

## MEDIA RELEASE

### **TOUCH and Nanyang Polytechnic Students Spread Mental Health Awareness Via Themed Train**

**SINGAPORE, 17 July 2017** – TOUCH Community Services today launched a specially commissioned themed train on the North East Line (NEL) as part of the public awareness campaign to fight the social stigma related to depression and mental health issues. This campaign includes the *Light Of Hope Run*. The *Light Of Hope Run* is a mental health awareness night run taking place on 30 September 2017 at Gardens by the Bay East where participants can choose to take part in either the 7km Competitive Run or the non-competitive 3.5km Buddy Run.

Featuring information on three key mental health conditions – Anxiety Disorder, Depression and Schizophrenia – as well as thought provoking questions, and stories of individuals affected by mental health issues, the design concept of the themed train was a collaboration between TOUCH and a student group from Nanyang Polytechnic's (NYP) School of Health Sciences. The students gathered these stories and quotes from people they knew whom were diagnosed with mental health conditions, and conceptualised the design of the messages. (*Please refer to Annex 1 for design artwork*)

The train is scheduled to run for 18 hours daily for four weeks, reaching out to some 840,000 commuters travelling between the Northern and Eastern regions of Singapore, on the 16-station NEL.

Guest-of-Honour Mr Desmond Choo, Mayor of North East CDC, launched the themed train at HarbourFront MRT station with a ribbon-cutting ceremony which was witnessed by community partners of the *Light Of Hope Run*.

To further spread the message of mental health awareness, the student group, comprising seven youths majoring in Social Work, will be distributing 1,500 Self-Care Notebooks – which they conceptualised – to commuters at various stations on the NEL over two weeks after the train launch. The Self-Care Notebook shares relaxation techniques as well as activities and tips to guide individuals towards mental wellness.

Mr James Tan, Chief Executive Officer of TOUCH, said, "Mental health issues are becoming more prevalent<sup>1</sup> and more needs to be done to address them. The *Light Of Hope Run* aims to encourage people living with these conditions to step out and seek support, and to rally the community to break down social stigma associated with mental health conditions."

"TOUCH believes that the best form of support for people living with mental health conditions must be found in the community, and we are delighted to have the youth group from NYP on board with us to spread mental health awareness and the message of hope."

The *Light Of Hope Run* is also supported by community partners, including AMKFSC Community Services, Fei Yue Community Services, Institute of Mental Health, National Council of Social Service, O'Joy Care Services, Over the Rainbow, Silver Ribbon (Singapore), Singapore Anglican Community Services and Singapore Association for Mental Health. To find out more about the *Light Of Hope Run*, please visit [www.lightofhope.sg](http://www.lightofhope.sg).

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<sup>1</sup>Institute of Mental Health Singapore Mental Health Study 2010:  
[https://www.imh.com.sg/uploadedFiles/Newsroom/News\\_Releases/SMHS%20news%20release.pdf](https://www.imh.com.sg/uploadedFiles/Newsroom/News_Releases/SMHS%20news%20release.pdf)

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**ABOUT THE LIGHT OF HOPE RUN**

Inaugurated in 2015, the *Light Of Hope Run*, which features a 7km Competitive Run and a 3.5km Buddy Run, is organised by TOUCH Community Services and spearheaded by a group of volunteers. Aimed at raising public awareness and fighting social stigma related to mental health issues, the night race features various lighting elements to signify how persons with mental health issues can seek help early and step out of their darkness into the light, with the community's support. For more information, please visit [www.lightofhope.sg](http://www.lightofhope.sg).

**About TOUCH Community Services**

TOUCH Community Services is a not-for-profit charitable organisation, dedicated to meeting the needs of children from low-income or single-parent families, youth-at-risk, needy families, people with special and healthcare needs, and the frail elderly. Through its integrated network of services, TOUCH is committed to serving people of all ages, races, religions and backgrounds. Each year, its programmes and services meet the needs of more than 28,000 clients and 156,000 service users.

Ceiling Stickers



## In-Window Stickers

### Major Depressive Disorder




**IT MAY BE HARDER THAN YOU THINK**

They told me, "It's your choice to be in this state." But why would I choose to feel hopeless and have hateful thoughts of myself? Nobody understands what I'm going through...

- Ms N, 23 years old, living with Major Depressive Disorder for 7 years

Name has been changed to protect the privacy of the individual. The photo does not belong to the individual stated in this story.


In Window Sticker MDD Small FINAL.pdf



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- Ms N, 23 years old, living with Major Depressive Disorder for 7 years



Scan the QR code to read her full story or visit [tinyurl.com/livingwithmdd](http://tinyurl.com/livingwithmdd)

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**If your best friend told you this**

**HOW WOULD YOU REACT ?**



## Anxiety Disorder



**SILENCE MAY NOT  
MEAN THAT THEY  
ARE FINE**

It feels terrible to experience these attacks. The doctor's medication helps but I would still need to depend on myself to overcome them. I can only hide my anxiety...

- Ms S, 16 years old, living with  
Anxiety Disorder for 6 years

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If she were your sister  
who is suffering in silence  
**HOW WOULD YOU HELP ?**





# Schizophrenia



**WHAT YOU SEE MAY JUST BE ONE SIDE OF THE STORY**

"You're useless! They're looking down on you." I am constantly hearing voices that tear me down. I try to control them but sometimes, they take control of me instead...

- Mr P, 49 years old, living with Schizophrenia for 15 years

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**WHAT YOU SEE MAY JUST BE ONE SIDE OF THE STORY**

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Scan the QR code to read his full story or visit [tinyurl.com/livingwithschizo](http://tinyurl.com/livingwithschizo)

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If you see your loved one behaving in an unusual manner

**WHAT WOULD YOU DO ?**



In-Window Mid-Strip



Break down stigma  
associated with  
mental health



Sign up for the  
Light Of Hope  
Run!

The Light of Hope Train  
is brought to you by



Supported by



Empowered by



## Interior Panels

### Anxiety Disorder

[ang-zahy-tee dis-awr-der]

Anxiety disorder is a prolonged and severe state of anxiety that affects one's ability to cope with day-to-day activities. Treatment such as therapy, stress management, exercise and medication (only as advised by doctors) can help reduce the symptoms.

### Major Depressive Disorder

[mey-jer dih-pres-iv dis-awr-der]

Depression is one of the most common mental health problems worldwide and could happen to anyone. It is a persistent feeling of sadness which does not just 'go away'. It may affect our work, interest in activities and quality of life. It is not a sign of weakness and recovery is possible.

### Schizophrenia

[skit-suh-free-nee-uh]

Schizophrenia is a group of psychotic disorders which may be caused by genetic, psychological and social factors. Symptoms include disturbances in thought and perception, which affect behaviour and/or communication for six months or more. Social and family support is important in the recovery process.



**Saturday,  
30 September 2017**

6 - 10pm | Gardens by the Bay (East)

Break down stigma associated with mental health  
**Sign up for the Light Of Hope Run!**

**10% OFF** use this code: **LIGHTOFHOPE**

Organized by  
**TOUCH**  
Community Services

FOR MORE INFORMATION, PLEASE VISIT [WWW.LIGHTOFHOPE.SG](http://WWW.LIGHTOFHOPE.SG)

LIGHTOFHOPESG

LIGHTOFHOPESG



In-Train Connector

**Saturday,  
30 September 2017**

6 - 10pm

Gardens by the Bay (East)



LIGHT  
OF  
HOPE  
RUN

📍 LIGHTOFHOPE.SG

📱 LIGHTOFHOPE.SG

Show support for people  
with mental health issues

**Sign up for the  
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