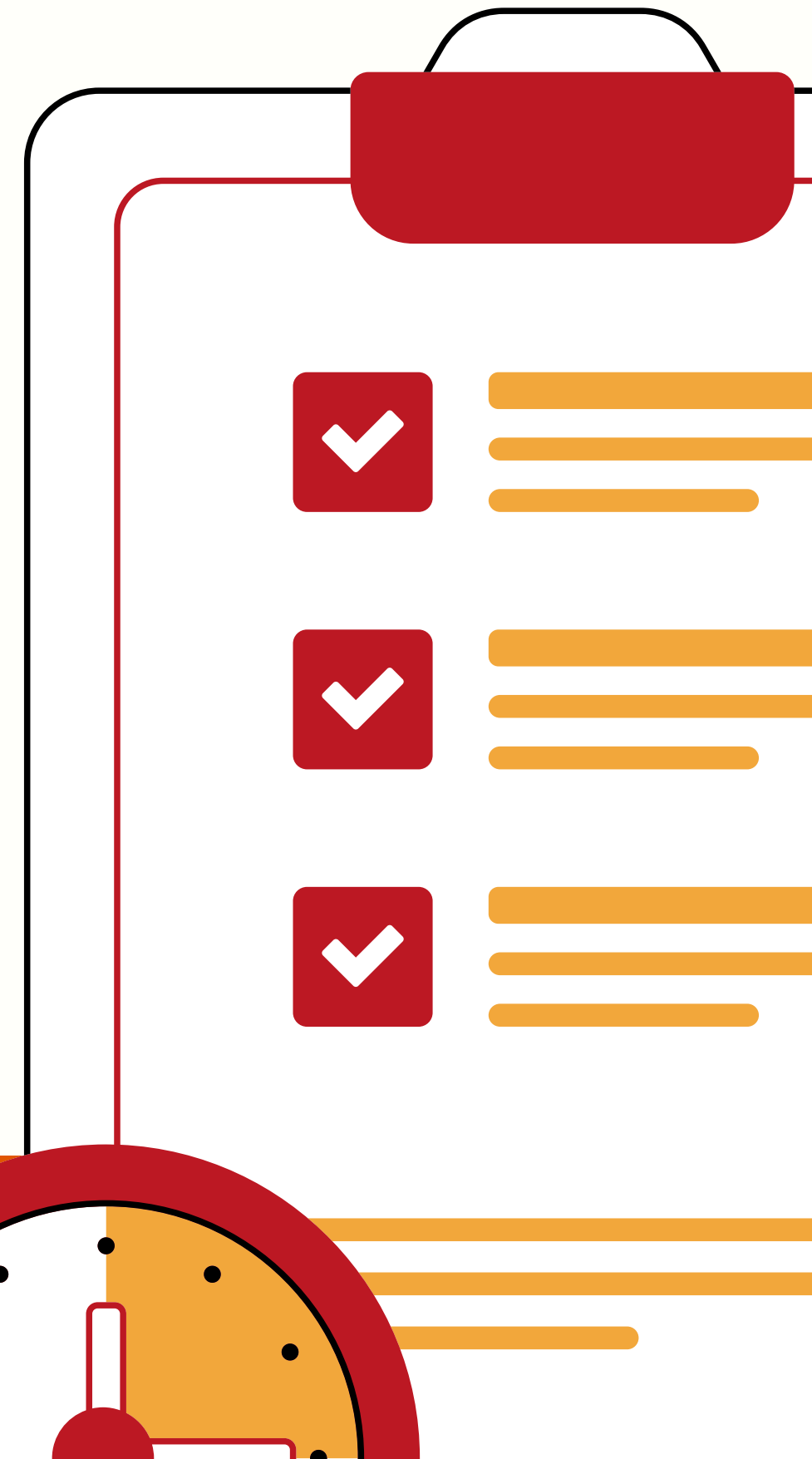


The Lion Mind
Counselling & Psychological Services

**20
24**

OUR ACHIEVEMENTS



Directors' Report



CO-FOUNDERS' MESSAGE

What an incredible year it has been! As we celebrate our sixth anniversary, we are filled with immense pride in the journey we have embarked on.

