



ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN



date/time:
19 november 2016, 9am to 1pm
venue:
ite college central theatrette, ang mo kio
guest of honour:
dr amy khor
senior minister of state,
ministry of environment and water resources
& ministry of health

MIND YOUR HEAD

mental wellness & resilience in our youths

YOUR HEAD

ZONTA CLUB OF SINGAPORE FORUM ON VAW
- SUPPORTED BY FUTURE READY ASIA

Mind Your Head

Mental Wellness and Resilience
in our Youths

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Although both boys and girls are affected by family violence, four out of five victims of family-related sexual assaults (79%) are girls.

The relationship between trauma and mental health is a complex one; not all people who experience abuse, either in childhood or adulthood, inevitably develop a mental illness, and not everyone who has been diagnosed with a mental illness has experienced abuse.

Yet research has established a strong association between trauma, violence and mental health. Those reporting a history of childhood physical abuse have significantly higher rates of anxiety disorders, alcohol dependence, and antisocial behaviour and are more likely to have one or more disorders than those without such a history.

By raising awareness about this issue, with a special focus on mental

wellness, we hope to educate our youths on how to strengthen their mental health and build resilience.

Key takeaways:

- i. Self-awareness and signs of depression;
- ii. How to seek help? Resources which can help;
- iii. What a bystander: parent/teacher/care-giver/friend can do to help.

Join us in this mission to stand up to the stress and 'Mind your Head'!

All attendees will take home your very own Stress Star to help you reduce the stress and reach for the stars as well as a Happy Kit which will motivate you and remind you that you are never alone!

