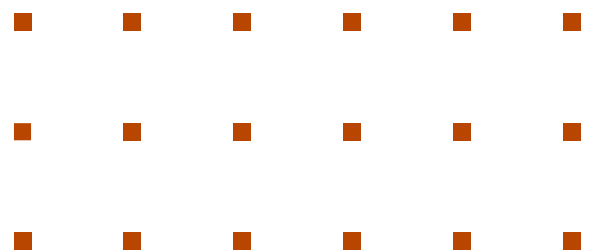
*Co-founder / Operations Director*





# 2023 Achievements

1. Clinical Services
2. Expanded Team
3. Community & Corporate Outreach
4. Workshops
5. Employee Assistance Programme
6. COVID-19 Recognition
7. Media Release





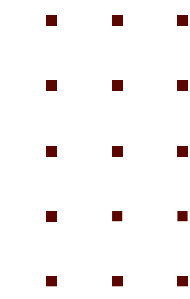
# Vision and Mission

## Vision

To ensure that the community recognises that mental wellness is as important as physical wellness.

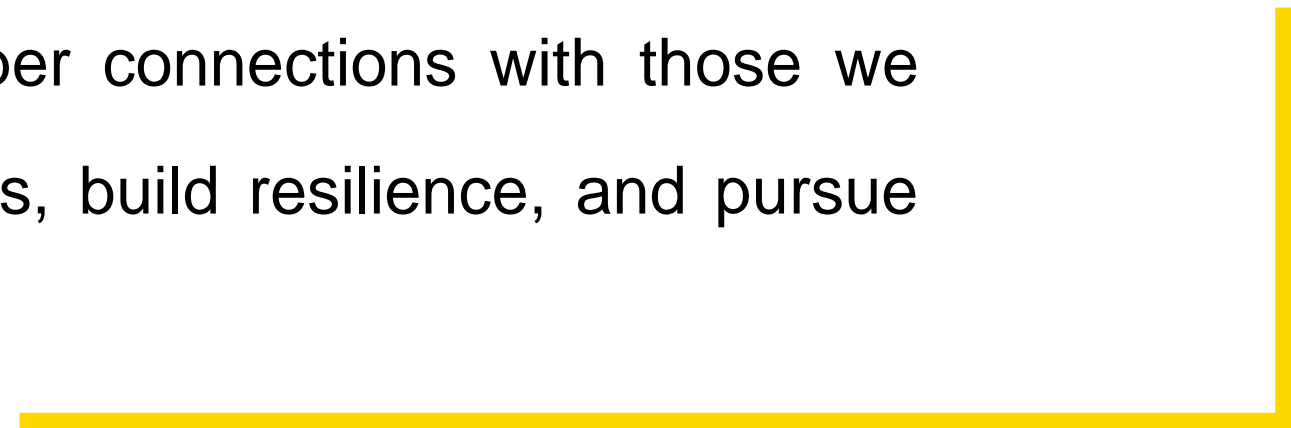
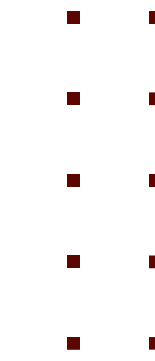
## Mission

To promote mental wellness and positive psychology through education and partnership with the community.



# Clinical Services

In 2023, our organization directed its unwavering commitment towards enriching the lives of individuals through comprehensive and personalized counselling services. Recognizing the profound impact that mental health has on the overall well-being of individuals, we redoubled our efforts to provide a diverse range of individual counselling services. Our team of compassionate mental health clinicians worked diligently to offer tailored support to individuals seeking mental and emotional health assistance. We understand that every person's journey is unique. As such, we ensured that our counselling services were highly individualized, addressing each client's specific needs and concerns. This personalized approach allowed us to foster deeper connections with those we serve and empower them to overcome challenges, build resilience, and pursue fulfilling lives.





# Clinical Services

The Lion Mind provides the following key clinical services:

➤ **Counselling & Psychotherapy**

- ✓ Anger Management
- ✓ Anxiety
- ✓ Depression
- ✓ Obsessive Compulsive Disorder
- ✓ Sleep Disorder Management
- ✓ Social Anxiety
- ✓ Stress & Burnout Management



➤ **Others**

- ✓ Clinical Supervision (*ACA, APACS*)
- ✓ Personal Therapy (*university requirements for aspiring mental health clinicians*)



# Expanded Team

The Lion Mind consistently broadens its scope of skills and expertise through our team of mental health clinicians. Besides our Clinical Director, James, who possesses profound expertise in delivering counselling and psychotherapy to our clients, our team comprises other clinicians who excel in their respective domains.

Our associate psychologist, Samantha, has extensive experience assisting students and parents from MOE schools and polytechnics. Vanessa is certified in coaching, provides counselling through artistic mediums, and specializes in trauma counselling.

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# Community & Corporate Outreach

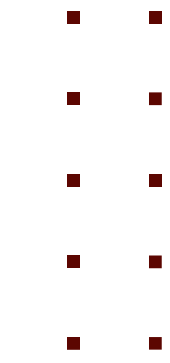
In 2023, The Lion Mind decided to reinvigorate our community outreach efforts, placing a renewed emphasis on the significance of mental health within our local community. Recognizing the profound impact of mental well-being on individuals and society, we were inspired to reconnect with our community and extend our hand in support.





# Community & Corporate Outreach

Throughout 2023, our dedicated team facilitated a series of seminars and webinars to raise awareness, reduce stigma, and provide valuable resources to those in need. We engaged with workplaces, community centres, and various local organizations to foster open conversations about mental health, equipping individuals with the knowledge and tools to prioritize their emotional well-being. As we rekindled these vital connections with our community, we witnessed the transformative power of collective action in destigmatizing mental health and promoting a culture of compassion and understanding.