This year has been marked by both triumphs and challenges. As a nonprofit organisation, the delicate balance between providing affordable counselling services and managing our operating costs has tested our resilience. We want to express our heartfelt gratitude to those supporting us with their unwavering support. These have been instrumental for us in navigating these complexities.



CO-FOUNDERS' MESSAGE

In 2024, we were happy to welcome two new mental health clinicians to our team. Our commitment to excellence remains steadfast as we encourage our clinicians to pursue postgraduate qualifications, ensuring that we continue to offer the highest standards of mental healthcare to our clients. With these new additions, we have expanded our services to include couple counselling, as well as specialised support for individuals with ASD and ADHD.

We also continued to provide Employee Assistance Programme (EAP) services to our partner organisations, reinforcing our dedication to workplace mental health.



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CO-FOUNDERS' MESSAGE

In alignment with Singapore's National Mental Health and Well-being Strategy, we have revitalised our workshop offerings. While it was bittersweet to retire our graduate certification workshop, we are excited to introduce a new series of professional certification workshops, which we believe will better serve the evolving needs of our community.

As we look ahead, we are excited about the possibilities that 2025 holds for us.

James Chong & Yap Weiren
Co-founders



The Lion Mind
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VISION & 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.



2024 Achievements



Content

1. Clinical Services
2. Clinical Team
3. Community & Corporate Outreach
4. Certification Workshops
5. Employee Assistance Programme
6. Media Release



Clinical Services





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Clinical Services

In 2024, The Lion Mind expanded its counselling services to meet the growing mental health needs of our clients, with a specific focus on couple counselling, as well as emotional support for individuals with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). Our team of dedicated clinicians, including Ms. Doris, who specialises in couple counselling, and Ms. Beryl, who excels in working with the ASD and ADHD populations, bring specialised expertise to deliver emotional support and promote overall well-being. With this expansion, we continue to offer highly personalised and compassionate counselling services, empowering clients to improve their emotional resilience and mental well-being.

Clinical Team



Clinical Team



Our Clinicians



The Lion Mind
Counselling & Psychological Services



Clinical Team

In 2024, The Lion Mind has continued to expand its team of skilled and experienced mental health professionals. At the helm is Clinical Director James, whose extensive expertise in counselling and psychotherapy ensures the highest standard of care for our clients.

Beryl, a mental health clinician with a passion for supporting neurodivergent individuals, specialises in providing counselling support for clients diagnosed with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). Her compassionate approach helps clients improve their emotional well-being and overcome challenges unique to their experiences.



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Clinical Team

Doris, an experienced counsellor in couple counselling. Her work is focused on helping couples navigate complex relationship issues, fostering stronger and healthier connections between partners.

Vanessa, a certified coach and a registered SAC counsellor, offers trauma-informed psychotherapy. Her counselling approach allows clients to express emotions and process trauma in a safe, supportive environment.



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Clinical Team

Vivien, adds a creative dimension to our team, and bringing a strong focus on emotional regulation and resilience-building. Her expertise helps clients develop the skills necessary to manage stress, anxiety, and other emotional challenges.

Together, our team provides a diverse range of counselling services, ensuring personalised, evidence-based care for each client's mental health journey.

For more information about our clinical team members, visit our website here-

<https://thelionmind.org.sg/about-us/#t3>



The Lion Mind
Counselling & Psychological Services

Our Clinicians



Beryl Yang
COUNSELLOR



Doris Lim
COUNSELLOR



Vanessa Tang
COUNSELLOR



Vivien Lai
SENIOR ASSOCIATE
PSYCHOLOGIST



Corporate & Community Outreach

Corporate Outreach



Community Outreach



Social Media Outreach



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Community Outreach

Free Talks

Topics	Organisation	Date
Coping with Grief & Loss	Stroke Support Station	10 Jul 2024
Managing Stress	Stroke Support Station	18 Oct 2024



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Corporate Outreach

Free Talks

Topics	Organisation	Date
Introduction to Psychological Wellbeing	Valqua Industries Singapore Pte Ltd	17 Sep 2024



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Corporate Outreach

Paid Talks

Topics	Organisation	Date
Combating Workplace Stress & Burnout	Ssangyong Engineering & Construction Co Ltd	17 Jan 2024
Psychological Welling, an Introduction	Woh Hup (Private) Limited	19 Jan 2024
Embracing Change Navigating Stress with Resilience	Singapore Turf Club	17 Jul 2024
Resilience	China Communications Construction Company, Ltd.	27 Aug 2024
Resilience	Jupiter Builder Pte. Ltd.	29 Aug 2024



