



Singapore  
Mental Health  
Film Festival

**22 – 30 MAY 2021**

Online and at National Gallery Singapore

Using films as a catalyst  
to advocate and promote  
conversations about  
mental health.





22 – 30 May 2021

# Singapore Mental Health Film Festival

## 2021 Programme

General Enquiries  
[hello@smhff.com](mailto:hello@smhff.com)

Ticketing  
[ticketing@smhff.com](mailto:ticketing@smhff.com)

Media  
[media@smhff.com](mailto:media@smhff.com)

Youth Competition  
[youth@smhff.com](mailto:youth@smhff.com)

Share your experience with us  
FB: [@singaporementalhealthfilmfestival](https://www.facebook.com/singaporementalhealthfilmfestival) | IG: [@smhff](https://www.instagram.com/smhff) | [#SMHFF2021](https://www.instagram.com/smhff)

Stream the Festival online at [watch.smhff.com](http://watch.smhff.com)

[smhff.com](http://smhff.com)



**9 Feature Films**

**9 Short Films**

**9 Panel Conversations**

**8 Workshops**

**40+ Industry Professionals  
and Experts**



# Films & Panels

All physical screenings will be held at National Gallery Singapore, Ngee Ann Kongsi Auditorium.  
All online streaming is available on watch.smhff.com from 22nd May to 30th May.

Wednesday  
26 MAY

8:00pm – 9:30pm

*\*Online streaming only*

**Feature Film: Sorry We Missed You**  
**Short Film: SMHFF SFYC 2021 (Best Overall Film)**

**Panel: COVID-19 And Navigating The Demands Of Change (Virtual)**  
*\*The panel conversation will be live streamed on 26th May, 8:00pm*

Thursday  
27 MAY

8:00pm – 9:30pm

*\*Online streaming only*

**Feature Film: Land of Not Knowing**  
**Short Film: We Are All Here**

**Panel: Suicide: Can Talk Or Not? (Virtual)**  
*\*The panel conversation will be live streamed on 27th May, 8:00pm*

Friday  
28 MAY

8:00pm – 9:30pm

*\*Online streaming only*

**Feature Film: Those Who Work / Ceux qui travaillent**  
**Short Film: Box Office Smash**

**Panel: Mental Health At The Workplace (Virtual)**  
*\*The panel conversation will be live streamed on 28th May, 8:00pm*

Saturday  
29 MAY

11:30am – 1:45pm

*\*Physical screening and online streaming*

**Feature Film: Happiness / 幸運是我**  
**Short Film: SMHFF SFYC 2021 (Best Impact Film)**

1:50pm – 2:35pm

**Panel: Building A Dementia-Inclusive Society**  
*\*The panel conversation will be live streamed on 29th May, 1:50pm*

3:20pm – 5:25pm

*\*Physical screening and online streaming*

**Feature Film: Little Tickles / Les Chatouilles**  
**Short Film: Kaeru**

5:30pm – 6:15pm

**Panel: The Shadow Of Childhood Trauma**  
*\*The panel conversation will be live streamed on 29th May, 5:30pm*

7:00pm – 9:25pm

*\*Physical screening only*

**Feature Film: Freedom Writers**  
**Short: SMHFF SFYC 2020 (Runner-up Film) - Emit**

9:30pm – 10:15pm

**Panel: COVID-19: A Pandemic Of Inequality?**

Sunday  
30 MAY

11:30am – 1:30pm

*\*Physical screening only*

**Feature Film: Min Lilla Syster / My Skinny Sister**  
**Short Film: When Mirrors Had Meaning**

1:35pm – 2:25pm

**Panel: How Eating Disorder Affects An Individual And Their Family**

3:15pm – 5:10pm

*\*Physical screening only*

**Feature Film: Guang / 光**  
**Short Film: Little Stars**

5:15pm – 6:00pm

**Panel: Caregiving For Persons With Special Needs**

7:00pm – 9:20pm

*\*Physical screening only*

**Feature Film: Beautiful Boy**  
**Short: Skogafoss**

9:25pm – 10:15pm

**Panel: Addiction Recovery: A Journey Beyond The Individual**



# Workshops

All workshops will be held at National Gallery Singapore, Seminar Room B

Saturday  
29 MAY

10:00am – 12:00pm

**Why Playfulness Matters For Our Wellbeing**

12:30pm – 1:30pm

**Connection & Catharsis**

2:00pm – 3:30pm

**Yin Yoga with Sound Healing**

4:00pm – 6:00pm

**Moving through Difficulties of the Pandemic**

Sunday  
30 MAY

10:00am – 11:00am

**Release and Sweat It Out**

11:30am – 1:00pm

**Mindfulness x Eating**

1:30pm – 4:00pm

**Woven Tales & Metaphors: The Narrative of the Doll Maker**

4:30pm – 6:00pm

**Movement Medicine**





# Stream online at watch.smhff.com

Available from 22nd May 2021 to 30th May 2021

## Single Virtual Pass - \$12.00

Includes 48-hour access to:

- 1 x Feature Film, 1 x Accompanying Short Film
- and access to:
- 1 x Accompanying Live Panel Conversation

## Virtual Bundle - \$45.00

Includes 48-hour access to:

- 4 x Feature Films, All Short Films
- and access to:
- 4 x Accompanying Live Panel Conversations

For group discounts, please email us at [ticketing@smhff.com](mailto:ticketing@smhff.com)



## EXECUTIVE DIRECTOR'S MESSAGE



Back in 2012, when I first started therapy, I felt like a lost sheep caught in a web of fibrous cotton balls without a clear line of sight. It has been nine years since, and now I can understand the importance of being in fuzzy places and allowing someone else to hold space for me to cry, laugh and find ground in uncertainty.

The world is changing at a rapid pace, and we can sometimes find ourselves overwhelmed and caught up with the “should be-s” and “would be-s”. But I encourage you to take time to ease yourself into this new normal. Create new routines or techniques that would help you feel the ground beneath your feet, and to find purpose in all that you do. There is no perfection to mental health, but there is always something to learn about ourselves and others when we take the time and heart to.

SMHFF 2021 has been an arduous but incredibly rewarding journey, put together by a highly capable and young team. We are moving away from solely challenging the stigma of mental health, to encouraging Singaporeans to embark on meaningful (and sometimes uncomfortable) conversations on this complex subject matter. The conversations at SMHFF 2021 are meant to challenge our ideas of what

we know about mental health, and to transform our knowledge into small, intentional actions as we work towards bettering ourselves and our communities. Compassion, integrity and empathy — core values of our organisation — are key ingredients to help us create safe spaces for these conversations to take place.

On behalf of my team and Board of Directors, I hope that you will have fulfilling and meaningful conversations at SMHFF 2021.

**Cheryl Tan**  
*Executive Director*  
*Singapore Mental Health Film Festival*



# NATIONAL YOUTH COUNCIL'S MESSAGE



The National Youth Council (NYC) is glad to partner Cheryl and her team in supporting the Singapore Mental Health Film Festival (SMHFF) for the third year through the National Youth Fund (NYF). This year's Festival, with its stronger focus on mental health resilience and recovery, is apt and timely as challenges and concerns relating to mental health exacerbated during the COVID-19 pandemic.

SMHFF is one of the many platforms which NYC supports to provide youth with opportunities and resources to make a difference in society. I am encouraged that SMHFF not only aims to raise awareness on mental health conditions, but also provides a safe platform for youth participants to learn, connect and take action to support themselves and others in their mental health journey. With a greater focus on mental health and well-being, it is important that there are readily available resources such as the NYF grant to enable young people to seek help from.

With such collaborations, we hope to better support our youth's needs to navigate and thrive during these uncertain times and emerge stronger together.

**David Chua**  
*Chief Executive Officer*  
*National Youth Council*

## More about the National Youth Council

As the national co-ordinating agency for youths in Singapore and the national focal point of international youth affairs, NYC drives youth development and broadens the outreach to Singaporean youths and Youth Sector Organisations through advocating youth interests, connecting the youth sector and enabling holistic youth development.



# Smiling Films

## Sorry We Missed You



Ricky and his family have been fighting an uphill struggle against debt since the 2008 financial crash. An opportunity to wrestle back some independence appears with a shiny new van and the chance to run a franchise as a self employed delivery driver. It's hard work, and his wife's job as a carer is no easier. The family unit is strong but when both are pulled in different directions everything comes to breaking point.

*2019 Chicago International Film Festival Winner for Best Actress*

*2020 BAFTA Awards Nominee for Outstanding British Film of the Year*

**Ken Loach**  
UK / 2019 / 101 minutes / English / NC16

Online Streaming at [watch.smhff.com](http://watch.smhff.com) from 22nd to 30th May

## Land of Not Knowing



In this bold new experimental documentary, four artists talk about suicide: the role the recurring thought has played in their life and art, the struggle to understand and overcome the impulse, and the ongoing confrontation with a form of stigma that renders the very concept of suicide as a kind of pariah. With a frankness that is both bracing and illuminating, Steve Sanguedolce's four subjects in LAND OF NOT KNOWING tell stories about considering suicide and the filmmaker responds with a striking visual scheme that presents something rarely attempted in the engagement with this most misunderstood of conditions: a sense of first person understanding.

**Steve Sanguedolce**  
Canada / 2016 / 71 minutes / English / NC16

Online Streaming at [watch.smhff.com](http://watch.smhff.com) from 22nd to 30th May

Supported by: High Commission of Canada



This film is also presented in collaboration with *Rendezvous With Madness Festival* (Toronto) with support from the Canada Council for the Arts.