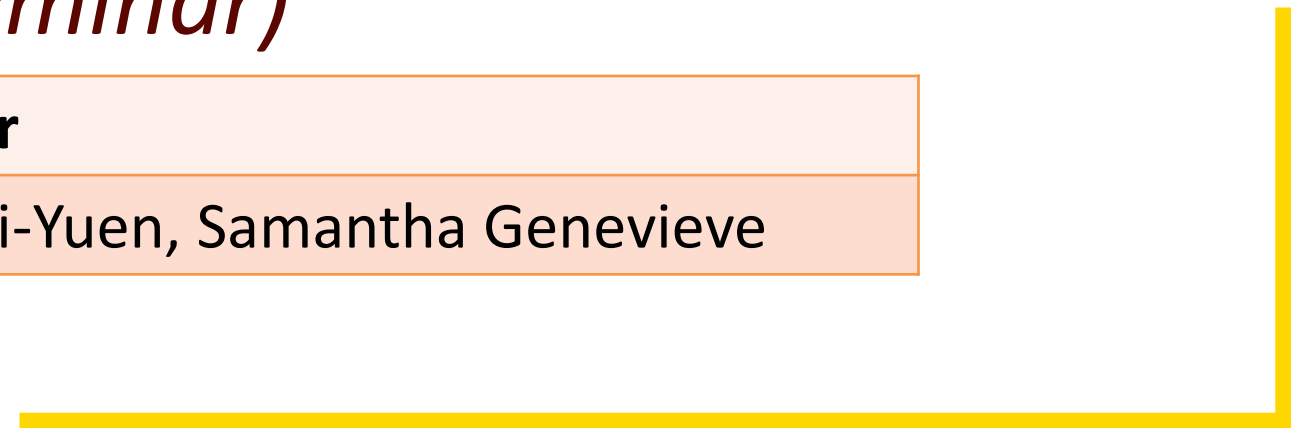
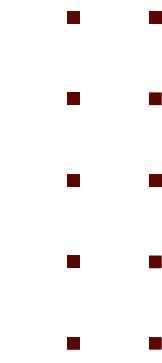
# Community & Corporate Outreach

## Corporate Outreach

Topics	Organisation	Date	Speaker
Mental Health matters... to those around you	The Frontier Youth Network	11 Feb 2023	Lai Wei Xuan, Vivien
Coping with Stress & Burnout	OUE Commercial REIT	20 Feb 2023	James Chong
Coping with Anxiety	Valqua Industries Singapore Pte Ltd	27 Sep 2023	James Chong

## Community Outreach (*In-house Seminar*)

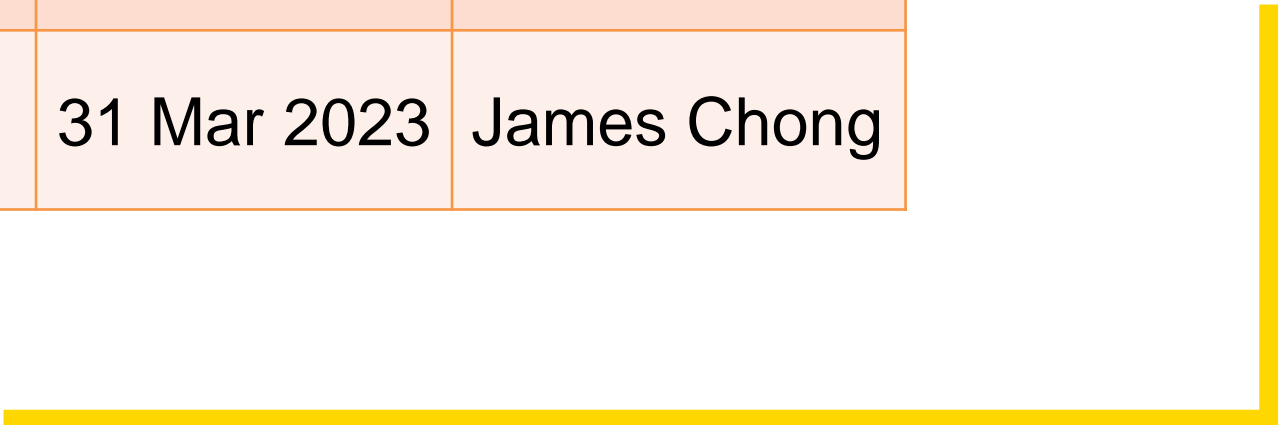
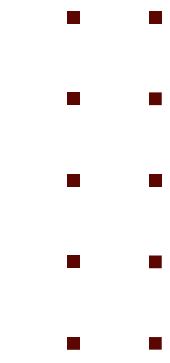
Topics	Date	Speaker
Coping with OCD	18 Feb 2023	Tee Mei-Yuen, Samantha Genevieve



# Community & Corporate Outreach

## External Corporate Talks

Topics	Organisation	Date	Speaker
Combating Workplace Anxiety	Schenker Singapore	18 Jan 2023	James Chong
Combating Workplace Stress & Burnout	Intertek	23 Mar 2023	James Chong
Psychological Wellbeing, An Introduction	Shanghai Tunnel Engineering Co (Singapore) Pte Ltd (STECS)	24 Mar 2023	James Chong
Combating Workplace Stress & Burnout	STECS	31 Mar 2023	James Chong

