

Registration Details

Closing date of registration: 15 Jun, Sunday
Register at <https://faithmc.sg/upcoming-events/mentalhealth/> or drop the completed form at the Mental Health Conference box after church service (Sundays only) or church office (weekdays during office hours)

REGISTRATION FOR MENTAL HEALTH CONFERENCE 2025

Full Name: _____

Contact Number: _____

Email: _____

Age group: ☐ 10 – 20 yrs ☐ 21 – 40 yrs ☐ 41 – 60 yrs ☐ 61 & above

Gender: ☐ Male ☐ Female

Church: ☐ Faith Methodist Church ☐ Other: _____

Faith Life Group (if applicable): _____

You may attend only one workshop. As changes may occur due to unforeseen circumstances, kindly indicate your preferences by ticking your choices in order of priority below.

	1 st choice	2 nd choice	3 rd choice
Workshop 1: Equipping Parents, Caregivers and Youths in Managing Stress & Anxiety amongst Teens			
Workshop 2: Understanding Mood-Related Challenges: Awareness & Care			
Workshop 3: Resilience in the Face of Adversity			

The Mental Health Conference 2025 is organized by **FaithCARE Ministry**, which provides one-on-one encouragement and support to help you journey through life transition challenges. If you're feeling stressed or discouraged, reach out to the FaithCARE Ministry at **6471 9420** or visit <https://faithmc.sg/faithcare>

A Mental Health Conference For The Church Community

It's OK
Not To Be OK



It is Ok Not to Be OK
—because His grace meets us where we are.

My Grace is sufficient for you,
for My power is made perfect in weakness
— 2 Corinthians 12:9

28 June 2025, Saturday
8:30 AM — 12:30 PM
Worship Hall, Level 4



Why This Conference?

Mental health is an essential aspect of our overall well-being, yet many silently struggle with mental health issues. This conference, "It's OK Not to Be OK", specially designed for parents, caregivers, youths, youth leaders, and those interested in mental health, seeks to:

- Raise awareness about mental health in the Christian Community
- Equip participants to recognise signs of emotional distress
- Break stigma surrounding mental illness
- Offer hope, healing and practical support grounded in faith

Conference Highlights

Opening Address by Pastor-in-Charge Eddie Ho

Keynote Remarks

"Integrating Faith and Mental Health"

Speaker: Pastor Shannon Chan Mei Ming, Faith Methodist Church

Synopsis:

Whilst psychology provides valuable insights towards understanding and treating mental health issues, it has its limitations. Faith, in particular the Christian faith offers a unique and special perspective to navigate mental health challenges, bringing hope, purpose, and spiritual strength in the journey toward healing.

Plenary Address:

"Breaking the Silence: Understanding, Recognizing, and Supporting Mental Health in Our Community"

Speaker: Dr Sim Kang,

Senior Consultant and Assistant Chairman Medical Board (Education), Institute of Mental Health, Associate Professor, Yong Loo Lin School of Medicine, NUS and Lee Kong Chian School of Medicine, NTU.

Synopsis:

This talk seeks to deepen community understanding of mental health by exploring its multi-faceted burden and emphasizing the importance of early recognition and support. We will explore the psychosocial development across the lifespan, highlighting how deviations from normative trajectories can signal mental health concerns. Special focus on supporting the mental health concerns of the vulnerable groups, particularly the young and the elderly will be addressed.

Workshops (Choose only one of the workshops to attend)

1. "Equipping Parents, Caregivers and Youths in Managing Stress & Anxiety amongst Teens"

Speaker: Ms Serina Ching Siow Chuan, Mental Health Professional

Synopsis:

Increasingly, many teenagers today struggle with stress and anxiety that affect their emotional, mental, and spiritual well-being. This workshop explores the causes and impact of teen stress and anxiety, offering faith-informed insights and practical tools for parents, caregivers and youths to support teens build resilience and navigate challenges.

Who Should Attend:

Suitable for parents, caregivers and youth leaders of teens and youths aged 10 -16 years old who want help to face life's changes with confidence and Christ-centered hope.

2. "Understanding Mood-Related Challenges: Awareness & Care"

Speaker: Mr Gideon Ng, Principal Medical Social Worker at Institute of Mental Health

Synopsis:

This workshop explores mood disorders like depression and anxiety, offering practical ways to recognize early warning signs, support others, and strengthen self-care — all grounded in faith and hope.

Who Should Attend:

Suitable for anyone seeking to understand mood disorders personally or to better support a loved one experiencing mood-related challenges.

3. "Resilience in the Face of Adversity"

Speaker: Ms Leticia Lee, Senior Medical Social Worker at National Cancer Centre

Synopsis:

Whether facing illness yourself or supporting a family member with an illness or other serious life challenges, the journey often brings fear, grief, and exhaustion. This workshop explores how such experiences affect our well-being and offers practical strategies to cope with grief and loss, adapt to change, and build resilience.

Who should Attend:

Suitable for anyone who is living with a serious medical condition, journeying through life's difficulties or supporting someone through these transitions.