## Those Who Work / Ceux Qui Travillent



Frank, a man of action who worked his way up all by himself, dedicates his life to work. No matter the place or the circumstances, be it day or night, he's on the phone, handling the cargo ships he charts for major companies. But when he has to deal with a crisis situation, Frank makes a brutal decision and gets fired. Profoundly shaken, betrayed by a system to which he gave his all, he has to progressively question himself to save the one connection that still matters to him: the bond he's managed to maintain with his youngest daughter, Mathilde.

*2019 Saas Fee Filmfest Winner for Best Feature Film*

*2019 Swiss Film Prize Winner for Best Screenplay*

**Antoine Russbach**  
Switzerland / 2019 / 102 minutes / English & French (with English subtitles) / NC16

Online Streaming at [watch.smhff.com](http://watch.smhff.com) from 22nd to 30th May

## Happiness | 幸運是我



No angel, a young man's life changes when he takes an elderly stranger's spare room and soon finds himself caring for her as she develops dementia. What follows is a poignant and heart-warming story.

*2016 Asian American International Film Festival Winner for Asian Media Humanitarian Award*

*2017 Hong Kong Film Awards Winner for Best Actress*

**Yiu Fai Lo**  
Hong Kong / 2016 / 112 minutes / Cantonese (with English subtitles) / NC16

Online Streaming at [watch.smhff.com](http://watch.smhff.com) from 22nd to 30th May

Physical Screening on Saturday, 29th May, 11.30am

Sponsored by: Homage





## Little Ticks / Les Chatouilles



A drama about childhood sexual abuse and its toxic consequences, Little Ticks tells the story of Odette, a dancer in her 30s who is haunted by the trauma of being molested as a child by a family friend. She struggles to maintain her career as she numbs her pain with drugs, alcohol and casual sex. Eventually, she seeks out a therapist to help her come to terms with the sexual abuse she suffered as a child.

2018 Chicago International Film Festival  
Winner of the Roger Ebert Award

2018 Hamburg Film Festival Winner for Best  
Feature Film

**Andréa Bescond, Éric Métayer**  
France / 2018 / 103 minutes / French (with  
English subtitles) / M18

Online Streaming at [watch.smhff.com](http://watch.smhff.com) from  
22nd to 30th May

Physical Screening on Saturday, 29th May,  
3.20pm

Supported by: Embassy of France



## Freedom Writers



Based on a true story, Hilary Swank plays the role of Erin Gruwell, a young, excited school teacher who leaves the safety of her hometown, Newport Beach, to teach at Woodrow Wilson High School in Long Beach. Her enthusiasm is quickly challenged when she realizes that her class are all "at-risk" students who are divided by their race and harbour animosity against one another. Freedom Writers is about a teacher who inspires her class of "at-risk" students to learn tolerance, apply themselves and pursue education beyond high school.

2007 Humanitas Prize Winner for Feature  
Film Category

**Richard LaGravenese**  
US / 2007 / 123 minutes / English / PG13

Physical Screening on Saturday, 29th May,  
7.00pm

## My Skinny Sister / Min Lilla Syster



Just as Stella enters the exciting world of adolescence she discovers that her big sister and role model Katja is hiding an eating disorder. Katja is a talented figure skater and is always busy with school or training; while at home, she receives almost all of her parents' attention. Min Lilla Syster is a story about jealousy, love and betrayal told with warmth, depth and laughter.

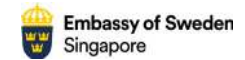
2015 Galway Film Fleadh Winner for Best  
International First Feature

2015 Festival del Cinema Europeo Winner for  
Best Screenplay

**Sanna Lenken**  
Sweden / 2015 / 95 minutes / English &  
Swedish (with English subtitles) / PG13

Physical Screening on Sunday, 30th May,  
11.30am

Supported by: Embassy of Sweden



## Guang / 光



Guang is a story about two brothers. The elder brother, Wen Guang is autistic. He suffers from attention deficiency disorder, struggles with social interaction, and has difficulty performing day to day obligations. To make ends meet, Wen Guang is coerced by his younger brother into looking for a job to share his burden on meeting their monthly expenses. However, sparked by a childhood inspiration, Wen Guang sets out on a journey to collect specific glasswares which eventually jeopardises his relationship with his younger brother and both their jobs.

2019 Malaysian Film Festival Winner for  
Best Art Direction

2018 Chinese Young Generation Film Forum  
Winner for Best Feature Film

**Quek Shio Chuan**  
Malaysia / 2018 / 88 minutes / Chinese  
(with English subtitles) / NC16

Physical Screening on Sunday, 30th May,  
3.15pm

## Beautiful Boy



“Beautiful Boy,” starring Steve Carell and Timothée Chalamet, is based on a pair of best-selling memoirs by the San Francisco journalist David Sheff and his oldest son, Nic, that chronicled Nic’s descent into crystal-meth addiction. It tells the story of David Sheff’s anguished but impotent crusade to snatch his son from the jaws of a life-crushing drug dependence. This film enables viewers to see the way addiction is lived beside, by the person suffering and by the family. It is a heartbreaking and inspiring story of survival, relapse, and recovery in a family coping with addiction over many years.

*2018 Chicago International Film Festival Winner for Best Feature*

*2018 Hollywood Film Awards Winner for Supporting Actor of the Year*

**Felix Van Groeningen**  
USA / 2018 / 120 minutes / English / M18

**Physical Screening on Sunday, 30th May, 7.00pm**

Sponsored by: 68 Monkeys



## SMHFF Short Film Youth Competition 2021 (Best Overall Film) Short Film



The Best Overall Film of the SMHFF Short Film Youth Competition 2021 will only be announced on the Opening Night, 17th May 2021. This short film will be available with the screening of Sorry We Missed You.

For more information, please visit [smhff.com/youthcompetition2021](https://smhff.com/youthcompetition2021)

## Box Office Smash Short Film



The story of Office Man, who works in a box. He seems content fulfilling the requirements of his daily routine, until a computer error changes everything.

*Box Office Smash is the winner of 14 awards, 10 nominations and 5 Official Selections on the international film festival circuit.*

**Phil Dunn**  
UK / 2018 / 9 minutes / English / PG13

## We Are All Here Short Film



When Glasgow rapper Lumo takes his own life aged 21, it sends shockwaves through the Scottish hip hop community. As his family and friends struggle to make sense of his death, they uncover hidden clues in the lyrics and video diaries he left behind.

*2019 Glasgow Short Film Festival Winner of Audience Choice Award*

**Hannah Currie**  
United Kingdom / 2018 / 23 minutes / English / NC16



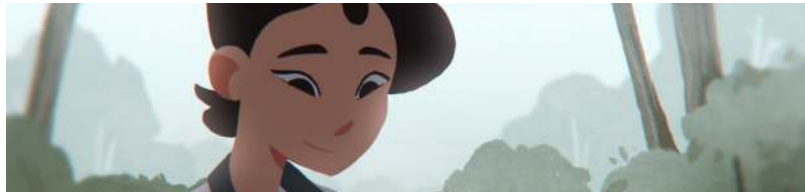
## SMHFF Short Film Youth Competition 2021 (Best Impact Film) Short Film



The Best Impact Film of the SMHFF Short Film Youth Competition 2021 will only be announced on the Opening Night, 17th May 2021. This short film will be available with the screening of Happiness / 幸運是我.

For more information, please visit [smhff.com/youthcompetition2021](http://smhff.com/youthcompetition2021)

## Kaeru Short Film



“Kaeru” is a 2D animated short about a darkroom photographer named Mitsuko who struggles with self-doubt. Made by students at San Jose State University.

*2019 Changing Minds Competition Winner for Best Film*

**Denise Chan**  
USA / 2019 / 6 minutes / English / PG

## Emit Short Film



At the doctor's office, Emit is surrounded by cold and indifferent onlookers. He tries, but fails to pay attention to the seemingly redundant questions being fired at him. Frustrated by this unsympathetic crowd, Emit seeks solace back at home. Yet, this offers little respite as Emit's mind and body continue to deteriorate. As daily life becomes increasingly dysfunctional, Emit finds himself struggling to reconcile the mismatch between his perception, and reality.

*2020 SMHFF Short Film Youth Competition Runner-up Film*

**Yvonne Yen and Gerard Heng**  
Singapore / 2019 / 8 minutes / English / PG

## When Mirrors Had Meaning Short Film



When Mirrors Had Meaning is a visually searing experience of 70 year old, Krishnan setting him off on a journey in search of his distant memory, leaving behind a letter to his family. Upon her return, his daughter, Priya finds the letter and assumes the worst. While searching for her father, Priya learns about his past.

*2020 SMHFF Short Film Youth Competition Winning Film*

**Yuga J Vardhan**  
Singapore / 2019 / 10 minutes / English / PG

## Little Stars Short Film



Little Stars tells the surprisingly life-affirming stories of young people living with life-limiting illnesses. Against the odds these youngsters are making the most of every moment thanks to the support of their loved ones, working in harmony with passionate 'palliative care' teams. In this short film, we will meet Jessica and her family in Hospice (Singapore) and little Joseph and his mother Fiona (United Kingdom).

*2016 Impact Docs Award Winner for Award of Merit*

*2015 The Indie Fest Winner for Award of Merit*

**Mike Hill**  
USA / 2015 / 13 minutes / English / PG

## Skogafoss Short Film



While on vacation with his girlfriend, Gijs receives a phone call from his mother, that reveals her troubled mental state and their complex relationship.