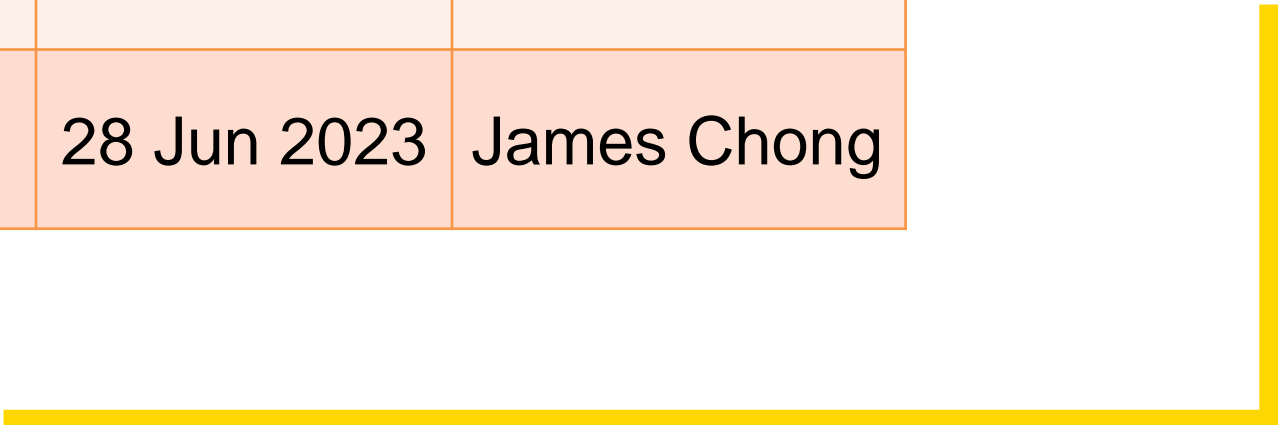
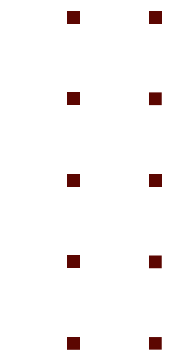




# Community & Corporate Outreach

## External Corporate Talks

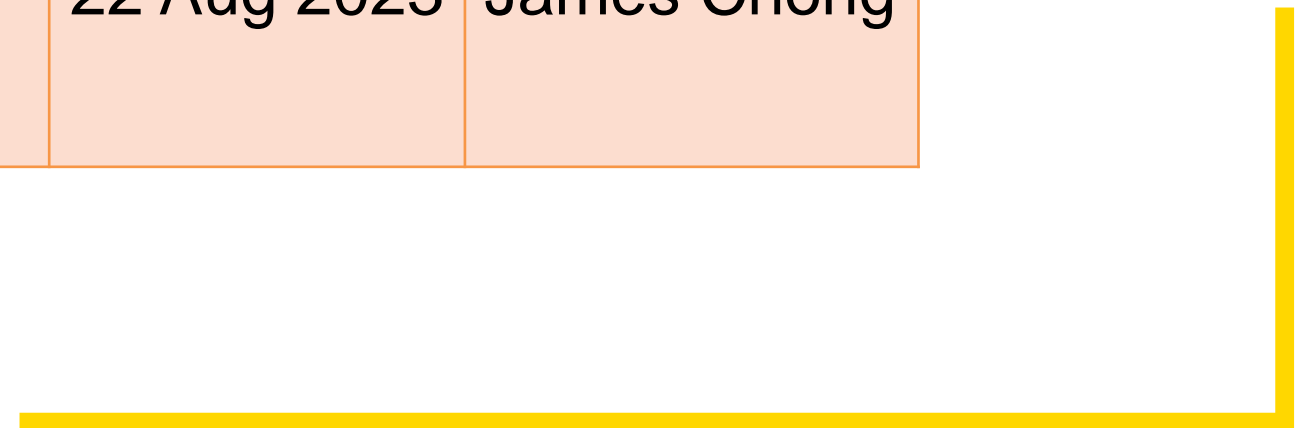
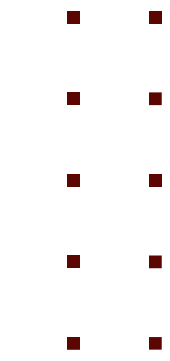
Topics	Organisation	Date	Speaker
Combating Workplace Anxiety	Boustead Singapore Limited	05 Apr 2023	James Chong
Combating Workplace Stress & Burnout	Exyte Singapore Pte Ltd	28 Apr 2023	James Chong
Psychological Wellbeing, An Introduction	H P Construction & Engineering Pte Ltd	08 Jun 2023	James Chong
Psychological Wellbeing, An Introduction	Exyte Singapore Pte Ltd	23 Jun 2023	James Chong
Combating Workplace Stress & Burnout	Progressive Builders Pte Ltd	28 Jun 2023	James Chong



# Community & Corporate Outreach

## External Corporate Talks

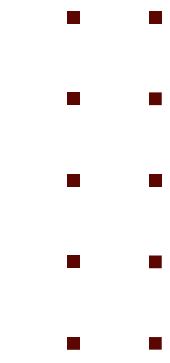
Topics	Organisation	Date	Speaker
Combating Workplace Stress & Burnout	Boustead Singapore Limited	24 Jul 2023	James Chong
Combating Workplace Stress & Burnout	Kellogg Brown & Root Asia Pacific Pte Ltd	25 Jul 2023	James Chong
Psychological Wellbeing, An Introduction	China State Construction Engineering Corporation Limited	22 Aug 2023	James Chong



# Community & Corporate Outreach

## External Corporate Talks

Topics	Organisation	Date	Speaker
Combating Workplace Stress & Burnout	Coastal Dynamic Pte Ltd	12 Sep 2023	James Chong
Combating Workplace Stress & Burnout	Deenn Engineering Pte Ltd	15 Sep 2023	James Chong

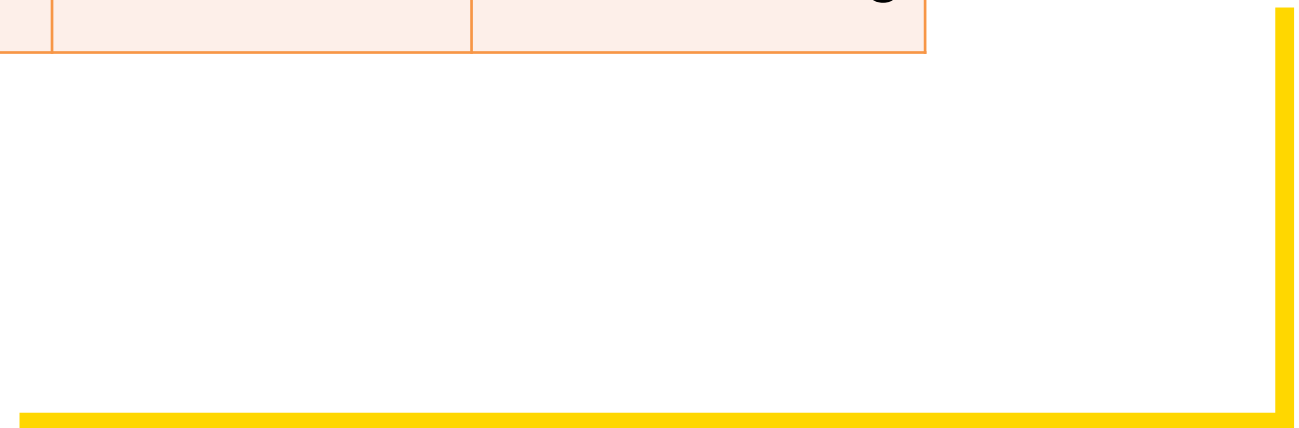
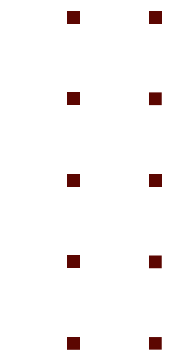