The Lion Mind
Counselling & Psychological Services



Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Gates PCM Construction Ltd	06 Sep 2024
Stress Management & Mindfulness	Jupiter Builder Pte. Ltd.	10 Sep 2024
Stress Management & Mindfulness	CHC Construction Pte. Ltd.	23 Sep 2024
Resilience	Nakano Singapore (Pte) Ltd	24 Sep 2024
Stress Management & Mindfulness	UES Holdings Pte Ltd	26 Sep 2024
Stress Management & Mindfulness	Shanghai Tunnel Engineering Co (Singapore) Pte Ltd	27 Sep 2024



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Counselling & Psychological Services



Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Shanghai Tunnel Engineering Co (Singapore) Pte Ltd	04 October 2024
Resilience	GATES PCM Construction LTD	08 October 2024
Stress Management & Mindfulness	Nakano Singapore (Pte) Ltd	14 October 2024



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Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Shanghai Tunnel Engineering Co (Singapore) Pte Ltd	21 October 2024
Stress Management & Mindfulness	China Construction (South Pacific) Development Co Pte Ltd	25 October 2024
Stress Management & Mindfulness	China Civil Engineering Construction Corporation	28 October 2024



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Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Cnqc Engineering & Construction Pte Ltd	08 November 2024
Resilience	CHC Construction Pte Ltd	11 November 2024
Stress Management & Mindfulness	Shanghai Tunnel Engineering Co (Singapore) Pte Ltd	15 November 2024
Stress Management & Mindfulness	China Communications Construction Company Ltd	15 November 2024



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Counselling & Psychological Services



Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Winner Construction	18 November 2024
Stress Management & Mindfulness	China Communications Construction Company Ltd	22 November 2024
Resilience	Woh Hup (Private) Limited	22 November 2024
Resilience	Hock Lian Seng Infrastructure Pte. Ltd	29 November 2024



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Corporate Outreach

Paid Talks

Topics	Organisation	Date
Stress Management & Mindfulness	Shell	2 December 2024
Combating Workplace Stress & Burnout	VICO Construction Pte Ltd	9 December 2024
Combating Workplace Stress & Burnout	VICO Construction Pte Ltd	13 December 2024
Combating Workplace Stress & Burnout	BHCC Construction Pte. Ltd.	16 December 2024



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Corporate Outreach

Paid Talks

Topics	Organisation	Date
Combating Workplace Stress & Burnout	China Harbour (Singapore) Engineering Company Pte. Ltd.	16 December 2024
Combating Workplace Anxiety	China Harbour (Singapore) Engineering Company Pte. Ltd.	20 December 2024
Combating Workplace Stress & Burnout	VICO Construction Pte Ltd	27 December 2024

Community Outreach

Internal: Murdoch Psychology Society Singapore (MPSS)



The Lion Mind partnered with the Murdoch Psychology Society Singapore (MPSS) to deliver a 3-day workshop in June 2024 titled *Practical Skills in Self-Directed Cognitive Behaviour Therapy*. The workshop saw active participation from nine psychology undergraduate students, equipping them with essential self-skills for applying Cognitive Behaviour Therapy. This collaboration underscores our commitment to nurturing future mental health professionals and fostering practical knowledge that empowers the next generation of psychology practitioners



Date	Pax
02, 09, 16 June 2024	9

Community Outreach

Internal: Dunman High School Medical Society



In a spirit of collaboration and education, The Lion Mind had the privilege of hosting students from Dunman High School's Medical Society at our counselling centre on four separate occasions. During these visits, students were introduced to the inner workings of a counselling practice, gaining valuable insights into mental health industry in Singapore, and the role of counselling in supporting well-being. Through engaging discussions and interactive sessions, we aimed to inspire the next generation of healthcare professionals while promoting mental health awareness.

Date	Pax
13 April 2024	7
20 April 2024	10
04 May 2024	11
18 May 2024	9

Community Outreach

Internal: Career Options for Psychology Graduates (ZOOM)

As part of The Lion Mind's ongoing commitment to giving back to the community, we conducted a webinar titled Career Options for Psychology Graduates in conjunction with World Mental Health Day 2024 on 12 October 2024, 4pm to 6.30pm. This session, which forms part of our community gift-back programme, was designed to provide valuable insights into the diverse career pathways available for graduates in the field of psychology.

