

Mental Health Awareness Talk 心理健康讲座

Mental Health MATTERS

心理健康与你

27/06/2009 (Saturday)

二零零九六月二十七日(星期六)

9am – 1pm

早上九点至下午一点

Theatrette, Woodlands Community Club,
1 Woodlands St 81 Singapore 738526

For Grassroots leaders and Residents
欢迎基层领袖和居民参加

Bilingual 英语及华语

Objectives

Grassroots leaders and residents would be able to assist anyone with mental illness (including their family members, relatives, friends, colleagues, neighbours, etc) by recognising the signs and symptoms of Depression, Schizophrenia, Anxiety Disorders, Obsessive Compulsive Disorder, and encouraging early detection and treatment by informing them on available mental health services.

此讲座能让基层领袖和居民对心理健康有更进一步的认识,并携手鼓励亲戚朋友提早接受治疗. 我们也将讨论新加坡最普遍的心理疾病, 症状, 及各种措施,



Organisers



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