



MEDIA RELEASE

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CLUB HEAL LAUNCHES ITS FIFTH CENTRE, EXPANDING ITS MENTAL HEALTH SERVICES TO RESIDENTS IN EUNOS AND SURROUNDING AREAS

- New centre will serve residents in Eunos and the surrounding areas of Bedok, Geylang and Marine Parade
- It is the first centre dedicated to serving people with mental health conditions and their caregivers in these areas
- Close to 1,200 people will benefit from the centre's services yearly

1. Club HEAL, a non-profit organisation dedicated to assisting and empowering persons with mental health conditions to reintegrate back into the community, officially opened its fifth centre at 20 Eunos Crescent today. Named Club HEAL @ Eunos Crescent, the new centre will play a pivotal role in extending mental health services such as counselling and recovery programmes to residents in Eunos and the surrounding areas of Bedok, Geylang and Marine Parade. It is the first centre dedicated to serving residents with mental health challenges and their caregivers in these areas.

2. The event was graced by Mdm Halimah Yacob, Eighth President of the Republic of Singapore and Patron-in-Chief of Club HEAL.

Expanding Services for Mental Wellness in Eastern Singapore

3. Spanning 328 square metres, Club HEAL @ Eunos Crescent is equipped to provide psycho-social rehabilitative services to people with mental health challenges such as schizophrenia as well as seniors with dementia. Services include counselling sessions and outreach activities facilitated by the organisation's Community Intervention Team (COMIT) and Community Outreach Team (CREST) respectively, as well as two specialised day activity programmes: the Dementia Wellness Programme and the Recovery Wellness Programme (refer to Annex A for more details of programmes conducted at Club HEAL @ Eunos Crescent).



4. Building on the successful implementation of these programmes at other Club HEAL centres in Bukit Batok East, Marsiling, Pasir Ris and Buangkok, the new centre will serve close to 1,200 people aged 16 and above as well as their caregivers, who live in Eunos and other nearby areas, every year. This is inclusive of the outreach activities that Club HEAL does to provide mental health information and education to residents and their caregivers in the region, as well as service linkage to relevant health and social care services.

5. Dr Radiah Salim, Founder and President of Club HEAL, said, “As the incidence of mental health challenges rises in Singapore, we remain steadfast in our mission to provide mental health support where it is needed most. The addition of Club HEAL @ Eunos Crescent expands our capacity to serve an even wider group of beneficiaries in eastern Singapore, enabling us to better provide a continuum of care from hospitals and clinics to the community.”

6. The launch of the new centre marks a significant milestone for Club HEAL as it now operates five mental wellness centres across Singapore, furthering its mission to empower individuals with mental health conditions and their caregivers on their journey towards healing and recovery.

Supporting Mental Health through Employment Opportunities

7. Complementing its efforts in expanding mental health support to more Singaporeans, Club HEAL also reaffirms its commitment to promoting a more inclusive society by providing employment opportunities for individuals navigating mental health challenges so that they can live with respect and dignity.

8. Currently, about 36 per cent of its staff comprises former clients who have successfully transitioned into roles where they now actively support others on their paths toward healing and recovery.

9. Mr Felix Avellino Philmone, an Employment Support Officer at Club HEAL, shared, “Having experienced my own mental health struggles, I felt a deep calling to lend a hand to others facing similar battles. Today, it’s a special privilege for me to help clients on their journey back to work, and I find immense fulfilment in sharing their triumphs.”



Launch of a New Logo

10. At the same opening ceremony of the new centre at Eunos Crescent, Club HEAL also unveiled its new, modernised logo.

11. "Since 2012, Club HEAL has supported close to 10,000 clients and caregivers through our various programmes and services. The refreshed logo reflects Club HEAL's growth over the past 11 years while preserving the timeless symbolism of the original – a pair of hands integral to our organisation's identity since its inception," added Dr Radiah.

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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 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).



Annex A

Services/ Programmes at Club HEAL @ Eunost Crescent

Name	Description
Community Intervention Team (COMIT)	Provides assessment, counselling, therapy, case management and psychoeducation support for clients with mental health issues and dementia, including their caregivers. COMIT works closely with the community outreach teams, General Practitioners, Polyclinics and other community partners to provide holistic care to clients.
Recovery Wellness Programme (RWP)	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 supporting 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, RWP clients regain their self-confidence, build their self-esteem, and develop resilience.
Community Outreach Team (CREST)	Focuses on raising awareness of mental health conditions and dementia, promotes early recognition of at-risk individuals, provides emotional support to individuals and their caregivers, and links individuals to relevant health and social care services when necessary.
Caregiver Community Outreach Team (CREST-Caregivers)	Focuses on caregivers who have or are at risk of developing depression, anxiety and burn-out due to their caregiving role. The team increases public awareness of caregiving concerns, promotes the identification of caregiver needs, supports caregivers in self-care, and links them with support groups and counselling services where needed.
Dementia Wellness Programme (DWP)	Provides a safe space where people with dementia can be engaged holistically and meaningfully, harnessing their existing strengths and introducing opportunities for them to learn new skills. It also provides social support to them and their caregivers. Activities are conducted to meet their physical, cognitive, psycho-social and spiritual needs. Ultimately, DWP ensures that the overall well-being of people with dementia is addressed so that they can age gracefully.