*2018 Canada Shorts Film Festival Winner for Award of Excellence*

*2018 Dublin Independent Film Festival Winner for Best Drama*

*Scandinavian International Film Festival Winner for Best Film*

**Niels Bourgonje**  
Netherlands / 2017 / 10 minutes / Dutch / PG



# Panel Conversations



# COVID-19 And Navigating The Demands Of Change

Live Stream on [watch.smhff.com](https://watch.smhff.com)^  
26th May 2021 (Wed) | 8:00pm^^

“Change is the only constant” – we all know that. However, 2020 has shown us a pace of change like never before. One that forces individuals and families to constantly adapt to the ever-evolving demands of work and family life. At its peak, everyday discourses were saturated with stories of people in desperate situations: those wrestling at the fringe of unemployment; fresh graduates at the mercy of an economic recession; caregivers struggling to find alternative care arrangements when schools are shut. For many, the pandemic is an experience that has stretched limits and has put resilience to the test.

In this panel conversation, we gather individuals from different walks of life as we look back at the impacts of the pandemic and examine the ‘How’s to recovering and thriving post-COVID. As we hear and get encouraged by individual stories of resilience, we will discuss what “being resilient” entails, and how we can adopt and cultivate adaptive coping strategies to emerge better, and stronger.

This panel conversation is paired with Sorry We Missed You



**Aaron Maniam** | Co-Founder, *The Birthday Collective*  
Moderator

Aaron Maniam is a Singaporean civil servant, having served in the Ministry of Foreign Affairs, Centre for Strategic Futures, Civil Service College and Ministry of Trade and Industry. Currently Deputy Secretary at the Ministry of Communications and Information, he oversees digital economics, digital regulation, digital literacy and access, and public sector broadcasting.

In his free time, he writes poetry, facilitates inter-religious dialogues, and teaches at the National University of Singapore's Scholars Programme. He is a Young Global Leader of the World Economic Forum, an Asia 21 Young Leader of the Asia Society, and a Fellow of the Royal Society for the encouragement of the Arts, Manufactures and Commerce.



**Fong Min-Hui** | *Principal Auditor*  
Panellist

Min-Hui is currently working as a Principal Auditor. She believes that destigmatisation of mental health begins with conversation, and that one's identity isn't defined by their mental condition. She's an avid art and music lover.



**Joanne Chua** | *Clinical Psychologist and Instructor, National University of Singapore*  
Panellist

Joanne is a Clinical Psychologist with over a decade of experience in healthcare and education. She currently holds an academic position at the Department of Psychology, NUS, where she teaches modules on Resilience, Interpersonal Communication, Collaboration, and other soft skills. In addition, Joanne teaches and supervises trainees on the Master of Clinical Psychology programme at NUS.

Joanne is also a Consultant with Mind What Matters Psychology where she helps clients to optimize their mental health through a combination of evidence-based psychotherapy and positive psychology coaching. Joanne believes that lasting solutions not only treat symptoms but enhance and optimise overall wellbeing.



**Margaret Anthony** | *Undergraduate Class of 2020*  
Panellist

Margaret graduated with a Bachelor's of Fine arts specialising in interactive media in 2020. She graduated during the COVID pandemic. After her graduation, she was under a sgunited traineeship program as an Innovation Executive where her versatility enabled her to progress and be converted to a full time position.

In school she worked with a fusion of art and technology and this amalgamation and diversity helps her in her new role.



**Nicholas Chee** | *Managing Director, Sinema Media Pte Ltd*  
Panellist

Nicholas Chee is the founder of Sinema Media Pte Ltd, a Singapore-based film and media project consultancy. In 2006, he started the Sinema.SG website as a news platform for Singaporean independent film and from 2007 to 2012, he co-founded Sinema Old School, Singapore's first independent community theatre showcasing independent and short films.

He also created ciNE65 in 2011 and the National Youth Film Awards in 2015, both award platforms to discover and showcase young Singaporean film talents. Nic is also an award-winning filmmaker and is the executive producer of original and branded content production company, The Flying Kick Asia.

^Only available for Virtual Pass holders

^^Live stream starts strictly at 8:00pm. A recorded version will be available until 6nd June (Sunday), 11.59pm.

# Suicide: Can Talk or Not?

Live Stream on [watch.smhff.com](http://watch.smhff.com)^  
27th May 2021 (Thu) | 8:00pm^^

A total of 400 suicides were recorded in Singapore in 2019, with youths aged 10 to 29 representing a significant portion of this figure. Despite general consensus on the need to curb and prevent suicide, many of us find ourselves not knowing how to approach this seeming delicate topic.

In this panel conversation, we will explore at what goes on in the mind of an individual contemplating suicide, and learn about possible signs and symptoms. We will also share ways in which we can reach out to suicidal individuals, and how we can talk about suicide in a safe and appropriate manner. Additionally, the panel will highlight the importance of looking at suicide beyond the individual, and to understand its larger socio-cultural influences. This panel will also examine the impact of suicide on those who are left behind – and how we can support these ‘suicide survivors’.

This panel conversation is paired with Land of Not Knowing



**Sharda Harrison** | *Actress and Arts Educator*  
Moderator

Sharda Harrison is a Singaporean actress and arts educator who resides in Singapore. Her most recent productions are 'The son' by Pamgdemonium Theatre and 'Xalisco, a place' directed by Ines Somellere for Cervantino Festival. Sharda runs her own theatre and education company, Pink Gajah Theatre which she founded in 2013.

Her most recent works under Pink Gajah Theatre are, 'Hayat' for the M1 Fringe Festival 2018 and 'VERSO/RECTO' for Centre 42's late-night texting. Sharda is also a theatre lecturer, recently attained her Masters in Arts Pedagogy and Practice as well as the presenter for Channel News Asia's, 'Talking Point'.



**Cheryl Tan** | *Executive Director, Singapore Mental Health Film Festival*  
Panellist

Cheryl is an imperfect human with an infectious laugh. She has dedicated her life to uncover the dark and light within herself, constantly expanding her inner awareness to observe the intricate stories that surface with each layer. She came from the advertising world where she was driven by educating the masses on brand stories. Now, she has switched her focus to use raw human stories to inspire courage and love in the people around her.

Cheryl is the Founder and Executive Director of the Singapore Mental Health Film Festival, a non-profit organisation that uses film as a catalyst to advocate and promote conversations about mental health. She is also the Founder of The Breathe Movement. Cheryl is a 2019 Obama Leader: Asia-Pacific.



**Dr Jared Ng** | *Consultant, Emergency and Crisis Services, Institute of Mental Health*  
Panellist

Dr Jared Ng is a senior consultant working at the Institute of Mental Health. He works at the emergency services in the hospital and is also the program director of a crisis response program in Singapore. Dr Ng is interested in the public health approach to mental health issues, including suicide prevention. He has 4 lovely dogs who take up almost all his time after work.



**Steve Sanguedolce** | *Director, Land of Not Knowing*  
Panellist

Steve Sanguedolce has been an active member of Toronto's independent film community for over thirty years winning numerous international awards. He has had retrospectives at the Cinematheque Quebecoise in Montreal, the National Film Board in Toronto as well as the the Arsenal Institute for Film and Video in Germany.

Over the past 15 years he has been hand developing and hand colouring motion picture film to great acclaim. Much of his time has been spent teaching at local universities, community colleges or conducting independent filmmaking workshops across Canada. His work incorporates documentary, narrative and experimental genres. His film work include Blinding (2011), Dead Time (2005), Smack (2000) and Away (1996).



**Tan-Lee Yoke Yin** | *Head Trainer, Samaritans of Singapore*  
Panellist

Mrs Tan-Lee is a professionally trained social worker who has been working with the Samaritans of Singapore (SOS) for many years, where she is currently the Principal Trainer. Her role in SOS includes supervising staff members, as well as training and supervising hotline volunteers.

She regularly conducts talks and workshops on crisis and suicide prevention for members of the public, for the professional staff from various social service agencies and other organisations. She had worked with clients in crisis and/or at risk of suicide and with suicide survivors.

^Only available for Virtual Pass holders

^^Live stream starts strictly at 8:00pm. A recorded version will be available until 6nd June (Sunday), 11.59pm.



# Mental Health At The Workplace

Live Stream on [watch.smhff.com](http://watch.smhff.com)<sup>^</sup>  
28th May 2021 (Fri) | 8:00pm<sup>^^</sup>

When most of us spend more than 50% of our waking hours at work, it is not surprising to learn why workplace environments are such huge predictors of mental health outcomes. While workplace wellness has gradually been included in agendas of governments and businesses, amongst companies who have introduced counselling benefits as part of workers' welfare, such provisions are arguably only effective to the extent to which they are utilised. For many, the overhanging stigma surrounding help-seeking, and its associations with weakness and shame, continue to make distress something difficult to sound out.

COVID-19 and its demands for innovation have provided us with an invaluable opportunity to re-think work and mental health. In this panel conversation, we will explore what businesses (whether as employees, employers, or HR) can do to affect positive changes at the workplace. Specifically, we will learn about existing approaches taken by companies, and deliberate on their efficacy and scalability. In addition, the panel will also explore concrete steps we can take to safeguard the mental well-being of both ourselves and our fellow co-workers.

This panel conversation is paired with *Those Who Work / Ceux qui travaillent*



**Dr William Wan** | *General Secretary of the Singapore Kindness Movement*  
Moderator

Dr William Wan is a Justice of the Peace and Chairman of the Prison Fellowship Singapore. He is active in several committees including the National Integration Working Committee, and SG Cares Culture-building Committee.

A public speaker and published author, his works include *Clearly Different* and *My Best with Honour*, written in support of the dyslexia and scouting community, respectively. His latest book is *Through the Valley: The Art of Living and Leaving Well*. He also contributes regularly to *The Straits Times* and *Today's Manager*.

Dr Wan received several awards including The Police Commissioners' Award and the Solicitor-General's Award in Canada, and the Active Ageing Award from the Council of Third Age, President's Volunteerism and Philanthropy Award and the SSA Distinguished Service Award (Bronze).