# Community & Corporate Outreach

## External Corporate Talks

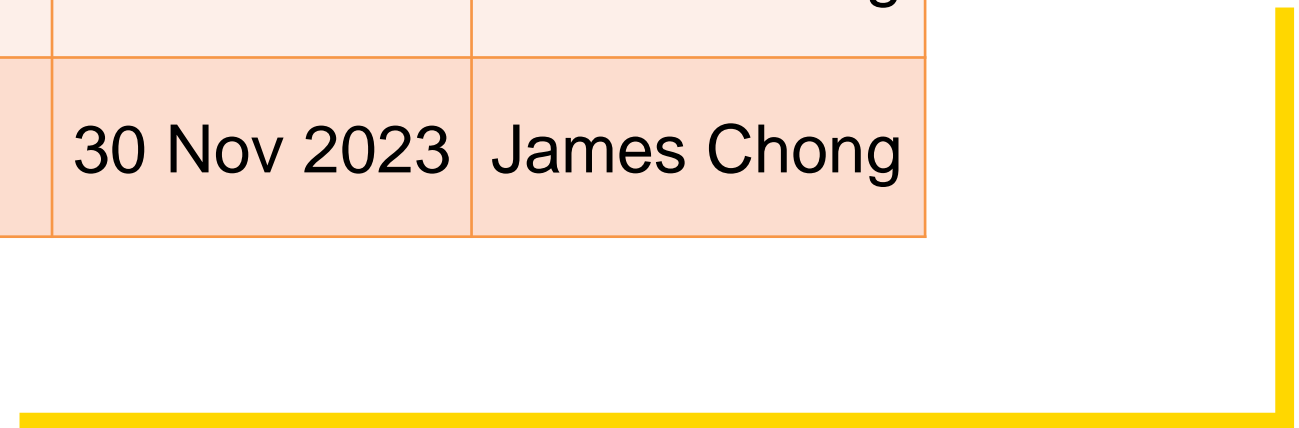
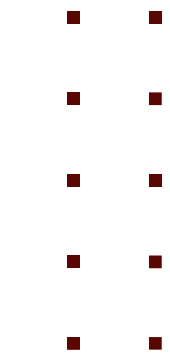
Topics	Organisation	Date	Speaker
Combating Workplace Stress & Burnout	Straits Construction Singapore Pte Ltd	04 Oct 2023	James Chong
Combating Workplace Stress & Burnout	Welltech	09 Oct 2023	James Chong
Combating Workplace Stress & Burnout	Thermo Fisher	10 Oct 2023	James Chong
Combating Workplace Stress & Burnout	Straits Construction Singapore Pte Ltd	12 Oct 2023	James Chong



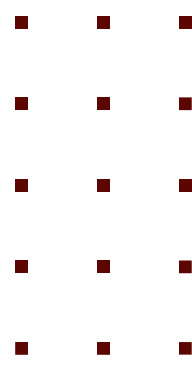
# Community & Corporate Outreach

## External Corporate Talks

Topics	Organisation	Date	Speaker
Combating Workplace Stress & Burnout	China Railway First Group (Singapore)	01 Nov 2023	James Chong
Combating Workplace Stress & Burnout	Expand Construction	08 Nov 2023	James Chong
Psychological Wellbeing, An Introduction	Expand Construction	09 Nov 2023	James Chong
Psychological Wellbeing, An Introduction	Grandtech Construction	09 Nov 2023	James Chong
Psychological Wellbeing, An Introduction	Thermo Fisher	30 Nov 2023	James Chong

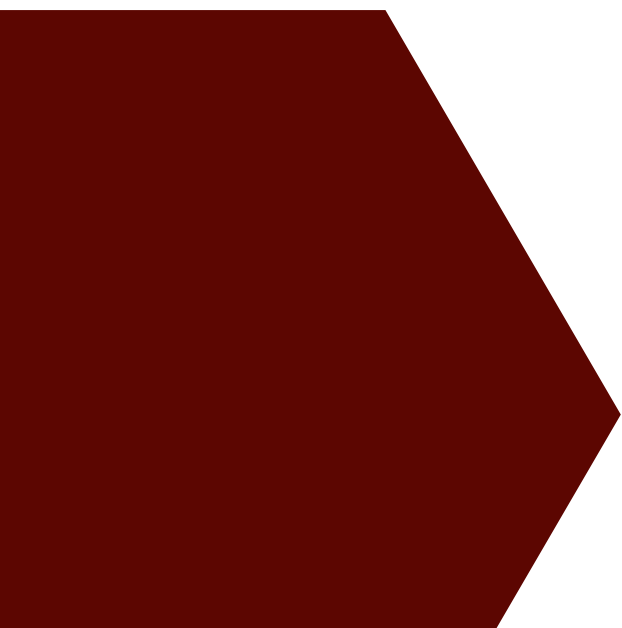


# Community & Corporate Outreach



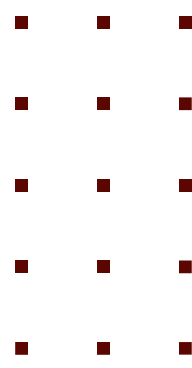
## External Corporate Talks

Topics	Organisation	Date	Speaker
Psychological Wellbeing, An Introduction	Nishimatsu	01 Dec 2023	James Chong
Combating Workplace Stress & Burnout	Who Hup	06 Dec 2023	James Chong

