



Ministry of Education  
SINGAPORE

# 3<sup>rd</sup> Annual Awareness Briefing on Understanding Students' Mental Health



Integrity, the Foundation ■ People, our Focus ■ Learning, our Passion ■ Excellence, our Pursuit

# What is Mental Health



As defined by WHO, mental health is a state of **emotional and social wellbeing** in which the individual

- realises his or her own abilities,
- can cope with the normal stresses of life,
- can work productively, and
- is able to make a contribution to his or her community.

*Adolescent Health and Development.  
A WHO Regional Framework 2001-2004.  
Regional Office for the Western Pacific, WHO.*

**Social & Emotional Learning (SEL) –**  
one of MOE's key strategies to promote and  
maintain the mental health of our students



# Problems associated with mental health problems and disorders

- Poor physical health
- Deliberate self-harm
- Suicide
- Disruptive behaviour
- Risky behaviour (unsafe sex, substance abuse)
- Physical inactivity
- School drop-out

Promotion of mental health has the potential to improve the overall development of our children and youths as well as reduce the impact of risk factors for mental health problems and disorders.

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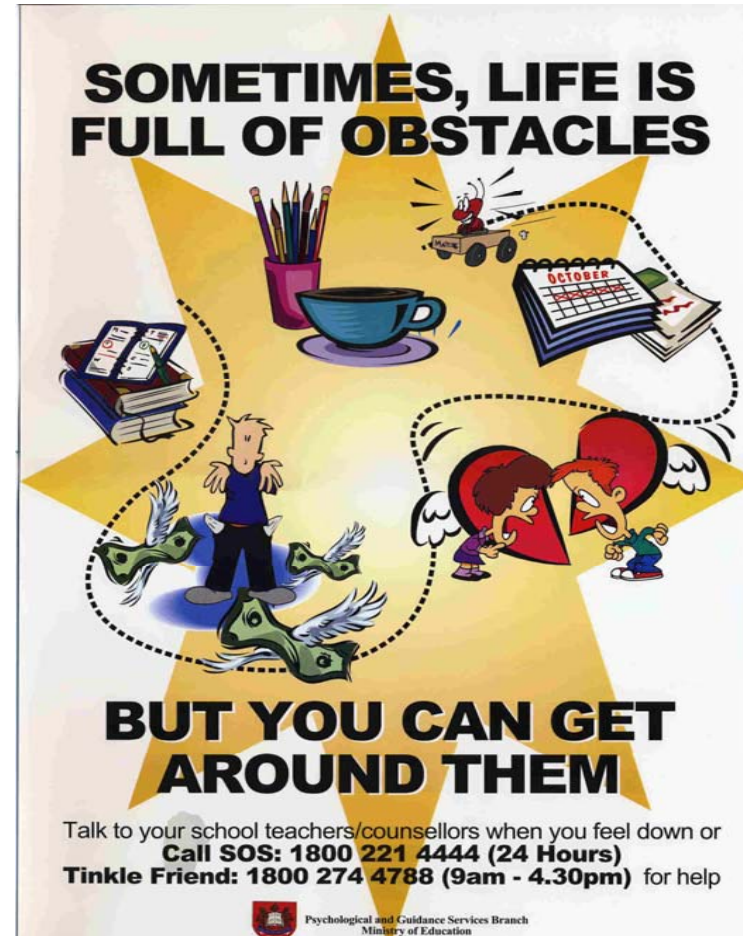
# Resilience

Composite Picture of Resilient Child

A supportive environment

Certain character traits

Competencies and skills







*Resilience*  
The Courage to Come Back

