

Main Organisers



Participating Organisations



Main Supporting Organisations



Other Supporting Organisations



Sponsors



29 Sep – 4 Oct 2008, 11am – 9pm

Learn more about mental health issues from the exhibition booths and Cheng San Community Library.

5 Oct 2008, 8am – 5pm

Launch of World Mental Health Day

Event Programme*

8am	Registration of Walk and Children Art Competition
8.30am	Arrival of VIPs & GOH
8.50am	Warm Up Exercise & GOH to flag off the walk
9am	Children Art Competition Theme "Happy Days"
10am	Welcoming performances
10.15am	Opening Speech Dr Lee Cheng, Vice-President, Silver Ribbon (Singapore)
10.20am	Speech by Guest of Honour
10.30am	Launch of World Mental Health Day
10.35am	Prize presentation for Children Art Competition winners
10.45am	Presentation of token of appreciation to GOH
10.50am	Thank you speech by representative of Hougang Mall
Talks	
11am	School Bullying Ms Feng Jiewen, Counsellor S'pore Children Society
11.30am	When It Is More than Stress Dr Swapna Verma, Chief Early Psychosis Intervention Programme
12noon	Managing Stress through Traditional Chinese Medicine Physician Stephen Lau Eu Yan Sang
12.30pm	<i>*Free glucose test during this session</i> Parenting in the Modern Society Ms Quah Saw Han, Senior Psychologist, MCYS, representing S'pore Psychological Society
1pm	Facing Depression Head On and Winning Dr Roger Ho, Registrar/Psychiatrist, National University of Singapore Health System
1.30pm	Balancing Family Life and Work Dr Asghar Sajadian, Academic Lecturer REC College
Demo	
2pm	Yoga Demonstration Symphony by Citispa <i>*30 yoga mats to be given away during this session</i>
2.30pm	Music Therapy Tango Lyrical Theatre
3pm	Healthy Living Osim
3.30pm	Make-up Demonstration The Body Shop <i>*300 pcs of \$10 conditional vouchers to be given away during this session</i>
4pm	Cooking for the Soul Xotiq Chocolatier
4.30pm	Music Therapy South Americans Musicians, Quipukamak
5pm	Happy Dance Timezone Powie
5.30pm	Closing

*Programs are subjected to changes without prior notice.



Commemorating WORLD MENTAL HEALTH DAY

Making Mental Health A Priority

29 Sep – 5 Oct @ Hougang Mall

GUEST OF HONOUR

for the walk on 5 Oct 2008

Mr Teo Chee Hean

Minister for Defence