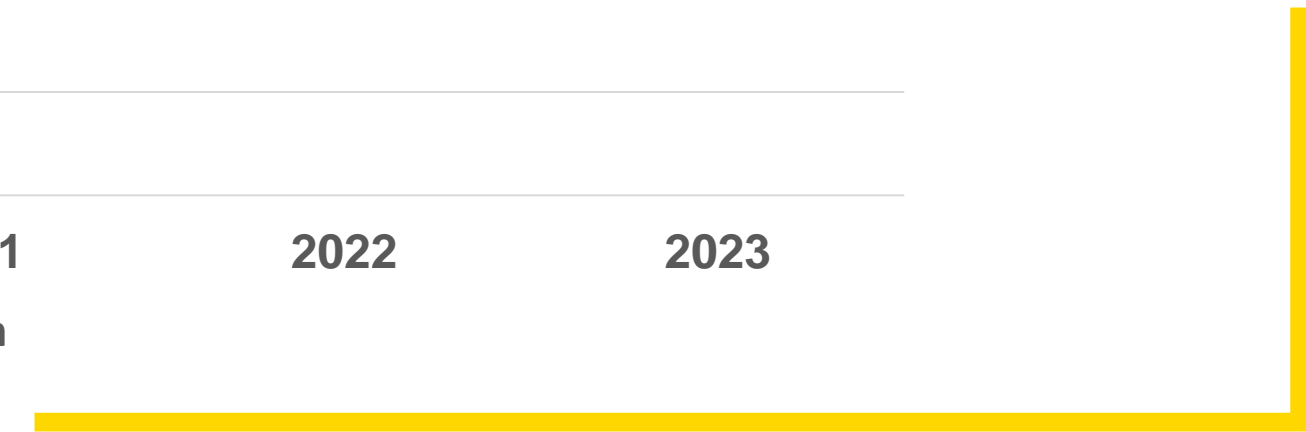
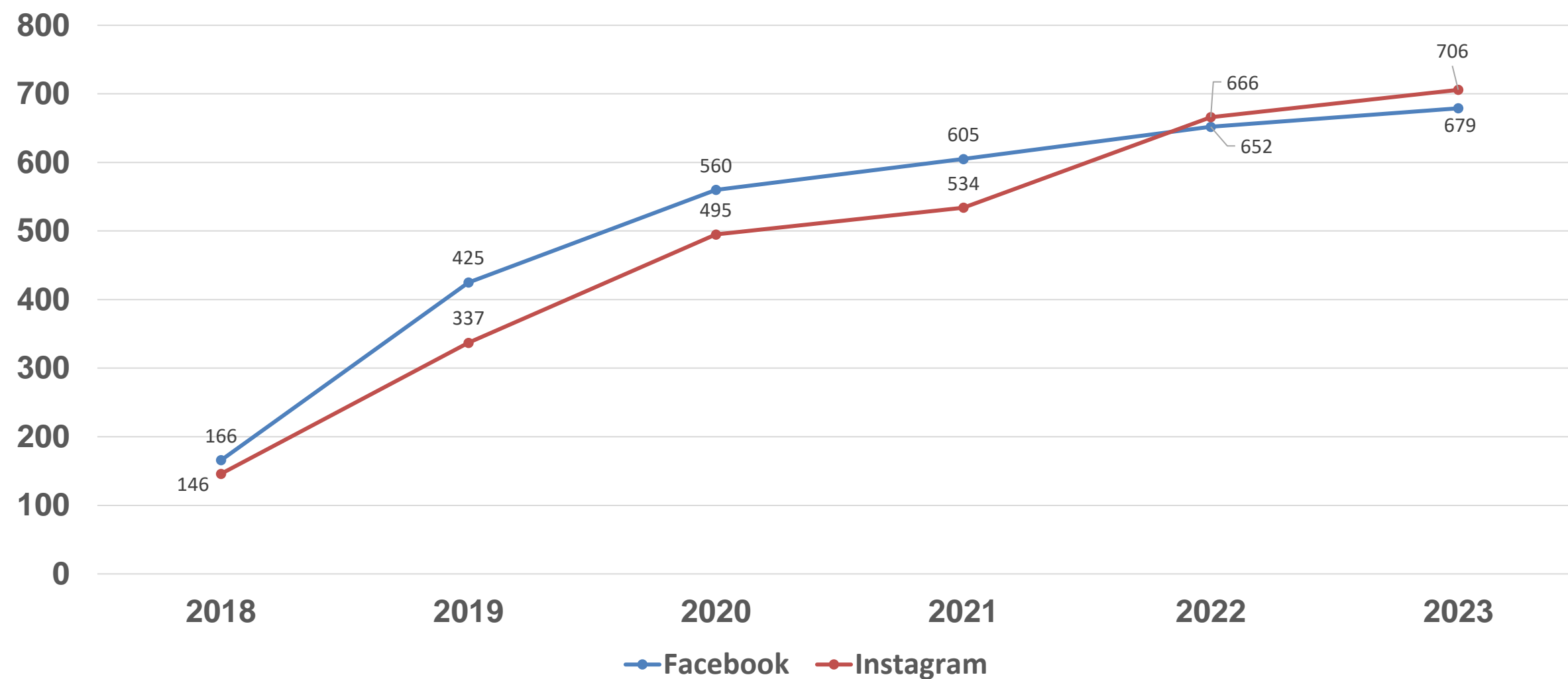




# Community & Corporate Outreach



## Social Media Outreach



# Workshops

In 2023, The Lion Mind made strategic changes to our certification workshops to ensure a more efficient and impactful learning experience for our participants. We streamlined the number of certification workshops in psychotherapeutic approaches to optimise their effectiveness, explicitly focusing on Cognitive Behavioral Therapy (CBT). This year, we introduced a revamped syllabus for our "Basic Counselling Skills" workshop, designed to offer a more comprehensive and practical foundation for aspiring mental health clinicians.





