

New mental health centre in Newton to help the young

Fourth centre by charity Brahm Centre aims to promote mindfulness in young people

Goh Yan Han

More young people and adults can receive mental health help with the opening yesterday of a centre in Newton that focuses on helping them.

The centre is the fourth one opened by Brahm Centre, a charity set up in 2012 targeted at promoting happier and healthier living to seniors, but which has been expanding its focus to young people as well.

Mr Tan Ding Xuan, 21, said the strategies from a mindfulness course at Brahm Centre had helped him through the anxiety he felt during national service.

Mr Tan, who was the emcee at the launch of the centre at Goldbell Towers, said he had joined Brahm Centre as an intern after benefiting from the course.

The new Brahm Centre @ Newton has two counselling rooms and two seminar rooms for courses on mindfulness – the practice of paying attention to the present moment in a non-judgmental way – and youth programmes.

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Brahm Centre founder Angie Chew said youth today face issues such as worry about the future, the pressure of being compared with others and feeling that they are not good enough, as well as stigma and anxiety from identifying as lesbian, gay, bisexual or transgender, among others.

She said: “The approach to helping people with mental well-being issues... needs to be holistic in nature. And the two stakeholders that have the greatest influence on our young are parents and teachers.”

Brahm Centre launched a Light-house Programme that has a mental health literacy component and an internship component in December last year.

The literacy programme for schools is done in partnership with Tan Tock Seng Hospital’s psychiatry department and Harvard Medical School assistant professor in psychology Sara Lazar.

It involves workshops on mental well-being, understanding how

the brain works, and using mindfulness to reduce stress. Since January, 1,900 students, 350 teachers and 50 parents have participated.

The programme also offers internships for students aged 15 and above to develop work skills and mental resilience. Since December, 20 young people have participated.

Senior Minister of State for Health Jee Jia Puthucherry and Professor Choe Chiao Beng, patron of Brahm Centre, unveiling a plaque at the official opening of the Brahm Centre @ Newton yesterday. With them is Mrs Tan-Huang Shue Mei, chairperson of Brahm Centre. ST PHOTO: FELINE LIM

gyanhan@sph.com.sg

COMMUNITY SUPPORT VITAL
In dealing with this, a supportive community is going to be vital in normalising conversations on mental health and encouraging those with mental health needs to then reach out.

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SENIOR MINISTER OF STATE FOR HEALTH JEE JIA PUTHUCHERRY said dealing with pandemic-induced anxiety.



Senior Minister of State for Health Jee Jia Puthucherry and Professor Choe Chiao Beng, patron of Brahm Centre, unveiling a plaque at the official opening of the Brahm Centre @ Newton yesterday. With them is Mrs Tan-Huang Shue Mei, chairperson of Brahm Centre. ST PHOTO: FELINE LIM



The interior of one of the counselling rooms at the Brahm Centre @ Newton at Goldbell Towers. The centre has two counselling rooms and two seminar rooms for courses on mindfulness – the practice of paying attention to the present moment in a non-judgmental way – and youth programmes.

Source: The Sunday Times by ST PHOTO: FELINE LIM. This is a sponsored article.

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新闻 NEWS

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百仁中心新设心理健康中心“正念”引导年轻人走出焦虑

李忠扬 leocy@sph.com.sg

过去两年的新冠病毒疫情期间，超过5600名学生和近2000名老师，参加了至少一场正念工作坊，显示疫情下不少师生更关注心理健康的问题。

百仁中心总裁周克烈副教授昨天在纽顿百仁中心（Brahm Centre）开幕式前受访时说，目前社会最突出的心理健康问题是焦虑大流行（anxiety pandemic），因为长期的不确定性和经常的变化，加上负面新闻的不断冲击，越来越多的人在疫情下感到焦虑。

“目前，尤其是年轻人的心理健康状况让人担忧。”

周克烈说，为了让更多人重视心理健康，以及减少心理问题在年轻人中扩大，百仁中心在去年推出了灯塔项目

（Lighthouse Program），这是一项基于正念的心理健康素养计划，主要面向学生、家长和教师，帮助他们了解大脑中的想法如何影响情绪等。

在计划下，学生、家长以及老师可参与不同心理课程的工作坊，包括由周克烈亲自指导的正念课程。截至目前，有5644名学生及1973名老师，参加过至少一场工作坊。

卫生部部长及新闻部高级政务部长普杰立医生在开幕式致辞时说，研究显示本地不同群体在疫情笼罩下，出现了大大小小的心理健康问题。他举例说，全国青年理事会在2020年下半年向青年进行的调查发现，过半青年认为心理健康是个挑战。

在这个背景下，普杰立认为

强大和具有支持性的社区，能鼓舞有心理健康需求的人寻求帮助。“我们期待与我们的利益相关者共同创造解决方案，以改善新加坡的心理健康生态系统。”

今年8月将到南洋理工大学就读的陈嘉轩（21岁）说，他曾被霸凌，但在参与百仁中心的正念课程后，开始走出心理创伤。“与其不断试图与脑海中的负面情绪搏斗，我学会了如何应对和忍受。”

正念又称静观，简单来说就是专注于当下的状态，有意识地察觉并体验当下的注意力、想法和感受，从中找到平静。



今年21岁的陈嘉轩，在纽顿百仁中心开幕式上，讲述他过去被霸凌的故事，以及如何克服创伤。（台地林摄）

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