



Media Release

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PROMOTING MENTAL HEALTH AWARENESS AMONGST YOUTH IN SOUTH EAST

South East CDC's Resilience Committee and T:>Works produces a mental wellness film and animation to generate constructive conversations and help seeking behaviours

Singapore, 25 April 2022 – With the ongoing Covid-19 pandemic, many youth are experiencing increased anxiety due to disruption to their academic routines and reduced social interactions with their friends. In response to this, **South East Community Development Council's (CDC)** Resilience Committee partnered with T:>Works to bring ***The Light Within*** to schools in the South East District (*more details on South East CDC's Committees in Annex A*), to raise awareness and reduce stigma on mental health among students. Earlier today, students from ITE College East were the first batch who watched the short film, 'Sensitive', with a discussion led by their lecturers thereafter. The lecturers had gone through specially designed workshop prior the launch to effectively facilitate fruitful conversations with their students.

The Light Within is a mental wellness digital series which comprises a short film titled 'Sensitive' and an animation titled 'Sleepover'. Coupled with the digital productions, a workshop and an educational kit are what teachers and lecturers will experience and have as resources to enhance the process of interactions with their students. *The Light Within* not only aims to empower teachers and lecturers with capabilities, tools, and resources to facilitate conversations on related themes to the digital productions but also open discussions on mental health issues.

Earlier today, *The Light Within* was launched by Mr Fahmi Aliman, Mayor of South East district at ITE College East. Mayor Fahmi highlighted, "South East CDC partnered with T:>Works to thoughtfully produce *The Light Within* with the purpose of promoting mental health and well-being amongst students and educators in secondary schools and tertiary institutions within the South East District. This is important as the pandemic has caused disruptions to everyone especially students' daily lives, resulting in an increasing amount of mental health issues. By working with schools to reach out to educators and through them, we hope to strengthen the students' mental resilience, encourage peer support and highlight available resources within the community."

Similarly, Traslin Ong, Executive Director of T:>Works said "The rise in the rates of mental health issues among youths is concerning. It is critical to address the youths' psychological well-being to help them thrive in their transition from adolescence into adulthood. We believe educators will also experience stress as they work with their charge to navigate the

journey of growing up; and teachers, counsellors and youth workers may need more help and strategies to discuss this sensitive subject. The aim of this project is to raise awareness, remove stigma and promote mental well-being amongst youth by creating conversations about mental health through the use of digital productions. T:>Works is proud to partner with South East CDC to gather a group of creative team equipped to design and produce The Light Within, which places the youths at the heart of the narrative and unpacks multiple perspectives around mental health.”

For more information, you may reach **Ms Beatrice Yap** at 9233 0765/
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About South East Community Development Council

South East CDC was set up on 24 November 2001. It oversees the Marine Parade Group Representative Constituency (GRC), East Coast GRC, Mountbatten Single Member Constituency (SMC) and MacPherson SMC, and serves a population of about half a million residents. At the helm of South East CDC is Mayor Fahmi Aliman, who leads the team in fulfilling the CDC's function – an Aggregator of Needs and Resources, Builder of Capability and Capacity in Partners and Networks and Connector of Communities. South East CDC initiates and manages programmes in collaboration with both community and corporate partners, so as to nurture a vibrant and self-reliant community.

More information on South East CDC at www.cdc.gov.sg/southeast, be our Facebook fan at www.facebook.com/secdc or be our Instagram follower at www.instagram.com/southeastcdc.

About T:>Works

Established in 1985, T:>Works is an independent and international arts company based in Singapore at its space, 72-13. It is currently led by Artistic Director, Dr. Ong Keng Sen. T:>Works' mission and vision is the pioneering of thought leadership in the arts focused on transdisciplinary, transcultural, and inclusive processes. To this end, there is a strong educational perspective with research and discourse contextualising histories, contemporary experiences, and situated art practices of the global south. T:>Works also serves to investigate the current urgencies of being located in Singapore through different creative expressions in the public sphere. It is a recipient of the National Arts Council Major Company Grant from 1 April 2022 until 31 March 2025. T:>Works is an Institute of Public Character with charity status.

Annex A: About South East Community Development Council's Committees

Care Committee

The Care Committee aims to harness the strength and resources from our community stakeholders and to create a more accessible platform for 'giving back'.

Resilience Committee

The Resilience Committee aims to build resilient communities and individuals by promoting greater awareness of mental health in the community and to promote racial and religious harmony through building bridges and deepening understanding as to build a united and resilient community.

Future Ready Committee

The Future Ready Committee aims to connect partners, stakeholders and residents through raising awareness and building partnerships to be future-ready. This will be done by activating networks, bridging resources, encouraging skills upgrading, lifelong learning and facilitating employment.