

自去年4月推出以来 全国关怀热线接超过4万5000求助电话

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冠病疫情影响许多人的生活和工作，导致人们面对更大的压力与焦虑。全国关怀热线推出一年多以来，共接获超过4万5000通求助电话。

卫生部兼通讯及新闻部高级政务部长普杰立医生昨早出席由慈善机构百仁中心（Brahm Centre）举办的2021年亚太正念大会（Asia Pacific Mindfulness Conference）时说，冠病疫情暴发一年多以来，许多公众的生活受到严重影响，社会孤立和经济不稳定等因素导致人们的焦虑情绪加剧。

自去年4月推出以来，全国关怀热线已处理超过4万5000通求助电话。此外，文化、社区及青年部、保健促进局和卫生部等政府部门与机构也推出各项措施

与运动，为公众提供照顾自己和他人心理健康的贴士和技能。

我国在社区心理卫生总蓝图下，不断扩大社区内的心理卫生服务。截至去年，本地共有超过220家全科诊所和14家综合诊疗所提供心理健康和失智症相关的服务。当局也和护联中心合作，设立50个社区外展小组，以辨识出有心理健康和失智症护理需求的公众。

普杰立说：“疫情会继续对公众的心理健康造成挑战，尤其是疫情的影响将持续好几年。我们必须继续努力增强大家的韧性，在这场危机中变得更强大。”

从昨日起举行至本月29日的亚太正念大会共吸引超过6000人报名参加。超过70名海内外的正念和心理健康专家将在下来两个星期，通过线上研讨会和工作坊，分享提升身心健康的方法与

实践。

百仁中心总裁周荧矜副教授在大会致辞时说，中心下来将在本地一些学府推出心理健康项目，协助学生、教师和家长管理和减少他们的压力。周荧矜说，现代人面对许多压力，若无法有效地让心情平和，将导致失眠、忧郁症、焦虑症等各种心理健康方面的问题。

“如果我们没有快乐的心灵，就不会有快乐的生活。我们必须照顾自己的心理健康，将恐惧的想法转换成无所畏惧的念头。”

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——卫生部兼通讯及新闻部高级政务部长普杰立医生

**Since its launch in April 2020
the National CARE Hotline has handled over 45,000 calls**

Zaobao, 15 Aug 2021 (English translation)

The COVID-19 pandemic has disrupted many people's lives and livelihoods, contributing to an increase in stress and anxiety. Since its launch in April 2020, the National CARE Hotline has handled over 45,000 calls.

Speaking at the Asia Pacific Mindfulness Conference organised by Brahm Centre, Dr Janil Puthuchery, Senior Minister of State, Ministry of Health and Ministry of Communications and Information, says, "The COVID-19 pandemic has been with us for over a year. As a result of the pandemic, many people face severe disruption to their lives and livelihoods. Social isolation, economic uncertainty, and loss of income have contributed to an increase in anxiety and distress among our population."

Since its launch in April 2020, the National CARE Hotline has handled over 45,000 calls. In addition, the Ministry of Culture, Community and Youth, Health Promotion Board, MOH, various government organisations have introduced various initiatives and exercise to equip Singaporeans with the skillsets to provide emotional support to others.

Singapore has been steadily increasing the capacity of community mental health services under the Community Mental Health Masterplan. As of end last year, there were over 220 GP partners and 14 polyclinics providing mental health and/or dementia services. We have worked with the Agency for Integrated Care (AIC) to set up 50 community outreach teams in partnership with Social Service Agencies (SSAs) to provide mental health interventions such as psycho-social therapeutic interventions and counselling for persons with mental health needs in their home.

Dr Janil says, "The pandemic will continue to pose a challenge to the mental well-being and health of the population, particularly since its impact is likely to last for some years to come. Hence, we will need to continue with efforts to build greater resilience in our people to allow us to emerge from this crisis stronger."

The Asia Pacific Mindfulness Conference 2021 which started yesterday, attracted over 6,000 registrants. More than 70 international and local practitioners in the field of mindfulness, and mental health have come together to share the benefits, practices and science of mindfulness to uplift your life through webinars and workshops.

In her welcome address, Associate Professor Angie Chew, CEO, Brahm Centre said the centre plans to roll out a mental health initiative with some of the schools to support the students, teachers and parents in managing and reducing their stress. A/Prof Angie Chew says, "People face a lot of stress, if we are not able to effectively regulate our emotions, it will cause insomnia, depression, anxiety and many mental health issues."

"If we don't have a happy mind, we won't have a happy life. We must learn to care for our mental health and transform our fearful thoughts into more fearless thoughts."