



MEDIA RELEASE

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CLUB HEAL HOSTS CHARITY GOLF & DINNER IN SUPPORT OF MENTAL HEALTH

1. Club HEAL, a non-profit organisation dedicated to empowering individuals with mental health conditions and supporting their reintegration back into the community, held its Charity Golf and Dinner today at Orchid Country Club. The event was graced by Speaker of Parliament, Mr Seah Kian Peng, who launched the tee-off at 1.30pm.

2. Held in conjunction with SG60 celebrations, the event brought together corporate partners, sponsors and advocates for mental health. A total of 104 golfers across 26 flights participated in the tournament, raising over \$190,000 through the sale of golf flights, dinner tables and donations. Proceeds will go towards sustaining Club HEAL's programmes, which provide vital support for individuals with mental health conditions and their families throughout their recovery journey.

3. The event was made possible through the generous contributions of corporate donors such as Sheng Siong Group Ltd, BinjaiTree and Woh Hup.

4. Highlighting the growing importance of mental health, Mr Seah remarked, "The topic of mental health has gained prominence in recent years, and rightly so. Mental health is as critical as physical health. It affects how we work, play, study, build relationships, and live fulfilling lives. Yet, for a long time, mental health challenges were hidden in silence, often because of stigma or fear of being misunderstood."

5. Reflecting on the significance of the event, Club HEAL President, Dr Khairul Hazwan Suhairi said, "Over the past 13 years, we have journeyed alongside individuals and families affected by mental health conditions — helping them find hope, regain confidence, and reintegrate into the community. But beyond the services we provide, our goal has always been to create safe, stigma-free spaces where people are supported in their journey of healing. This Charity Golf event



marks a new way of sharing that mission — uniting friends, supporters and new faces to champion mental health together.

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About Club HEAL

Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental health conditions regain confidence in themselves and work towards community reintegration. Club HEAL also supports and enables their families to provide better care during their recovery journey. We promote healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Our services include day recovery activities, counselling, home visits, public education, support groups and volunteer training. We are a full member of the National Council of Social Service (NCSS), and a part of the Community Intervention Team (COMIT) and Community Outreach Team (CREST) programmes under the Community Mental Health Masterplan developed by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH).



Fact Sheet on Club HEAL's Programmes

1. Community Intervention Team (COMIT)

The Community Intervention Team provides psychotherapy and psychosocial intervention such as cognitive behavioural therapy and psychoeducation support for clients with mental health issues and dementia, and their caregivers. COMIT works closely with general practitioners, polyclinics, hospitals and other community partners to provide collaborative and coordinated care to clients and caregivers in the community.

2. Community Outreach Team (CREST)

The Community Outreach Team serves as a mental health first-stop touchpoint. CREST promotes early identification of at-risk individuals and provides psychosocial intervention to support those with mental health needs and their caregivers in the community.

3. Caregiver Support Network Community Outreach Team (CREST-CSN)

The Caregiver Support Network Community Outreach Team focuses on caregivers who are caring for persons with mental health issues and/ or dementia, and who have or are at risk of developing depression, anxiety and burnout themselves due to their caregiving role. The team increases public awareness of caregiving concerns and promotes early identification of caregiver needs.

4. Recovery Wellness Programme (RWP)

In the Recovery Wellness Programme, clients embark on a journey of recovery to unlock their full potential. They acquire essential coping strategies to overcome life's setbacks, fostering personal growth in a safe and supportive environment. Through a range of engaging activities including therapeutic art sessions like pottery and crafts; poetry; culinary endeavours such as cooking and baking; and inspiring motivational talks, clients regain their self-confidence, build their self-esteem, and develop resilience.

5. Back-to-Work Programme (BTW)

The Back-to-Work Programme prepares our clients to reintegrate into the community and the workforce, allowing them to put their skills and capabilities into practice and earn an income for themselves. Our Employment Support Officers (ESOs) play a crucial role in facilitating this programme. They offer training in communication, resume building, and interview preparation to help beneficiaries enter the job market, and provide ongoing support for up to six months after gaining employment.

6. Our HEALing Voice Programme (OHV)

Our HEALing Voice Programme builds a peer support group and network that nurture the peers' sense of acceptance, coping skills, resilience and confidence. By providing a well-structured



platform, OHV enables participants to acquire valuable skills and harness their lived experiences as individuals in recovery from mental health challenges to share their inspiring journeys of recovery. They gain first-hand experience in serving as peer mentors to fellow clients of Club HEAL.

7. Dementia Wellness Programme (DWP)

The Dementia Wellness Programme provides a safe space where people with dementia can be engaged holistically and meaningfully. We harness their existing strengths and introduce opportunities for them to learn new skills, while providing social support to them and their caregivers. We ensure that their overall well-being is addressed so that they can age gracefully. Activities are conducted to meet their physical, cognitive, psycho-social and spiritual needs.

8. Youth Integrated Team (YIT)

The Youth Integrated Team provides community-based mental health assessment, therapeutic intervention and case management for youths with mild mental health conditions. The team also works actively with their families, schools and other youth agencies to provide holistic case management.

9. Madrasah Counselling

Funded by MUIS, our Madrasah counsellors provide counselling and casework services to students at all six full-time madrasahs in Singapore, as well as conduct mental health talks and training for teachers and parents.