# Workshops

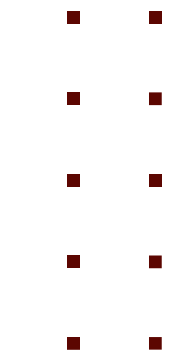
Our "Certificate in Basic Counselling Skills" workshops, held on 26th March, 9th July, and 19th November 2023, provided an intimate learning environment with class sizes of 6 to 8 participants, allowing for more personalised instruction and hands-on practice.





# Workshops

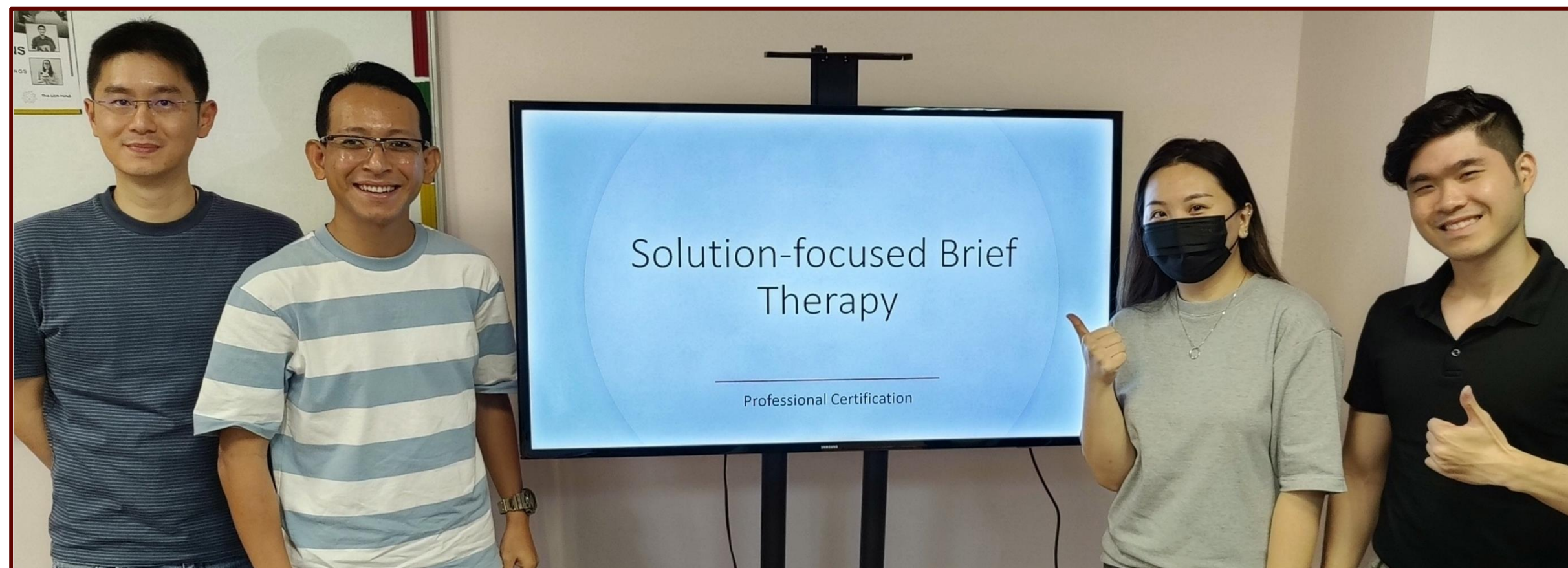
For our "Graduate Certificate in Psychotherapeutic Approaches (CBT Specialisation)," we condensed the learning schedule into two cohorts. The workshops took place on 2nd, 9th, 16th, 23rd, and 30th April 2023 for Cohort 14 and 13th, 20th, 27th August, 3rd, and 10th September 2023 for Cohort 15. This adjustment helps in enhancing the collaborative learning experience among participants.





# Workshops

Furthermore, we introduced the "Professional Certificate in Solution-focused Brief Therapy" workshop, scheduled for the 3rd, 10th, and 17th of December 2023, allowing individuals to delve into specialised psychotherapeutic approaches.





# Workshops

These changes ensure that our participants receive the highest quality education and training, enabling them to make a meaningful impact on mental health. We remain committed to adapting and evolving our programs to meet the ever-changing needs of our community and aspiring mental health clinicians.



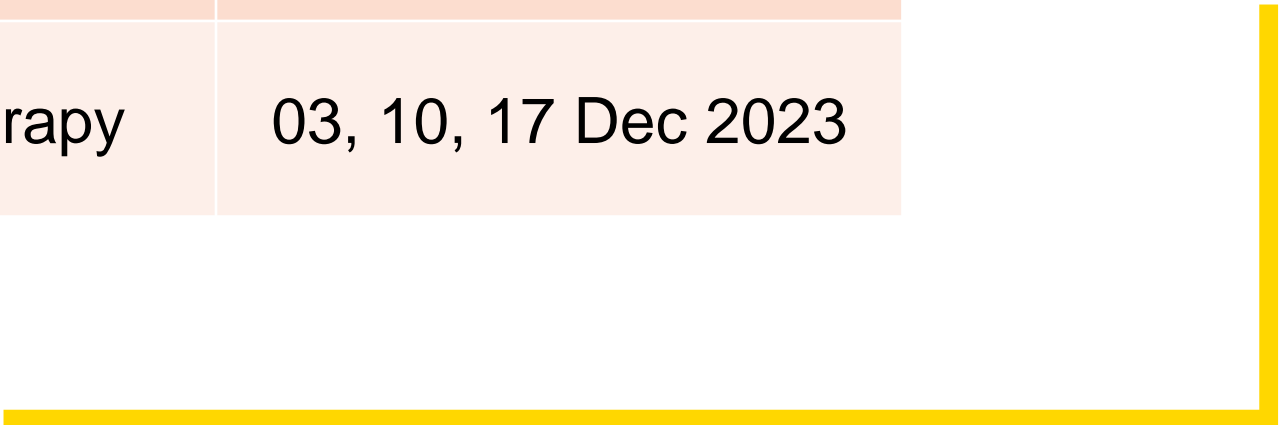
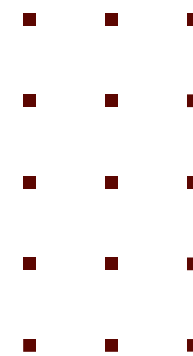