**Adam Piperdy** | *Founder, Chief Experience Officer, Unearthed Production*  
Panellist

Adam Piperdy is a former radio presenter with Singapore Press Holdings and MediaCorp for 7 years. Helming the number one evening show, Adam has vast experience in content curation, marketing and production. He is now running a team of event managers specializing in campaigns and events for clients like Urban Redevelopment Authority, Gardens By The Bay and Chivas Regal. His team was conferred Event Agency of the Year in 2018 by Marketing Magazine, amongst other accolades.

Adam has also led the Unearthed team to lead the way in hybrid and virtual events. Having partnered with Suntec Singapore to manage two hybrid studios, Adam firmly believes in the power of audience engagement through new media. Adam has a passion for training young leaders, organizational change, and digitization.



**Alan Ng** | *Healthcare Assistant*  
Panellist

Alan has been working in a psychiatric nursing home for the past 7 years. He regards every resident as a friend and sees them as deserving of much love, compassion, and care – just as how others have rendered him support when he was a patient. Using experiences from his own recovery journey, he aims to become a blessing for others.



**Jeffery Tan** | *Chief Executive Officer, Jardines MINDSET*  
Panellist

Jeffery is the Chief Executive Officer for Jardines MINDSET. He is also the Group General Counsel, Chief Sustainability Officer and Director for Legal & Corporate Affairs for Jardine Cycle & Carriage. He is responsible for legal, compliance, company secretarial, sustainability matters, communications and public affairs at the Group level. Jeffery also serves as a Board Member of the Singapore International Chamber of Commerce.

Before joining Jardine Cycle & Carriage, he was the Group General Counsel, Chief Compliance Officer and Board Secretary for UTAC Holdings Ltd. Prior to that, he has had over 20 years of private practice and in-house legal experience with international law firms and multinational companies such as Allen & Gledhill, DLA Piper, Siemens and Motorola.



**Pauline Chia** | *Manager, Employment Services, Singapore Anglican Community Services*  
Panellist

Ms Pauline Chia currently serves as Manager of Integrated Employment Services, which provides psychiatric rehabilitative counselling, mental health assessments and supported employment for persons with mental health conditions. She is passionate about helping employees thrive in mental health and has shared extensively with teams at Sembawang Corporation, Health Science Authority, and Citibank, just to name a few.

In August 2017, she pioneered the launch of an Employee Assistance Programme (EAP+) in partnership with the National Council of Social Service to provide outreach to staff of corporate organisations with various programmes, including face-to-face consultations and psycho education training. Pauline also curated 2 WSQ Skills Future approved wellness management courses, which are now offered at NTUC Learning Hub.

<sup>^</sup>Only available for Virtual Pass holders

<sup>^^</sup>Live stream starts strictly at 8.00pm. A recorded version will be available until 6nd June (Sunday), 11.59pm.

# Building A Dementia-Inclusive Society

National Gallery Singapore<sup>^</sup>  
29th May 2021 (Sat) | 11:30am

Live Stream on watch.smhff.com<sup>^^</sup>  
29th May 2021 (Sat) | 1:50pm<sup>^^^</sup>

Today, an estimated 82,000 people in Singapore are diagnosed with dementia and this number is expected to rise beyond 100,000 by 2030, making the issue of dementia-care ever more pertinent than ever. While current efforts toward a “Dementia-friendly Singapore” are heartening (as evident from the attempts at creating dementia-friendly communities and the introduction of assisted-living apartments), one might argue that Singapore’s progress still severely lag behind many developed nations.

As part of the panel conversation, we invite you to explore the ways where we can contribute to this vision – both at the individual and community level. We will also discuss the economic, political and social challenges Singapore faces in its pursuit of a dementia-friendly society.

This panel conversation is paired with Happiness / 幸運是我



**Melissa Quek** | Head, School of Dance & Theatre, LASALLE College of the Arts  
Moderator

Melissa Quek is a choreographer, performer and educator whose interest lies in creating a visceral experience for the audience. Melissa has served on a number of arts award and grant panels, managed five editions of the MOE-NAC Dance Talent Development Programme, and coordinates the NAC-MOE SP-CCA (Ethnic Dance). Melissa occasionally writes dance reviews, articles and edu-packs to make contemporary dance more accessible.

She has contributed to various multi-disciplinary productions and with The Kueh Tutus (a collective dedicated to creating dance for young audiences) she has created several works that have been presented at The Artground, Toured to regional libraries and appeared in the Esplanade’s Festivals Octoburst! and March On.



**Assoc Prof Philip Yap** | Senior Consultant, Department of Geriatric Medicine, Khoo Teck Puat Hospital  
Panellist

Philip Yap is a Senior Consultant Geriatrician in the Department of Geriatric Medicine, Khoo Teck Puat Hospital. He is also an adjunct professor with the Yong Loo Lin School of Medicine, NUS, and Lee Kong Chian School of Medicine, NTU. He oversees the running of an integrated dementia care system in the North & was actively involved in the building of a dementia-friendly community in Yishun, the first of such initiatives in Singapore.



**Christina Quah** | Care Professional, Homage  
Panellist

Christina is a Homage Care Professional with more than 1,500 visits with Homage under her belt. Having been a primary caregiver to her mother and late father-in-law, Christina discovered a passion for caregiving and eventually joined Homage as a Care Professional in early 2018.

Families who have engaged Christina often applaud her for her creativity in engaging seniors with dementia through simple puzzles and craft. Christina is also a certified Dementia caregiver, having successfully completed a “Work with Clients with Dementia” competency-based certification programme by the Alzheimer’s Disease Association (ADA) in July 2019.



**Emily Ong** | Advocate / Volunteer Trainer living with Young Onset Dementia  
Panellist

Emily Ong was an early childhood educator and a Special Educational Needs learning consultant. After her diagnosis and initial grief, she is determined to continue living like she always has, making contributions to the society through her passion in volunteering.

Emily is an active dementia advocate both locally, regionally and internationally. She is also a co-facilitator of the ADA ‘Voices for Hope’. She was involved in the wayfinding project of the Kebun Baru Community Club and continues to be a committee advisor. Emily is also very active in her dementia education work through her personal Facebook Page, ‘Living with mild cognitive impairments and YOD.’



**See Yen Theng** | Director, Agency for Integrated Care, Caregiving and Community Mental Health Division  
Panellist

Ms See Yen Theng leads the building of sector capability and development of integrated mental health networks at the Agency for Integrated Care. One of the key initiatives is the implementation of Dementia Friendly Communities (DFC) which aims to bring together health and social care providers, community partners, businesses and faith based organizations to support those with dementia and their families in a safe and inclusive community.

She also led in establishing the Dementia Nursing Home Design Resource Panel, a multi-agency team to develop design guidelines and recommendations to make the nursing homes dementia friendly. Her team developed useful caregiver resources to provide information and tips, as well as piloted new respite programmes for caregivers.

<sup>^</sup>Only available for Feature Ticket holders

<sup>^^</sup>Only available for Virtual Pass holders

<sup>^^^</sup>Live stream starts strictly at 1:50pm. A recorded version will be available until 6nd June (Sunday), 11.59pm.



# The Shadow Of Childhood Trauma

National Gallery Singapore<sup>^</sup>  
29th May 2021 (Sat) | 3:20pm

Live Stream on watch.smhff.com<sup>^^</sup>  
29th May 2021 (Sat) | 5:30pm<sup>^^^</sup>

The word “trauma” and “PTSD” have gained internet popularity in recent years as people increasingly (and casually) use them to refer to general distressing events. Beyond its clinical definition, “trauma” now appears to have taken on new social meanings. While such a trend can increase awareness of trauma-in-general, its unintended trivialisation of clinical trauma may prevent individuals from realistically empathising with those struggling with it. In fact, adverse childhood experiences can take a significant toll on the mental and physical health of individuals – especially when they are not treated and intervened timely.

In this panel conversation, we will share about the various forms of trauma and how they are diagnosed clinically. We will examine the social construction of “trauma” (especially in today’s digital age) and understand its potential implications. The panel will also discuss the psychological and physical manifestations of clinical trauma, and how to reach out to those struggling with it.

This panel conversation is paired with Little Ticks / Les Chatouilles



**Ivy Tse** | *Chief Executive Officer, Halogen Foundation Moderator*

Prior to taking the position of CEO in 2015, Ivy served as Chief Operating Officer and Events Executive for 2.5 years. She led the running of the charity’s flagship National Young Leader Day, launched the annual National Young Leader Award, and the Halogen Internship Programme. Since becoming CEO, Ivy has focused her efforts on the charity’s strategic direction and initiatives, partnerships and fundraising, as well as talent development within the team.

She was formerly part of a multi-national corporation where her responsibilities included piloting new product initiatives and handling supply chain management issues across Asia, Australia, India, Japan and Korea. Outside of Halogen, Ivy sits on the Advisory Board of My Working Title, NewYork.sg, GEMS Academy and is also a member of the Social Development Network Council. She is also part of the INSPIRIT community led by the National Youth Council which seeks to empower youths to advocate for youths.



**Cayden Woo** | *Deputy Director, Sunbeam Place, Singapore Children’s Society Panellist*

Cayden has been in the social service sector for 12 years. He is currently heading Sunbeam Place @ Children’s Society, a residential care service for children who have been abused, severely neglected, or face severe family crises. Prior to this, he was involved in the Safe and Strong Families Reunification program, residential case work, family service centre case work and prison aftercare work.

He is passionate in working with children, young persons and their caregivers, and has strong interest in child developmental trauma and in developing a trauma-informed care milieu. Cayden has a Master of Social Work and is an ACTA certified trainer. He has run trainings for various Social Service Agencies and MOE Schools.