Nine participants joined the webinar, engaging in a fruitful discussion that explored both traditional career routes, such as clinical psychology and counselling, as well as emerging fields like organizational psychology and mental health advocacy. The session fostered a deeper understanding of the opportunities within psychology and encouraged participants to think creatively about their future professional trajectories.



Community Outreach

External: SG Mental Well-Being Network Partners Networking Night

The Lion Mind participated in the SG Mental Well-being Network Partners Networking Night on 25 March 2024. Two representatives – co-founder & clinical director Mr James Chong, and Community Outreach Executive Ms Siti Fatima, were provided a platform to showcase The Lion Mind's resources and services, raising awareness about the organization's mission of promoting mental well-being through community outreach, workshops, and affordable counselling services. Response were positive from the industry partners.

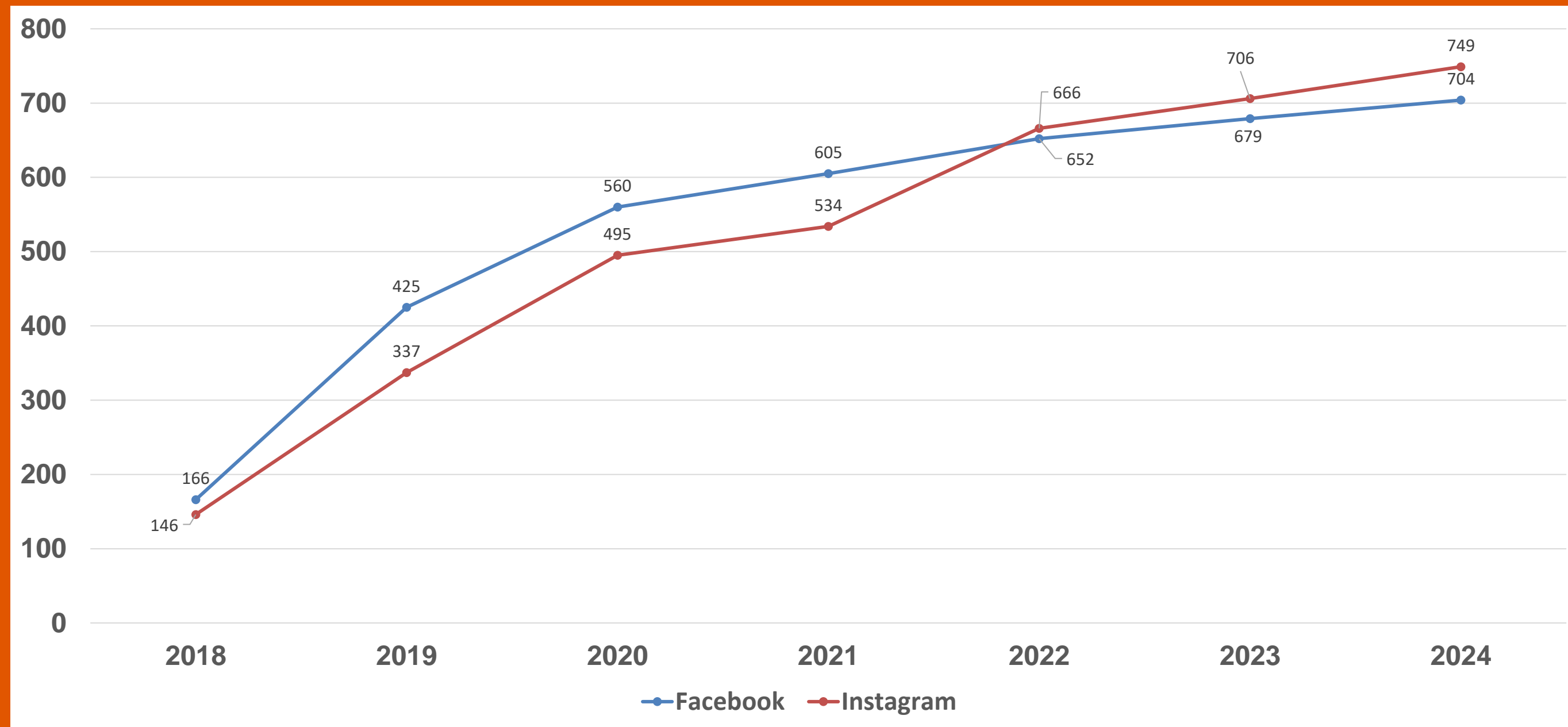
Sessions joined:

