

# MENTAL HEALTH

The mission of Christ was to the poor, the sick and the oppressed. He told his disciples to follow him and carry on his mission. We do this when we look after the weak, poor and sick in our midst. "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me." (Mt 25:35-36) Here in Singapore, one person in six suffers from some form of mental illness. As disciples, we hear the call of our Lord to care for these sufferers too.

What is Mental Health First Aid? Just as first aid is administered to someone with physical injuries, mental health first aid is an approach we take to care for someone who is having a mental health problem until the person can find professional help.

While Mental Health First Aid does not prepare people to be therapists, it enables those in ministry to recognize mental health problems, provide initial help, and guide the afflicted person towards appropriate professional help. This is a 12- hour certification programme.



#### **About the trainer:**

*Joachim Lee is the Director of Tampines Family Service Centre. He holds a Masters in Counselling, completed three years of training in Jungian Psychotherapy and completed training in Solution-Oriented Brief Therapy. He is also a certified Gambling Addictions Counsellor and a certified Mental Health First Aid Instructor.*

*Certificate will be issued by Mental Health First Aid (Singapore).*

**Venue: CAEC, 2 Highland Road**

**Date: 18 & 25 July 2009**

**Time: 9.30am to 3.30pm**

**Cost:\$150 includes course fee, manual, lunch and tea breaks. (Certificate given upon completion of the 12-hour programme)**



To register: call 6858 3011 or email [spi@catholic.org.sg](mailto:spi@catholic.org.sg)

**Please register by 8 July**

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