**Clara C.** | *Senior Innovation Leader Panellist*

Throughout Clara’s childhood, her mother, Nancy, was diagnosed with paranoid schizophrenia. Nancy attempted suicide multiple times and had to be warded at the Institute of Mental Health frequently. Clara grew up in an environment where there was little or no nurturing and had to develop her own survival tactics. One morning during Clara’s teens, she found her mother lifeless and paramedics later pronounced Nancy dead. Years later, she realised that the survival tactics she learned in her youth no longer served her well. And with help and support from mental health professionals, Clara built resiliency from her trauma and built a career in the innovation industry.

Today with over two decades of energy and struggle, she found a new sense of personal growth. She appreciates new possibilities in life and credits the childhood trauma experience for increasing her strength of character by forcing her to stay open to new experiences and reconsidering her belief system.



**Jemi Chen** | *Principal Psychologist, Psychosocial Trauma Support Service, KKH Panellist*

Jemi is a principal psychologist and the Deputy Head of the Psychosocial Trauma Support Service at KK Women’s and Children’s Hospital. She has 16 years of experience working with children, and currently works with children and youth who have been through stressful life experiences and trauma.

In her work, Jemi provides psychological intervention for children and youth with trauma-related difficulties, and provides supervision and consultation to practitioners in evidence-based trauma interventions. Jemi conducts trainings for professionals in the hospital, social service sectors and schools, to help with capacity building of trauma support for children and youth. She was also team lead in the development of Be the LIGHT, a local crisis support model for children who have experienced crisis and traumatic events.

<sup>^</sup>Only available for Feature Ticket holders

<sup>^^</sup>Only available for Virtual Pass holders

<sup>^^^</sup>Live stream starts strictly at 5:30pm. A recorded version will be available until 6nd June (Sunday), 11.59pm.

# COVID-19: A Pandemic Of Inequality?

National Gallery Singapore^  
29th May 2021 (Sat) | 7.00pm

Despite the seeming gloom surrounding COVID-19, there is at least one silver lining. It has exposed (and arguably even amplified) existing social fault lines. From the eruption of COVID-clusters in the migrant workers dormitories to the everyday struggles of individuals who are digitally-illiterate and those who do not have access to internet connectivity and digital devices, these have all made visible the previously hidden. Now that we have identified and made aware this inequality, what do we do about it?

Does the pandemic present an opportunity to address inequality? Or does it further deepen existing vulnerabilities? In this panel conversation, we will adopt a systemic approach to analysing the pandemic and its impact on different groups in society. We will also understand existing socio-cultural and political mechanisms that reinforce and reproduce inequality and how this impacts on mental well-being.

This panel conversation is paired with Freedom Writers



**Calista Roch** | *Manager, Community Education and Engagement, Singapore Association for Mental Health Moderator*

Calista collaborates with corporates, schools and other community agencies in enhancing mental health literacy. She engages the people through a myriad of platforms such as talks, workshops, panel discussions, and booth outreach.

Prior to joining SAMH, Calista has more than 6 years of corporate experience in Public Relations and Employee Communications. Added with her passion to connect, Calista sees herself as a "bridge" in raising mental health awareness, especially at the workplace.



**Athel Hu** | *Founder, Mentidote Panellist*

Athel is the founder and principal trainer at Mentidote, a social enterprise aiming to empower lives and strengthen relationships amongst members of the public through mental health education.

Besides Mentidote, Athel is also currently an Associate Faculty with the Singapore University of Social Sciences (SUSS) and an Adjunct Lecturer with the Temasek Polytechnic. Be it her work at Mentidote or as an educator with higher institutions, bettering the lives of individuals and humanity has been and always will be her philosophy and motivation for teaching and mentoring. She hopes that the knowledge imparted instils a form of empathic understanding for society, the marginalized and the underprivileged, amongst those she has taught and trained.



**Nadia Ahmad Samdin** | *Member of Parliament for Cheng San-Seletar, Ang Mo Kio GRC Panellist*

Nadia serves as one of the youngest Members of Parliament, looking after the Cheng San – Seletar division in Ang Mo Kio GRC, and speaks up on a variety issues including youth empowerment, vulnerable families, the environment, and mental wellness. On the ground, she is active in seeking interventions to families who have members in incarceration, and also seeking new ways of working with isolated seniors. She has experience in the legal, communications and media sectors, and most recently joined Tri-Sector Associates as Counsel and Project Leader.

With more than 15 years of community development work with various charities and committees such as a former Panel Adviser to the Youth Court and as a council member of Lembaga Biasiswa Kenangan Maulud (a registered IPC focused on bursaries and educational empowerment), Nadia cares deeply about Singapore, Singaporeans, and our place in the world.



**Ranganayaki Thangavelu** | *Deputy Executive Director, Beyond Social Services Panellist*

Ranga is Deputy Executive Director at Beyond Social Services, which enables public rental housing neighbourhoods to be 'villages' that raise their children well. Her greatest inspiration is the inherent strengths of community members in the face of their struggles. Ranga's formal education is in social sciences, mass communication and social work. She has also acquired skills in community building, restorative justice and stakeholder engagement. Ranga looks forward to engaging more people in peace building conversations to create a society that is a little kinder, fairer and more cooperative.



# How Eating Disorders Affect An Individual And Their Family

National Gallery Singapore^  
30th May 2021 (Sun) | 11:30am

Despite the increased prevalence of eating disorders (ED) in Singapore, there still exists widespread misconception about this mental illness. For many, an eating disorder is often misconstrued as an “extreme diet” or “lifestyle choice” – with the presumption that one can simply make a decision to “stop”. Few recognise that it is a serious mental illness that is severe and complex.

In this panel discussion, we will dialogue with mental health professionals to better understand the various types of eating disorders, their diagnosis, symptoms, and how they impact individuals differently. We will also address common misconceptions surrounding the illness and will share tips on how you can reach out to persons suspected of, or dealing with ED. The panellists will also shed light on current treatment and intervention options and how communities can come together to aid in preventive efforts.

This panel conversation is paired with My Skinny Sister / Min Lilla Syster



**Carmen Low** | Co-Founder, Afterglow  
Moderator

Carmen has started a series of different F&B, lifestyle and media brands over the last 8 years after calling it quits with the corporate world and moving back home to Singapore from Shanghai, China. Over the last 7 years, underneath the glamour of running her own businesses and creating brands, she had to learn to manage stress, expectations and most importantly, her identity in the midst of chaos.

Carmen is one of the co-founders of Afterglow, a plant based restaurant, which is one of the OGs of the plant-based movement in Singapore. She thoroughly understands how food can be the best form of healing for the soul, and yet many struggles with a love/hate relationship with it. Through this session, she hopes to listen, engage and share the importance of mental wellness to one's mind, body, spirit and soul.



**Fiona Chia** | Founder / Director, Health Can Be Fun  
Panellist

Fiona Chia is one of Singapore's most established Nutritionist. She has over a decade of experience in food and nutrition and is recognised by the Health Promotion Board as an Accredited Workplace Health Consultant.

As the founder and director of Health Can Be Fun, a nutrition consultancy, she and her team conduct hands-on workshops, seminars and cooking demonstrations to educate clients on living life with wellness. She also tours the world with a high-profile artiste as a personal nutritionist, supporting him/her to integrate a nutritious plan and create a balanced lifestyle — one of many specialities Fiona has.



**Huang Huanyan** | Author, Brave Girl Not Eating  
Panellist

Huang Huanyan is the author of “Brave Girl not Eating”, which included an autobiography of her journey through anorexia nervosa (AN). Through combining art, exercises for mindfulness, and narration, she hopes to offer a more holistic glance into what it means to have an eating disorder. Ultimately, her mission is to bring joy to everyone's lives, and to serve as a pillar of support for all those who had been through similar experiences.

She has since spoke at multiple events to youths, teachers and researchers, as well as received formal peer support training in both Raffles Institution and in Yale-NUS College (her current school). Currently, she works as part of the Wellness Committee in Yale-NUS, and is the co-founder of Deko, a science communication platform that aims to share accurate information in the most engaging manner.



**Jolene Hwee** | Founder / Principal Psychologist, Clarity Counselling & Consulting  
Panellist

A U.S.-trained psychologist, she has over a decade of clinical experience in a variety of settings in Canada, the U.S. and Singapore. These include the Awakening Center in Chicago, USA, a group private practice specialising in the treatment of eating disorders (ED), and KK Women's & Children's Hospital, where she was part of the Adolescent Medicine team that provided psychotherapy to teens struggling with ED.

Jolene attained a Masters in Counselling Psychology (with distinction) from Northwestern University and has received extensive training in evidenced-based, trauma-informed modalities. She is passionate about partnering with her clients in their journeys towards well-being, taking a collaborative approach with the intention to nurture strengths and enlarge capacities for resilience.

# Caregiving For Persons With Special Needs

National Gallery Singapore^  
30th May 2021 (Sun) | 3:15pm

As they juggle new demands arising from the pandemic on top of their everyday responsibilities, COVID-19 has been a trying time for many caregivers for persons with special needs. At the peak of the Circuit Breaker, where schools and community services were closed and stay-at-home restrictions were mandated, caregivers often find themselves experiencing a heightened level of stress as they lack avenues for respite and alternative care.

In this panel conversation, we will better understand the impacts of COVID-19 on caregivers for persons with special needs, and share practical ways to mitigate caregivers' strain. We will also be sharing tips on what caregivers can do to safeguard their own mental well-being.