- 25 March 2024
- 21 May 2024
- 02 October 2024





Social Media Outreach





Certification Workshops

Certification Workshops



Cognitive Behaviour Therapy (CBT)



Solution-focused Brief Therapy (SFBT)



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Certification Workshops

In 2024, The Lion Mind continued to enhance the quality and impact of our certification workshops, reflecting our commitment to advancing mental health education and training. As part of our strategic evolution, we decided to phase out the 'Graduate Certificate in Psychotherapeutic Approaches (CBT Specialisation)' and introduce the 'Professional Certificate in Cognitive Behaviour Therapy.'





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Certification Workshops

This decision was driven by our commitment to providing the most relevant and up-to-date training for mental health professionals. By sunsetting the 'Graduate Certificate,' we aim to streamline our offerings and focus on developing a more specialised and contemporary programme. The new 'Professional Certificate in Cognitive Behaviour Therapy,' which commenced in November 2024, has been designed to offer advanced skills and the latest approaches in CBT, ensuring that our participants are equipped with the most current and effective techniques in the field.

The transition also allows us to better align our training programmes with the evolving needs of the mental health sector, ensuring that our courses are both impactful and relevant.



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Counselling & Psychological Services



Certification Workshops

Additionally, our 'Professional Certificate in Solution-focused Brief Therapy' workshop this year included participants from notable organisations such as the Singapore Prison Service, National University of Singapore, Ministry of Health, and Ministry of Social and Family Development. This diverse representation underscores the high quality and relevance of our training programmes.



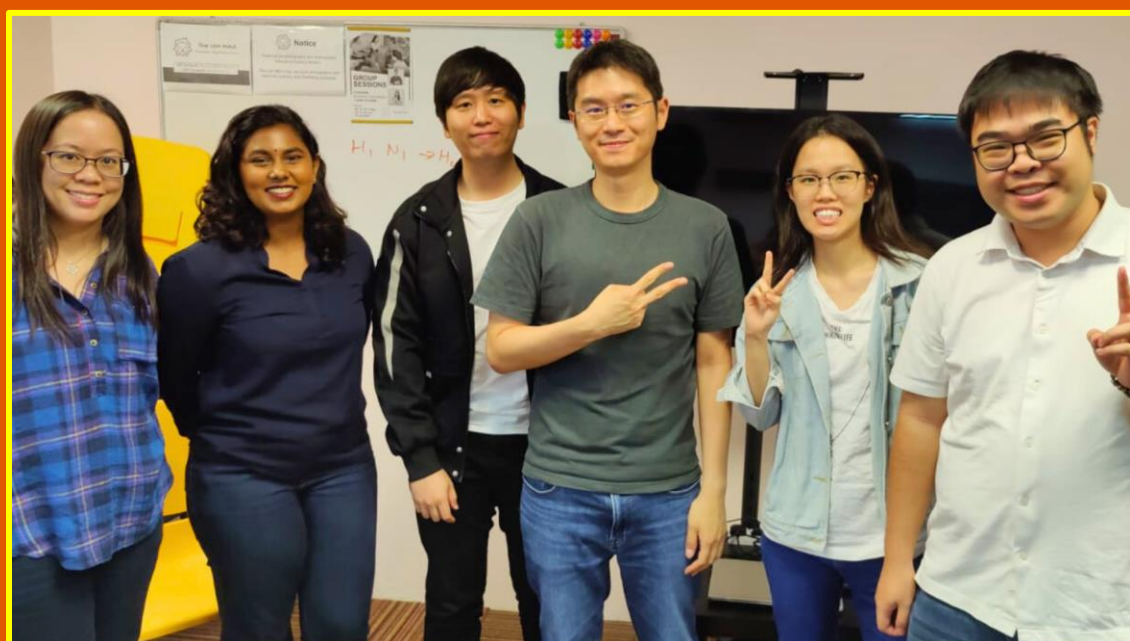


The Lion Mind
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Certification Workshops

We remain dedicated to delivering exceptional education and training, continuously adapting our programmes to meet the needs of our community and the next generation of mental health professionals.



