

MENTAL
HEALTH
AWARENESS
SINGAPORE

World Mental Health Day 2021

It's OKAY – Take 5



When it comes to our mental health, we can commit to 'take 5'. Small acts of self-care, even a short 5-minute break in our daily lives can have a big impact on our well-being.

This World Mental Health Day, join us for a series of talks, workshops and activities and learn how to prioritise routines and activities to improve your mental health.

Activities from 20 Sep – 31 Oct:



Wellness Talks



Interactive
Workshops &
Masterclasses



Virtual
Activities

SPECIAL HIGHLIGHT

Watch as various landmarks
light up in blue
across Singapore
in support of mental health.



Head over to our facebook
for more information

[www.facebook.com/
NationalHealthcareBoard](https://www.facebook.com/NationalHealthcareBoard)
MentalHealthAwarenessSG

Organised by:



Supported by:

AMKFSC Community Services • AWWA Ltd • Blooms n Buds • Brahm Centre • Campus PSY • Caregivers Alliance Limited
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