This panel conversation is paired with *Guang* /光



**Amy Tong** | *Financial Services Professional Moderator*

Amy currently works in the financial services industry with a diverse set of experience across Finance, Operations, Strategy & Change as well as Relationship Management. She believes in planting a positive seed in everything that we do and also practise mindfulness to bring joy to oneself and others. Over the years, she has been a strong advocate for charitable causes, diversity initiatives as well as youth development. She hopes to influence a positive change and inspire this through community effort.



**Cynthia Lee** | *Senior Social Worker, Rainbow Centre Panellist*

Cynthia graduated from NUS Faculty of Arts and Social Sciences with a Bachelor in Social Science (Social Work) in 2009. Her initial years working with families on transiting their children from special schools impressed upon her the limited post-school options available to young persons with disabilities, especially those requiring higher support.

She was a key member in the pilot project 'School to Community' that developed the Good Life Transition Toolkit used for transition planning in the Rainbow Schools. The toolkit is now used for life planning with young adults in the Connected Communities Services, which aims to provide person-centred planning that empowers young adults with disabilities to plan and attain a good quality of life.



**Geraldine Tan** | *Founder, The Therapy Room Panellist*

Geraldine Tan has more than two decades of experience working with individuals with a multitude of psychological problems. She is the founder of The Therapy Room strategically located in the heart of Orchard Road. Geraldine is trained in a number of techniques, including Cognitive Behavioural Therapy (CBT) and Colour Therapy, which she uses to help clients with clinical disorders and behavioural issues. She has worked extensively with children one-one-one and also in group settings.

In the course of her work, Geraldine has been involved in the development of programmes for children with various issues. She is currently involved with a welfare organisation who work with children from underprivileged homes and have emotional issues. She is also an active member in several professional bodies, including the William Glasser Institute and the Association of Group and Individual Psychotherapy.



**Koh Soek Ying** | *Mother of 4, Co-Founder/Director of Mustard Tree Panellist*

After 16 years in the telecommunications industry doing finance, business analysis and marketing, Soek Ying decided to devote more time to her family, especially her second son, Ryan, who is on the spectrum. After Ryan aged out of the SPED school system with no suitable alternative engagement, Soek Ying decided to train and develop his skill in craft work.

Inspired by the success of Ryan's work, Soek Ying and her husband decided to set up Mustard Tree.com.sg in 2015, to train and empower differently abled youths with industry level skills so that they too can lead a life of dignity as an employee or be an entrepreneur. It also aims to champion and advocate the needs of PWD. To date, Mustard Tree has successfully trained students/clients from various schools and agencies, eg: Grace Orchard School, SG Enable and Eden Centre For Adults in floral and craft skills.



# Addiction Recovery: A Journey Beyond The Individual

National Gallery Singapore^  
30th May 2021 (Sun) | 7:00pm

How much is enough to be considered an addiction? Is there a specific age or life phase when specific forms of addiction are more prone to develop?

In this panel conversation, we will learn about the effects of addiction – one which extends beyond the individual to their surrounding network. We will also learn to see addiction as a biological, psychological, and social disease that is complex in nature, which requires a multi-faceted and individualised approach. Our panellists will also share ways in which friends and families can more constructively support a person's recovery journey.

This panel conversation is paired with Beautiful Boy



**Audrey Lim** | *Creative Consultant and Arts Advocate*  
*Moderator*

Audrey has dedicated the last decade to exploring every facet of the entertainment industry, with experiences ranging from radio presentation, documentary hosting and stage work; to music performances and music management; to entertainment law and content creation. Audrey also co-opened a semi-fine dining restaurant in 2018 that earned a mention in the 2019 Michelin Guide.



**ADJ. A/Prof Lee Cheng** | *Vice-Chairman Medical Board (Clinical), Institute of Mental Health*  
*Panellist*

Dr Lee is a Psychiatrist and a Senior Consultant at the Institute of Mental Health (IMH), Singapore. At IMH, he holds multiple appointments including Programme Director of National Addictions Management Service (NAMS) and Head of the Emergency Services.

Dr Lee has been appointed as a Justice of the Peace since 2018 and is a member of the Board of Visiting Justices and Board of Inspection for the Ministry of Home Affairs. He is also a member of the Public Service Commission's Disciplinary Panel of Persons. Dr Lee received the National Day Long Service Award in 2020 and the Public Administration Medal (Bronze) in 2019. He is a recipient of the 2014 National Healthcare Group (NHG) Distinguished Achievement Award. He also received the Public Service (PS21) Star Service Award in 2010 and the Healthcare Humanity Award in 2008.



**Andrew De Roza** | *Chairman, We Care Community Services*  
*Panellist*

Andrew da Roza is a qualified addictions psychotherapist with a Master in Counselling and Master of Science. Currently, he is a member of the Australian Counselling Association (ACA) and the Singapore Association for Counselling; International Institute for Trauma and Addictions Professionals; and he is also a member of the ACA College of Alcohol and other Drugs.

Well connected to the recovery group community, Andrew understands the power of 12 Steps in providing meaningful service to the recovery fellowship and the wider community. Now, Andrew serves as Chairman of We Care Community Services, a charity assisting people with addictions and their families; a member of the Board of the Singapore Anti-Narcotics Association; and a member of the National Council of Social Services, Service Committee and a Mental Health Services Advisor to the Committee.



**Shawn Soh** | *Senior Counsellor, TOUCH Youth Intervention*  
*Panellist*

As Head of TOUCH Youth Intervention, Shawn has worked with youths, parents and families to provide intervention for various issues including cyber wellness, mental health and youth-at-risk. He also conducts cyber wellness training workshops for adult participants from various schools and organizations to equip them with the skills and knowledge to better work with youths and children experiencing cyber wellness issues.

He believes that his therapeutic relationship with the youths plays a vital role in intervention plans and is something that has to be worked on in the early stages of the counselling process. In addition, he sees interpersonal communication within the family as a key factor in building stronger family bonds. These bonds not only guide the lives of the youths back on track, but help them to overcome any future obstacles.



**Thomas Koh** | *Person-in-Recovery, Peer Support Specialist*  
*Panellist*

Thomas is a full-time staff at IMH since 2017. He currently functions as an Assistance Counsellor in the National Addictions Management Service (NAMS). Prior to this role at NAMS, he was a Peer Support Specialist (PSS) within the NAMS Inpatient Counselling team where he helped to bridge patients to the treating team, and vice versa. Since attaining his PSS certification from National Council of Social Services, Thomas has continued to upskill himself to help others in recovery.

He achieved certification as a Certified Substance Abuse Counsellor by the Association of Professionals Specialising in Addictions Counselling (APSAC) in 2020, and is currently pursuing his Masters in Counselling at the Executive Counselling and Training Academy.

# Workshops



## Why Playfulness Matters For Our Wellbeing



This workshop will introduce participants to the power and importance of playfulness for wellbeing and learning. Through creating, playing and moving they will experience the hands on magic of playfulness.

**Facilitator**  
Caroline Essame

**Saturday, 29th May, 10:00am**

## Connection & Catharsis



This workshop is about using journaling as a practical self-care tool. Based on the principles of expressive writing, participants can expect to experience fun but powerful moments during the one-hour session.

**Facilitator**  
Nicole Kay

**Saturday, 29th May, 12:30pm**



## Yin Yoga with Sound Healing



In this workshop, we apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. This is a more meditative yoga where the practice opens the organ meridians of the body to promote deep healing and regeneration.

**Facilitator**  
Hazel Kok

**Saturday, 29th May, 2:00pm**

## Release and Sweat It Out



In this workshop, we are inviting you into this High Intensity Interval Training (HIIT) class to take your mind off the bustling environment. To release and sweat it out!

**Facilitator**  
Reina Teh

**Sunday, 30th May, 10:00am**

## Moving through Difficulties of the Pandemic



Covid-19 has plunged everyone into a relative state of isolation and standstill. Yet movement can be found amidst stillness, spaciousness within constraints, and satisfying connection despite social distancing. This workshop is an opportunity to release ourselves from bodily-felt suppressions owing to various restrictions from the pandemic.

**Facilitator**  
Shi Han Chan

**Saturday, 29th May, 4:00pm**

## Mindfulness x Eating



Together in this workshop, we will share a meal and participants will be introduced to the importance of cultivating non-judgemental awareness, mindfulness-based tools and the practice of mindful eating.

**Facilitator**  
Helen Clare Rozario

**Sunday, 30th May, 11:30am**

## Woven Tales & Metaphors: The Narrative of the Doll Maker



In this workshop, you will be invited to immerse yourself in the transformative process of doll making. The experiential workshop invites participants to engage in a sensorial, tactile and reflective process of creation.

**Facilitator**

Rachel Yang

**Sunday, 30th May, 1:30pm**

## Movement Medicine



Deepen your relationship with your body through Movement Medicine; an embodied exploration with trauma-informed guided facilitation by Chloe. This workshop invites you to listen to your bodily impulses, increase your spatial awareness, and come into a state of embodied empowerment.

**Facilitator**

Chloe Calderon Chotrani

**Sunday, 30th May, 4:30pm**

# SMHFF Short Film Youth Competition 2021

Be a changemaker.  
Be a storyteller.  
Be a #SMHFFYouth.



Singapore  
Mental Health  
Film Festival



# Top 10 Finalists of the SMHFF Short Film Youth Competition 2021

**Don't Want**



**Dragon Quest**



**Drive With Me**



**I Can't**



**Launder With Care**



**Mia's Animarium**



**Ray of Hope**



**Sometimes We Forget**



**The Dinner Date**



**The Raw Relapse**



# SMHFF Short Film Youth Competition

Launched in 2019, the SMHFF Short Film Youth Competition (SFYC) encourages local youth to harness the powerful medium of film to advocate for mental health/dementia issues. Through the Festival's platform, and multiple local and international collaborations, the Youth Competition films have reached over 20,000 individuals around the world — and the numbers are still growing!