# Workshops

## At A Glance...

Workshop	Date
Basic Counselling Skills	26 Mar 2023
Basic Counselling Skills	09 Jul 2023
Basic Counselling Skills	19 Nov 2023
Graduate Certificate in Psychotherapeutic Approaches (CBT Specialisation)	02, 09, 16, 23, 30 Apr 2023
Graduate Certificate in Psychotherapeutic Approaches (CBT Specialisation)	14, 13, 20, 27 Aug, 3 Sep 2023
Professional Certificate in Solution-focused Brief Therapy	03, 10, 17 Dec 2023

**Total 31 Participants!**



# EAP

In alignment with our commitment to promoting mental well-being, The Lion Mind actively participates in the Total Workplace Safety and Health (WSH) Programme in collaboration with Healthway Medical Group. Through this partnership, we dedicated ourselves to delivering essential mental health interventions tailored to meet the needs of our corporate clients within the programme.



Health Screening & Coaching Package



Weight Management Package



Ergonomics Package



Mental Well-being Package



Infectious Disease Control Package



Safety Coaching Package



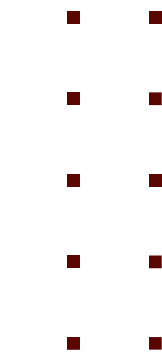
General Safety & Health Talk Package



# EAP

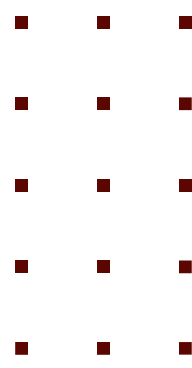
Mental Health Talks provide a platform for open dialogue, where our experts discuss various aspects of mental health, such as stress management, emotional well-being, and resilience. These talks aim to destigmatize mental health issues and encourage employees to seek support when needed.

Our interventions encompass a range of engaging and informative initiatives, including Mental Health Talks and Workshops. These sessions empower organizations and their employees with the knowledge, skills, and resources necessary to foster a mentally healthy work environment.





# EAP



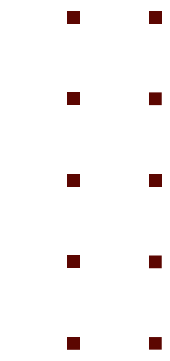
Additionally, our Workshops delve deeper into practical strategies and techniques for promoting mental well-being in the workplace. These hands-on sessions provide employees with actionable tools to manage stress, enhance interpersonal relationships, and build emotional resilience, all of which contribute to a healthier and more productive work environment.

Through our active involvement in the Total WSH Programme, we strive to foster a workplace culture that values and prioritizes mental health. By equipping organizations and their employees with the knowledge and skills to address mental health challenges, we aim to create a safer, healthier, and more supportive work environment for all.



# EAP

The Lion Mind is proud to extend our retainer clinic services to esteemed organisations such as Foundation of Rotary Clubs Singapore (FRCS) Family Service Centre, HOSTSG, SG.GS, and Oneasiahost. Our dedicated team of mental health professionals is committed to delivering consistent and accessible support to these companies. Our retainer clinic services aim to enhance employee well-being, resilience, and productivity within these organisations, fostering a culture prioritising mental health and overall wellness.



# EAP

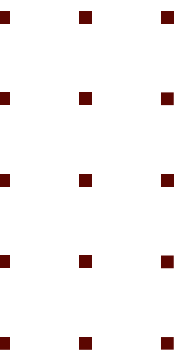
## EAP Organisation

HOSTSG

SG.GS

Oneasiahost

Foundation of Rotary Clubs Singapore (FRCS) Family Service Centre





# COVID-19 Recognition

From 2020 to 2022, Singapore faced unprecedented challenges during the COVID-19 pandemic. While mental health is not on the front lines, it is an essential service during the pandemic. We want to extend our heartfelt appreciation to our dedicated mental health clinicians. Their unwavering commitment ensured the delivery of exceptional clinical care to our clients despite the difficult circumstances.

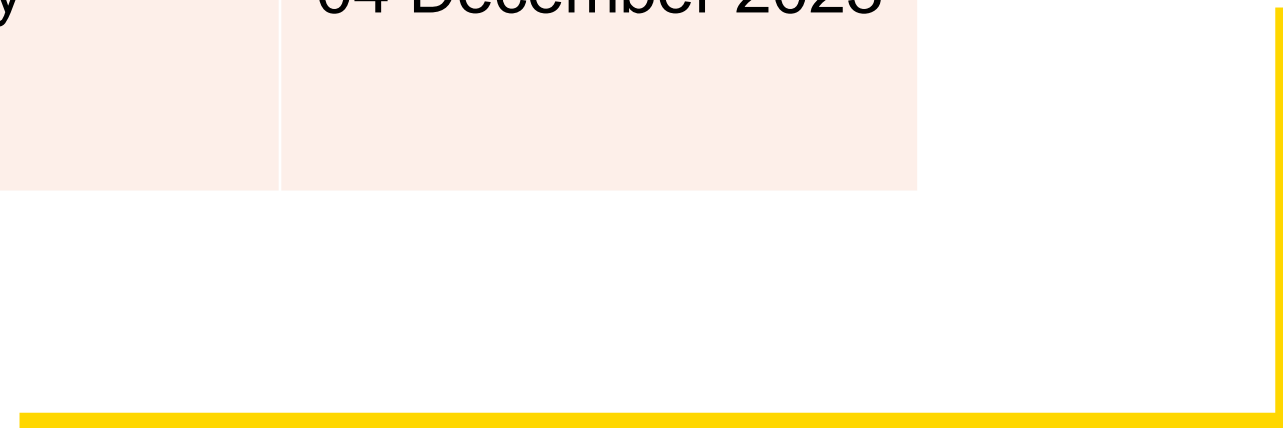
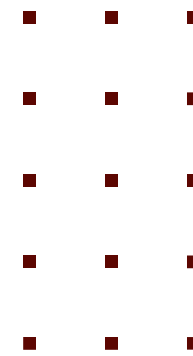
Name	Designation	Period
Dhivyaasree Krishnamoorthy	Associate Psychologist	2020 - 2021
Kevin Daniel Pillay	Counselling Psychologist / Principal Counsellor	2020 - 2021
Tan Wei Jie	Counsellor / Centre Manager	2020 - 2022
Lai Wei Xuan Vivien	Senior Associate Psychologist	2020 - 2022