Certification Workshops



Programme	Dates
Graduate Certificate in Psychotherapeutic Approaches (Cognitive Behaviour Therapy Specialisation)	7, 14, 21, 28 January, 4 February 2024
Graduate Certificate in Psychotherapeutic Approaches (Cognitive Behaviour Therapy Specialisation)	7, 14, 21, 28 April, 5 May 2024
Graduate Certificate in Psychotherapeutic Approaches (Cognitive Behaviour Therapy Specialisation)	6, 13, 20, 27 July, 3 August 2024
Professional Certificate in Solution-focused Brief Therapy	7, 14, 21, 28 January, 4 February 2024
Professional Certificate in Cognitive Behaviour Therapy	2, 3, 9, 10 November 2024

Total 23 participants!



Employee Assistance Programme





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Counselling & Psychological Services

Employee Assistance Programme

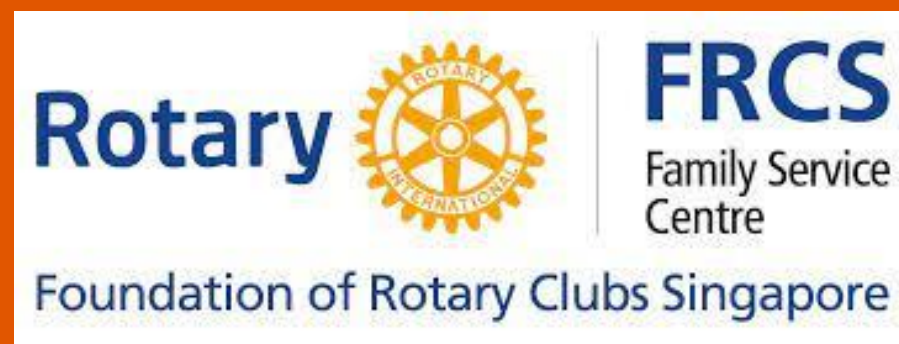
EAP Organisation

HOSTSG

Foundation of Rotary Clubs Singapore (FRCS) Family Service Centre

Oneasiahost

SG.GS





The Lion Mind
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Health Screening & Coaching Package



Weight Management Package



Ergonomics Package



Mental Well-being Package



Healthway Medical



Infectious Disease Control Package



Safety Coaching Package



General Safety & Health Talk Package

CHUBB®



WSHCOUNCIL

Tripartite Alliance for Workplace Safety and Health

Employee Assistance Programme

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 through 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.



Media Release



Media Release

7 APRIL

I 'broke up' with my best friend 10 years ago, so why does it still bother me today? **(CNA TODAY)**

6 MAY

Cultivating Compassion: The Lion Mind's Impact on Mental Health Care **(Kaizenaire INSIDER)**

6 MAY

My friend sometimes jokes about dying, but how can I tell if it's something more serious? **(CNA TODAY)**

23 JULY

Harry Connick Jr. says he and his wife of 30 years have 'no rules' in their marriage **(Business Insider)**

14 DECEMBER

Anxious over the physical effects of ageing? Here's how to embrace the passing years **(CNA TODAY)**

12 OCTOBER

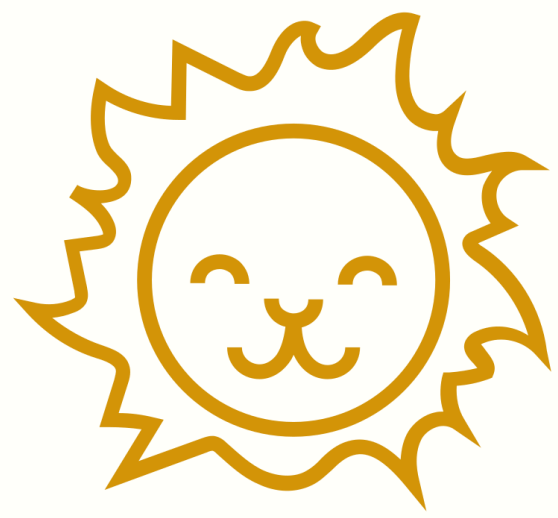
How to avoid making work your entire identity **(CNA TODAY)**