This Youth Competition features workshops with film industry experts to provide the ins and outs of filmmaking; mental health/dementia organisations to provide accurate and precise information about Singapore's mental health landscape.

## Workshop Partners

### MENTAL HEALTH/ DEMENTIA AGENCIES

Cyber-Bullying & Trauma



Life Transitions



Young Caregivers



Recovery



Suicide Prevention



### FILM INDUSTRY EXPERTS



**Yahssir M**  
Millenia Studios



**Wesley Leon**  
LASALLE College of the Arts



**Eileen Chong**

### INTERNATIONAL FESTIVAL PARTNERS



We're here.  
We're listening.

Meet the team  
behind SMHFF.





# Team



**Cheryl Tan**  
Executive Director

Cheryl is an imperfect human with an infectious laugh. As a dedicated yoga and meditation practitioner, she has a keen interest in understanding various tools and techniques that enable individuals to heal from deep-rooted trauma. She founded the Singapore Mental Health Film Festival because she felt that there was an immediate need for safe spaces to have constructive conversations on mental health in Singapore. She strongly believes in self-care which also includes rock climbing and being a plant-mama.

Cheryl is also the founder of The Breathe Movement, and a 2019 Obama Leader: Asia-Pacific.



**Daryl Goh**  
Communications Director

Daryl is a marketing specialist, with years of experience in social impact and nonprofit management. With a penchant for creating value and relatability in all his work, you can count on him to tastefully market your organisation's message. Having worked in LGBT advocacy, women's equality, and now mental health, Daryl strives to continue learning about the intersectionality and nuances in discussing social issues.

Outside of work, Daryl enjoys landscape photography and enjoying Singapore's cityscape on his bicycle.



**Abel Peh**  
Programmes Manager

Abel is a final year undergraduate at the National University of Singapore reading Social Work and Sociology. He advocates for a multi-faceted approach when understanding social issues and this includes adopting a questioning mind where we constructively challenge conventional structures, in hope for a positive change. Understanding mental health issues must go beyond the individual, to appreciating how it is highly intertwined with and implicated by larger socio-cultural and political structures.

In his free time, Abel enjoys catching sunset. He lives by the quote: "beautiful sunsets need cloudy skies".



**Mark Lim**  
Events & Volunteer Manager

Mark has been in events management for six years — organizing and coordinating a wide scope of events, ranging from conferences to exhibitions. He has also worked with multiple government agencies.

He is grateful to be given the opportunity to contribute his knowledge and experience to SMHFF 2021. He strongly believes that there is a need to create awareness around mental health issues.



**Chua Pei Yun**  
Community and Outreach Intern

Pei Yun is a dancer, performer, educator, facilitator and choreographer who enjoys interdisciplinary processes that allow her to work collaboratively.

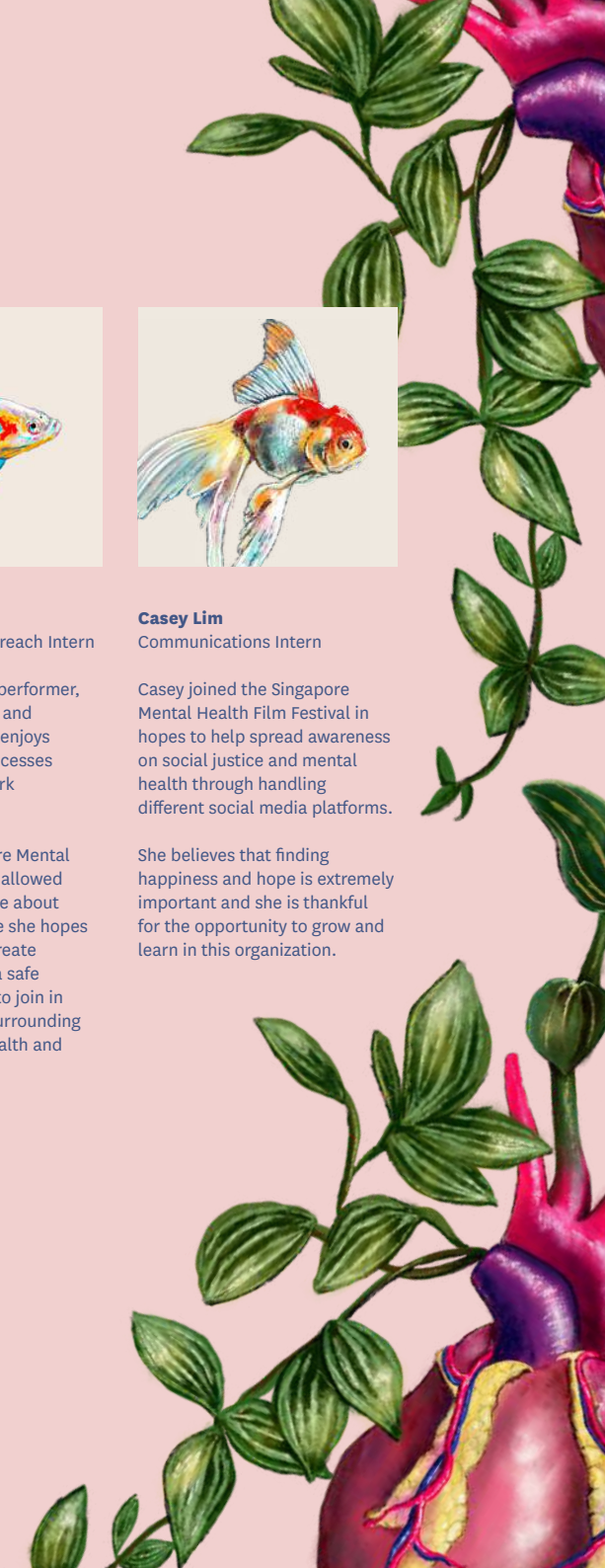
Joining the Singapore Mental Health Film Festival allowed Pei Yun to learn more about mental health where she hopes to use her craft to create works that provide a safe space for everyone to join in the conversations surrounding topics on mental health and wellness.



**Casey Lim**  
Communications Intern

Casey joined the Singapore Mental Health Film Festival in hopes to help spread awareness on social justice and mental health through handling different social media platforms.

She believes that finding happiness and hope is extremely important and she is thankful for the opportunity to grow and learn in this organization.



# Board of Directors



## Hayley Sharratt

Hayley has over 15 years' experience in finance roles spanning the banking, social and private sector. Hayley was most recently Vice President at Deutsche Bank where she held various roles including Head of Strategic Engagement for the Corporate Services function.

Throughout her career, corporate responsibility has been a key focus in her work. She believes passionately about the role of business in social and environmental development. Over the past 10 years Hayley has focused her voluntary time to the area of mental health, she is on the Board of the Singapore Mental Health Film Festival and Resilience Collective, and supports other mental health initiatives in Singapore.



## Rebekah Lin

Rebekah runs her family foundation, Jia Foundation, and has, for the past 8 years, worked on projects around mental health, impact documentaries and water sanitation in Singapore, Cambodia and the UK. Rebekah sits on the Board of the Singapore Mental Health Film Festival and is also the Co-Founder of The Social Co., a youth collective that brought more 100+ individuals, 90+ corporations and more than 250 partners together to raise awareness of and funds for more than 50+ lesser-known charities in Singapore. In total, they've raised almost \$5 million since their inception in 2014.



## Akash Mohapatra

Akash has over 25 years experience in the financial services industry and is currently a Managing Director and heads an APAC legal team at a leading German bank.

He is deeply engrained in community and social causes and in addition to his legal responsibilities, leads CSR at his organisation for Singapore.

Akash is also an ardent champion for mental health causes. He leads the Mental Health employee support group at the bank, is a Mental Health Aider trained in Suicide intervention LIFE training and works closely with a number of mental health initiatives in the community.

Akash enjoys the outdoors and is currently training to go to Everest Base Camp to create awareness for mental health. A people person, Akash also loves photography and Yoga.



## Wen Piao Hsieh

Since young, Wen has always loved storytelling. A firm believer in that art reflects life and vice versa, Wen is keen to aid SMHFF in its mission of mental health advocacy.

A certified peer support specialist, Wen works part-time at the Institute of Mental Health and is pursuing a master's degree in counselling.

Wen also serves on the board of BinjaiTree, a philanthropic organisation that focuses on the improvement of mental health, development of the arts and social services.