# Media Releases



Releases	Source	Date
10 Best Group Therapy Services in Singapore 2023	Simi Best Singapore	04 February 2023
Best Psychologists In Singapore 2023	Smart Singapore	20 June 2023
30 Best Singapore Psychology Blogs and Websites	Feedspot	
Gen Zen: Can AI chatbots replace friends and therapists in providing mental health support?	Today	04 December 2023



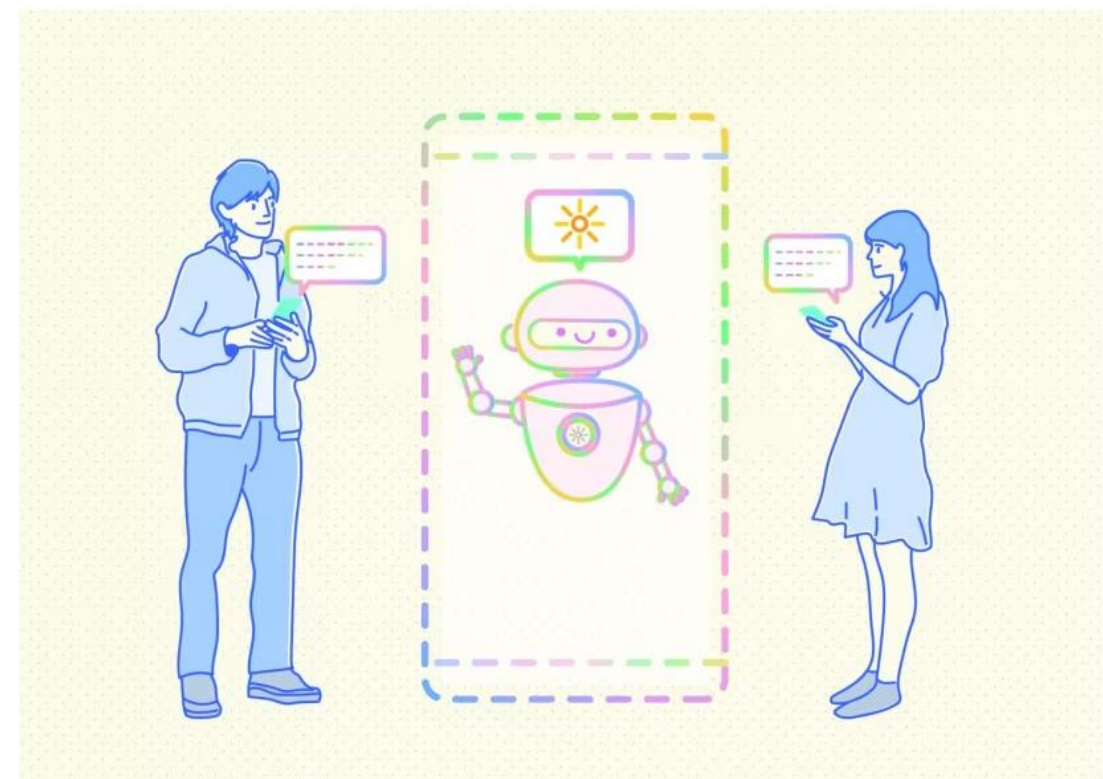
# Media Releases



Sign In

Singapore World Big Read Adulting 101 Gen Y Speaks Gen Z Speaks Voices Commentary Learning Minds 8 Days

## Gen Zen: Can AI chatbots replace friends and therapists in providing mental health support?



BY NIKKI YEO

Published December 4, 2023  
Updated December 5, 2023

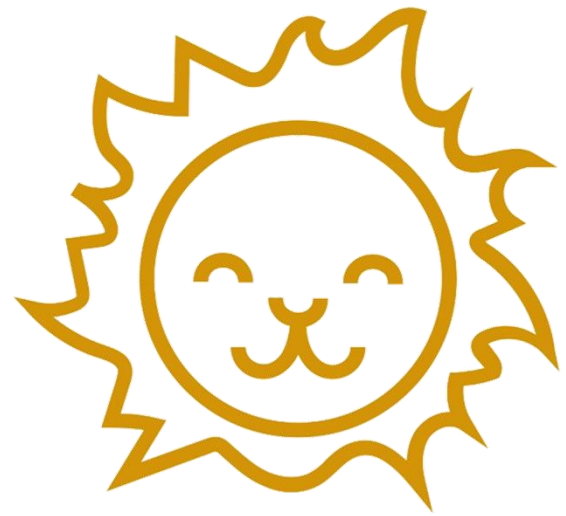


*“AI tools offer a convenient, stigma-free environment for individuals to express themselves without fear of judgement,” said Mr James Chong, co-founder and clinical director of counselling and psychotherapy centre The Lion Mind.*

*“Although AI might offer temporary relief, the sense of detachment and solitude within your room may persist, leaving you with an emotional disconnect,” said Mr Chong.*

*“Building trust and rapport is crucial, especially in a crisis where human interaction fosters a sense of trust and safety that AI may be unable to establish,” added Mr Chong.*





# Our Achievements Directors' Report 2023