8 AUGUST

Commentary: I bought into a TikTok trend pushing me to make pricey purchases to improve my WFH life. Here's why it didn't 'fix' me **(TODAY)**

5 AUGUST

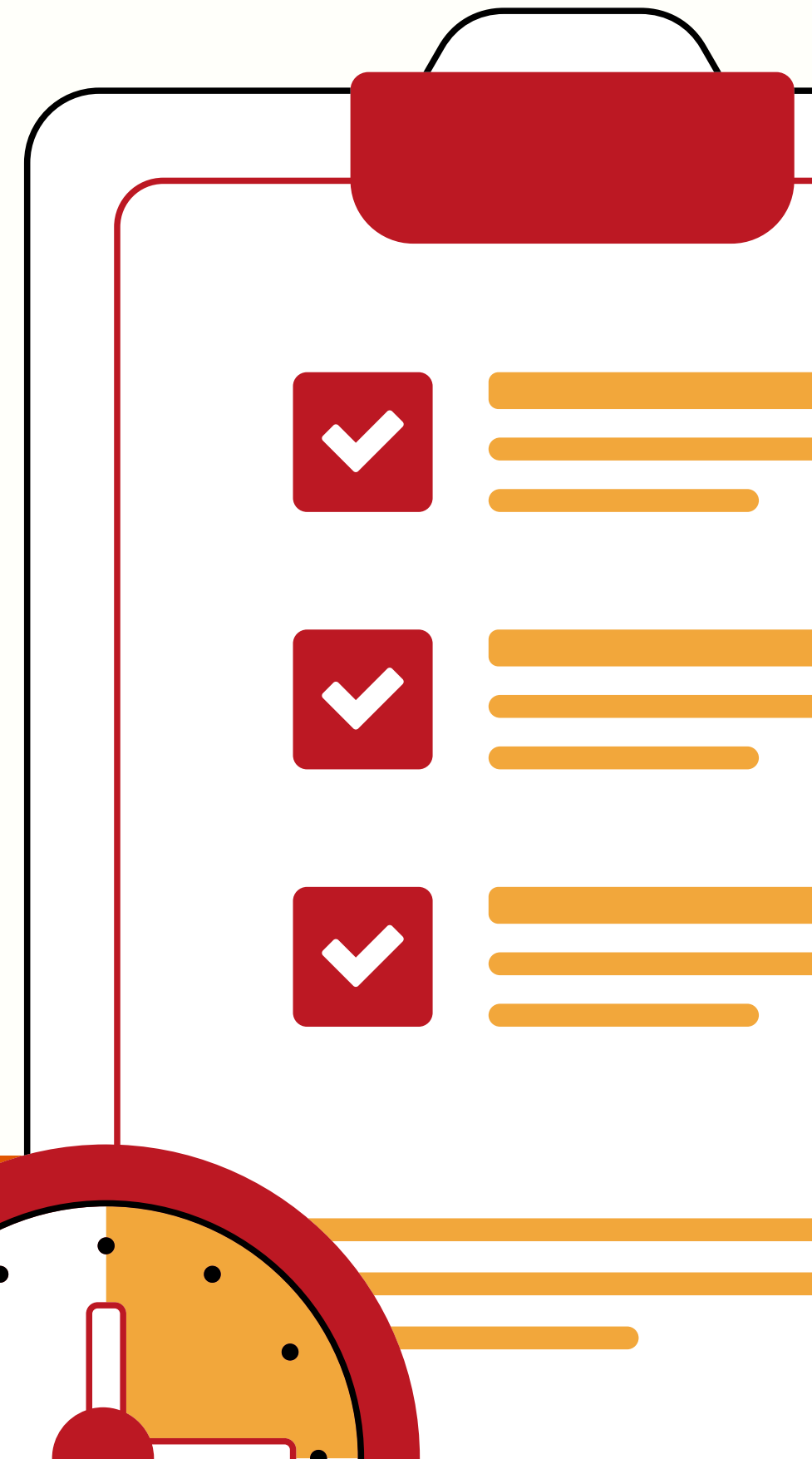
Do you often think about the past? Here's why you do, and the good and bad of it **(CNA TODAY)**



The Lion Mind
Counselling & Psychological Services

**20
24**

OUR ACHIEVEMENTS



Directors' Report