

Mind

Matters

It's up to all of us to ask:
"Are you OK?"



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Overview of Session

WHAT?
WHY?
WHO?
HOW?



Clarifying Mental Health



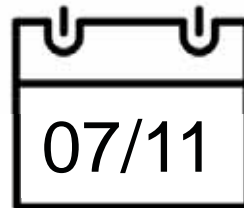
State of wellbeing

- Impermanent and dynamic
- Influenced by environment



Cognitive, emotional, & behavioural

- More than just how you feel at any given moment



Fundamental to day-to-day functioning

- Influences all activities of daily living

The Rationale



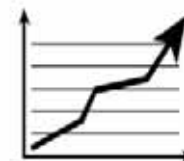
**Major
Resource**



**Greater
Demands**



**Programme
Efficacy**



**Increased
Vulnerability**

Poorly planned and managed training programmes

Inherent higher likelihood of injury



Misconceptions on the protective effects of exercise

Sport culture reveres superior toughness
→ Denial
→ Stigmatization

Under-diagnosed & under-treated



Key

Objectives

- Increase awareness and knowledge of mental health
- Empower individuals to support others



Partnerships



Coaches
Team managers



Sport
administrators



Athletes



Research

- IMH Study in 2010 and 2018
- Mental Health status of Singaporean athletes



Format

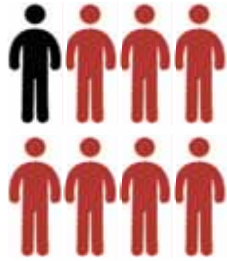
- 2.5 hours workshop
- Mixed medium for learning



Content

- Mental health awareness
- Mental health promotion

The Programme



Experience
mental illness

4-6
YEARS

Time taken to
seek help

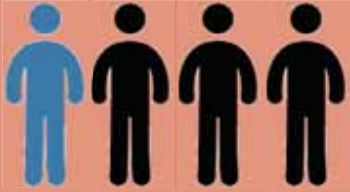
▼ 24.1%

Life
expectancy

Early
20s

Onset of
mental illness

**Current
Research**



NCAA Athletes experiences symptoms of Depression.

STATISTICS



Elite Athletes experienced symptoms of mental health problems.



Elite Athletes met cut-off signs for Depression/Anxiety.



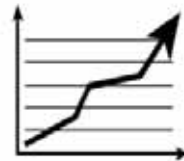
170
Respondents



SMWEB
5 Dimensions



No Differences



Positive
Relationship

**Current
Research**



Support Plan

- Protocol
- Holistic care
- Wellbeing Champions



Vision

- Live Better Through Sports
- Empower people to recognise and support others

Wrapping

Up





Thank

You

It's up to all of us to ask:
"Are you OK?"