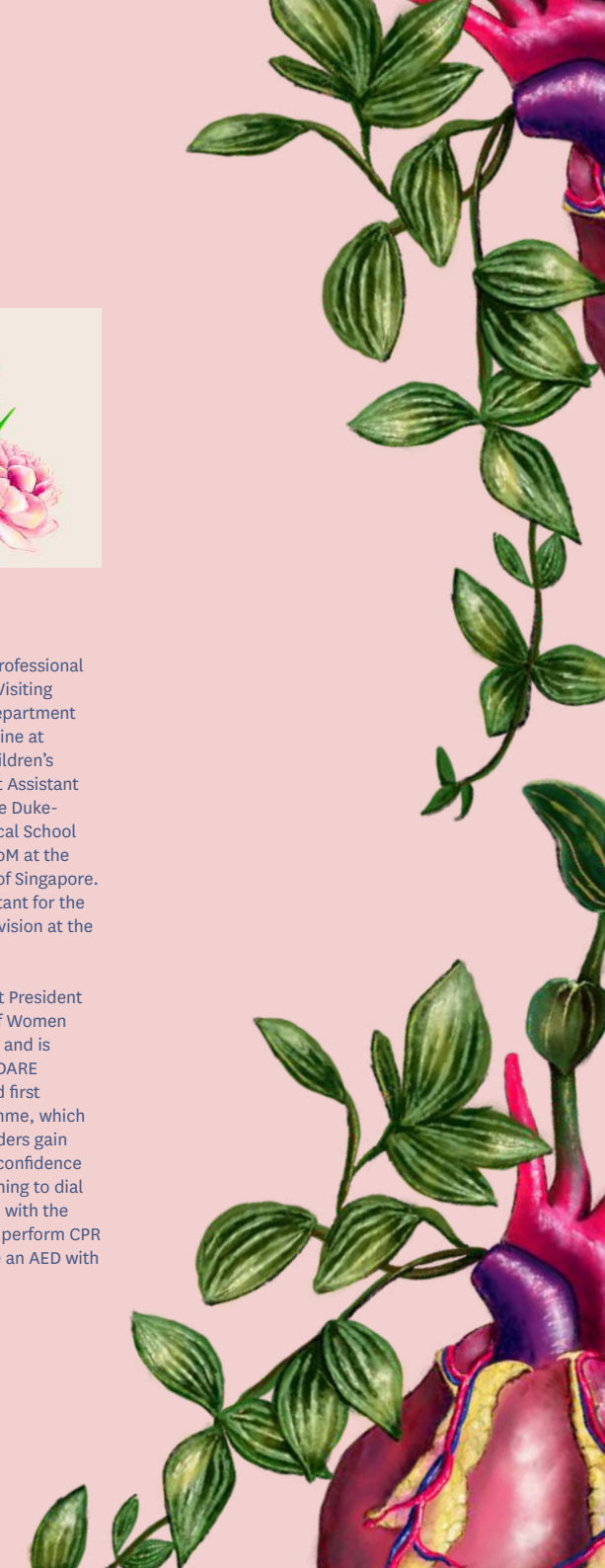
During his free time, Wen enjoys watching pop culture movies and shows, eating good meals, spending time with loved ones, and rocking out on the electric guitar.



## Dr. Jade Kua

Jade is a qualified professional coach and is also a Visiting Consultant in the Department of Emergency Medicine at KK Women's and Children's Hospital, an Adjunct Assistant Professor at both the Duke-NUS Graduate Medical School Singapore and YLLSoM at the National University of Singapore. She is also a Consultant for the Hospital Services Division at the Ministry of Health.

Dr. Kua is also a past President of the Association of Women Doctors (Singapore) and is a champion for the DARE (Dispatcher-Assisted first REsponder) Programme, which aims to help bystanders gain the knowledge and confidence to save lives by learning to dial 995, stay on the line with the medical dispatcher, perform CPR as directed, and use an AED with voice prompts.



# Special Thanks

We would like to thank the following people for empowering us in this journey to create SMHFF 2021. Thank you for your generosity, support, and love.

Vinise Kwa, Elizabeth Low, Moses Tan, Rafe Phua, Patrick Khoo, Seth Hoo, Su-An Ng, Debbie Chan, Tiffany Ethel Tan: Thank you for all of your contributions to SMHFF. All of you are major players for enabling this edition of the Festival to come to live. We thank you from the bottom of our hearts.

In no specific order:

Hasliza Ahmad	Helena Reitberger	Samuel Tan
Charmaine Eu	Bashir Mohamed	Colyn Chua
Daniel Lim	Goh Shuet-Li	Clara Koh
Aly Ang	Ryan Tan	Todd Harper
Scarlet Tan	Xenia Tan	Jason Cutts
Maisarah Binte Mohd Kamil	Dr Chen Shi Ling	Rebecca Oh
Mingyan Lin	A/Prof Anette Sundfor Jacobsen	Tim Lee
Angela Chau	Lim Xin Yi	... and many more
Hsieh Fu Hua	Jennifer Kwok	
Tania Wu	Hema Selva	
Charmaine Seah-Ong	Jeremy Ng	
Derek Ong	Gavin Chua	

To our volunteers, thank you for being champions and advocates for mental health, and for your willingness to commit both time and energy to this Festival. We are grateful for this opportunity to partner alongside you in this bold effort to create a more inclusive and compassionate Singapore. Thank you for co-creating a safe space for our Festival go-ers, and beyond that, for our families, friends and communities.

# Vision

Singapore Mental Health Film Festival's vision is to provide an inclusive and safe platform for stories about recovery and resilience.

# Mission

The Festival's mission is to use film as a catalyst to advocate and promote conversations about mental health.

# Objectives

## FILM

Showcase a line-up of films that strike a balance between creative storytelling and being medically accurate.

## PANEL

Connect our audience with a panel of diverse voices to initiate conversation.

## WORKSHOP

Hold workshops that provide tools and resources about mental wellness.

## ADVOCATE

Be a positive and supportive advocate for the mental health community.



Singapore  
Mental Health  
Film Festival

The Singapore Mental Health Film Festival started in 2018. It aims to provide a safe platform for audiences to learn more about different aspects of mental health through a series of films, panel conversations and workshops. As mental health awareness continues growing in Singapore, it is also crucial to acknowledge the importance of managing our emotions and discomforts on the subject. Only in doing so can we take meaningful steps to support the mental health of our children, youths and communities.



# Sponsors and Partners

# Support Us

## MAIN FESTIVAL PARTNERS

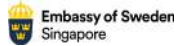


## SMHFF 2021 SPONSORS

Production

FACEBOOK

Embassies



Films

68MONKEYS



## SMHFF SHORT FILM YOUTH COMPETITION 2021

Main Sponsors



Production & Venture Partner

telescope | STUDIOS

## SMHFF 2021 PARTNERS

Conversations



Venue



Platform



Ticketing



Video Production



Creatives



Books



By acknowledging that mental health is an important facet of overall well-being – and its significant impact on society today – the Festival hopes to facilitate genuine dialogue that will reduce the stigma surrounding mental health issues.

Join us in bringing together a community to speak of the unspoken; to support each other through our individual journeys so that we can celebrate and grieve as a collective. With your support, we can continue to work towards normalising mental health conversations in Singapore.

We want to work towards creating a more inclusive Singapore; one that allows individuals to speak openly about mental health concerns without shame or discrimination – for self and others.

Singapore Mental Health Film Festival Limited is a registered non-profit entity.

Please scan the QR code to support us today.



[smhff.com/support-us](https://smhff.com/support-us)

## YOUR FEELINGS ARE TOTES VALID.

This year, we've teamed up with acclaimed artist and illustrator Tiffany Tan, otherwise known as Tiffany Lovage, to conceive our Festival tote bag. Her extraordinary and haunting illustrations are what you see on all the advertising for the Festival, and are perfect representations of how beautiful, complicated, fragile and precious our mental health really is. The tote bag is available for purchase at [smhff.com/shop](https://smhff.com/shop)



## Safe Space

Singapore Mental Health Film Festival is committed to providing an open and safe space where we welcome people of all backgrounds and abilities to participate in empowering, non-judgmental and non-threatening discussions. This also means that we commit to respecting the privacy of others by maintaining confidentiality and allowing others to speak for themselves.

## Share Your Story

In an effort to open up the conversation about mental health in Singapore, the SMHFF is collecting anonymous stories to share on social media. Your story may be your own personal journey with a mental health issue or as a caregiver to someone close to you. We hope that these stories encourage empathy, provide comfort for those who feel alone and strength for those who are afraid to ask for help.

SMHFF will treat your stories with utmost respect and we sincerely thank you for your courage, honesty and time.

[smhff.com/shareyourstory](https://smhff.com/shareyourstory)

## Survey

Thank you for joining us at SMHFF 2021!

Help us create more meaningful programmes and events for you by completing this survey.



 **Homage**

## Holistic Personal Care at Home

-  Home Care
-  Home Nursing
-  Home Therapy
-  House Call Doctor



Or go to:  
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# Disclaimer

The contents of the Singapore Mental Health Film Festival Limited (“SMHFF”), such as film, panel discussions, workshops, and other material from the Festival (“content”) are for informational purposes only. The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition. Never disregard professional advice or delay in seeking it because of something you have seen, heard or read, during the event.

SMHFF does not recommend or endorse any clinicians, counsellors, psychiatrists, social workers, physicians, products, procedures, opinions, or other information that may be mentioned during the event.

All purchased film tickets/passes cannot be cancelled or refunded under any circumstances. SMHFF reserves the right to verify the age of and deny any patron who does not meet the minimum qualifying age based on the relevant rating of that film. No refunds for purchased tickets/passes will be made in such cases.

Photographs and videos will be taken throughout the Festival at National Gallery Singapore and by attending the Festival you consent for your pictures which appear in these photos or videos to be used by SMHFF and the National Gallery Singapore. Please inform any Festival team member/volunteer if you do not wish to be photographed/videographed.

SMHFF 2021 Virtual Festival ([watch.smhff.com](http://watch.smhff.com)) runs from 22 - 30 May, 2021. Access to feature films will not be extended past 30 May, 2021, 2359 hours (Singapore time), under any circumstances. SMHFF does not hold any obligations to remind Virtual Pass holders to attend the live panel conversations at the stated date/time.

By purchasing a Physical Ticket and/or Virtual Pass to SMHFF, you are accepting this disclaimer.

# Helplines

Regardless of your situation - no matter how big or small, please know that there are professionals who will be able to help and support you.

A listening ear is a message or phone call away.

## **Samaritans of Singapore**

1800 221 4444 (24 hours)

Provide emotional support for individuals having difficulty coping during a crisis, thinking of suicide or affected by suicide.

## **Institute of Mental Health**

6389 2222 (24 hours)

For those in a mental health crisis and/or seeking medical help.

For more helplines, please scan the QR code



[smhff.com/helplines](http://smhff.com/helplines)





Singapore  
Mental Health  
Film Festival