

Testimonials

"My illness has shaped me into someone better. I realise how strong I am, and I am becoming more empathetic towards others. My advice to fellow peers is to not lose hope - start having faith. Support is always there when you need it."

- **Kasyul Ikhlah Bin Abdullah, 26, peer**

"Being in Club HEAL has taught me many things and has helped me refocus my life. Even though my family life is pretty much secluded and isolated as my relatives don't understand my condition, I feel that I have a family that understands me in Club HEAL."

- **Hera Anastasia Gaea (not her real name), 23, peer**

"I have picked up many skills at Club HEAL, Bukit Batok East – quilling, glass painting, Kufic calligraphy and pottery. I could even express my own creativity through sketches and paintings. Empowerment for me means to have the courage to stand up for what I believe in and now, I feel I am ready to speak up."

- **Mila, 24, peer**

"I felt tired but I was very happy at the Empowerment Camp 2015 and I enjoyed helping and cooking especially when I saw how happy everyone were to tuck into the meals. I have been attending day rehabilitation with my son and counselling but the camp was different. Everybody was involved and we made a new circle of friends, I was happy to see Hamdani interacting and enjoying himself. I was surprised when my relatives not just my husband came for BBQ night and saw how talented and sporting the peers were."

- **Norsiah Husiadi, 41, caregiver and mother of Hamdani Bin Hassan**

A little goes a long way

We seek your generous help by donating to Club HEAL to make a difference in the lives of the mentally ill.

Ways to give:

1. **Cheques** - Cheques should be crossed and made payable to Club HEAL.
2. **Interbank transfer** - Transfer to OCBC Current Account 641372131001. Do notify us of your transfer by email to info@clubheal.org.sg date of transfer, amount of transfer, name of donor, NRIC and mailing address.
3. **GIRO for regular monthly donations** - www.clubheal.org.sg/donate > GIRO
4. **Online donations** - www.sggives.org/clubheal
5. **Fundraising** - If you are interested to be our fundraising partner or co-organise an event or a sponsor, please contact us info@clubheal.org.sg

Club HEAL is a registered charity and an Institution of Public Character (IPC). Singapore tax residents are entitled to 2.5 times tax deduction. As part of the Care and Share movement led by the Community Chest in celebration of SG50, donors are entitled to 3 times tax deduction. Any eligible donations made before 31 March 2016 will be matched dollar-for-dollar by the government.



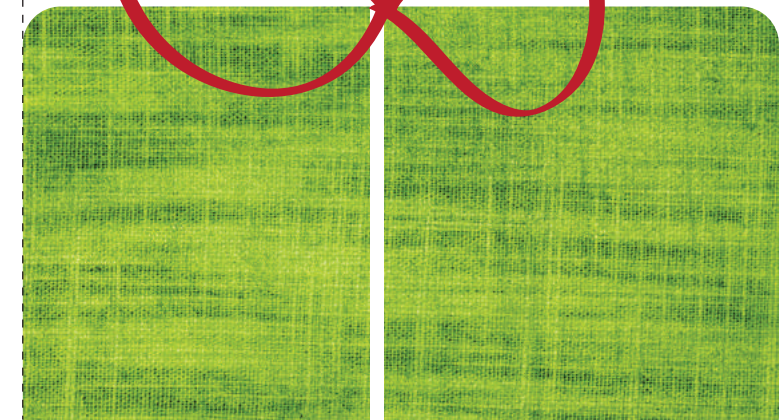
Contact Us

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www.clubheal.org.sg | Facebook: Club H.E.A.L

To be a volunteer as a HEALing friend, email us at healingfriend@clubheal.org.sg



The
gift
of Giving



About Club HEAL

Club HEAL provides rehabilitative psychiatric services to people with mental illness (PMI) and their caregivers in the community. Club HEAL's mission is to assist and empower persons with mental illness to regain confidence in themselves and others in their journey towards community reintegration.

Founded in February 2012, Club HEAL has been actively promoting mental health literacy to eradicate the stigma surrounding PMI, thereby breaking unnecessary barriers to their recovery process.

Counselling session for PMI and their caregivers



HEALing Friend Training (volunteer orientation)



Film screening premiere graced by Speaker of Parliament and Patron of Club HEAL, Mdm Halimah Yacob, to destigmatise mental illness

Why help is needed

People with mental illness are often viewed as dangerous, unpredictable and unable to follow social norms. As a result of public stigma against them, many delay in seeking professional help early, and when they do, often neglect treatment. People who become mentally disabled need more than medications and care. They need to develop life and social skills to help achieve confidence that will help them gain personal independence and reintegration back into the community. To date Club HEAL has helped more than 400 clients and caregivers.

At Club HEAL, the rehabilitation programmes aim to empower our participants to start on the journey to recovery towards community reintegration. Our services include:

- Operating day rehabilitation centres
- Conducting home visits
- Providing counselling services for people with mental illness and their caregivers
- Training volunteers
- Conducting support group sessions
- Conducting public education through talks and road shows on mental health issues
- Providing vocational rehabilitation for our beneficiaries through handicraft work and pottery to produce sellable items
- Operating a gift shop and operating pushcarts



Pottery-making workshop



Handicrafts made by peers, on sale at Pushcarts

Where does your money go?

Club HEAL opens its doors to participants at the rehabilitative centres from Monday to Friday, 9am - 1pm. These are where 112 participants call Club HEAL home where they learn skills to cope with their condition and strive towards recovery in a nurturing environment.

Your donations will go into covering the operating costs to run the centres, which includes – daily rehabilitation activities such as cooking and craft-making and transport reimbursement for needy participants. Social activities such as the monthly community outings and festive celebrations are made possible through donations as well.



Outings for peers and their caregivers



Empowerment Camp 2015