



# PSYCHOEDUCATION TALK


## MENTAL HEALTH AWARENESS


### Introduction


Due to the COVID 19 pandemic, many realize the importance of mental health. It is also common to tick all the boxes when we read the signs of a mental health condition. While the realization is a positive one, there is still a huge gap in the real understanding of mental health and its illness.

This mental health awareness talk aims to go to the basics to provide a holistic understanding of mental health issues and its challenges.

In the words of Stephen Hawking, "The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge."

 60 mins

 \$275 / session  
(max 30 pax)

 F2F / Synchronous  
Online

### TOPICS

#### 1. Mental Health Literacy

- Understanding the buzzword

#### 2. Mental Wellness vs Mental Health Continuum

- Understanding the mental health continuum
- Mental health crisis / red flags

#### 3. Q&A

Psychoeducation Talk aims to provide information & education on key relevant topics in mental health. It is **NOT** an intervention programme and in **NO WAY** replaces the therapeutic psychoeducation efforts done by mental health professionals. This series aim to create awareness in relation to achieving mental wellbeing.