



Singapore
Mental Health
Film Festival

**NEWS RELEASE
FOR IMMEDIATE RELEASE**

The Singapore Mental Health Film Festival returns for the second year

Following its first successful launch in 2019, the film festival dedicated to eradicating mental health stigma in Singapore, will run on February 27 - March 1 2020 at the National Gallery Singapore, highlighting different mental health conditions.

SINGAPORE - After its first successful launch earlier this year, the Singapore Mental Health Film Festival will return in 2020, highlighting a different spectrum of mental health issues.

The most recent Singapore Mental Health Study done in 2016 showed an increase in lifetime prevalence of mental illness amongst surveyants at 13.9% – an increase from the results of the 2010 study.

Additionally, major depressive disorder, alcohol abuse and OCD emerged as the top three mental disorders in Singapore in the study.

In its 2020 run, the Singapore Mental Health Film Festival (SMHFF) will aim to address issues such as suicide, addiction, post-traumatic stress disorder, eating disorders and dementia through the medium of film, as well as panel discussions with medical experts and individuals in recovery.

Running on February 27 – March 1, 2020 at The National Gallery, the festival will feature different local and international films, themed on different mental health issues. During in-depth panel sessions, the festival will also bring together mental health professionals across various specializations from the Institute of Mental Health, The Community Health Assessment Team (CHAT), National Addictions Management Service (NAMS), and Singapore Association for Mental Health.

The 2019 edition of the festival - its debut - had more than 1,600 attendees; involved more than 100 volunteers; was partnered by 23 youth or mental health organisations and featured more than 30 experts, caregivers, and persons in recovery.

“We hope to expand the conversation on mental health further, and the role every Singaporean can play to create a more inclusive city,” said Cheryl Tan, festival director of SMHFF and founder of The Breathe Movement, the organisation behind the festival.

“The National Youth Council, in its youth research and Youth Action Plan engagements, has seen not just an increasing awareness of mental health amongst youth but their desire to move to more actionable peer-led interventions and practical inclusive behaviours that they can practise.

We are glad to support platforms such as the Singapore Mental Health Film Festival to help raise awareness of mental health and address concerns or stigmas relating to mental health conditions,” said David Chua, chief executive officer, National Youth Council.



Youth outreach

One vital group of individuals the festival hopes to reach is youths. As part of the festival, SMHFF is also working with young film makers, inviting them to work with film industry experts and mental health/dementia agencies to create films on 5 areas of mental health: youth mental health, suicide & depression, caregivers, dementia and creative expressions. The winning short film will be screened on the Opening Night of the Singapore Mental Health Film Festival 2020.

“We created the workshops to enable our youth to gain deeper insight into Singapore’s mental health/dementia landscape, and hopefully through their films, we can see their personal visions of how we can challenge the stigma of mental health in Singapore,” said Tan.

The SMHFF Short Film Youth Competition is supported by the Jardine Matheson Group of companies and MINDSET.

Additionally, workshops featuring different modalities of mental health care such as play, yoga, meditation and body work will also run during the festival, with the aim of helping individuals to raise their emotional and mental resilience.

Ahead of the festival, the SMHFF continues to run its social media campaign on Instagram and Facebook inviting individuals to share their personal stories anonymously of their struggles with mental health, and what they wish others would know about them. The Instagram page has since received close to 210 personal stories from individuals across the ages of 16-33, and has gained more than 3,200 followers.

Read the personal stories on our Instagram page here:

www.instagram.com/smhff/

SMHFF’s list of partners and sponsors include:

Main Partner:

National Youth Council

Festival Sponsor:

BinjaiTree

SMHFF Short Film Youth Competition Sponsor:

Jardine Matheson Group of Companies

MINDSET Care Limited

Embassy Partners:

Embassy of Sweden

High Commissioner of Canada to Singapore

Embassy of France in Singapore

Film Sponsor:

68 Monkeys

Conversation Partner:

Pigeonhole Live



Singapore
Mental Health
Film Festival

Venue Partner:

National Gallery Singapore

Food & Beverage Partner:

Amici Events and Catering

Ticketing Partner:

SISTIC Singapore

Video Partner:

The Magic Format

Creative Agency:

Elementary Co.
Section

Book Partner:

Ethos Books

Hospitality Partner:

Mandarin Oriental, Singapore

Supporting Partners:

Singapore Association for Mental Health

raiSE

Alzheimer's Disease Association

Community Health Assessment Team

Youth Corps Singapore

Caregivers Alliance Limited

Shan You Counselling Centre

Rendezvous with Madness Film Festival

Canada Council for the Arts

New York City Mental Health Film Festival

Millenia Motion Pictures

LaSalle College of the Arts

Peatix



Singapore
Mental Health
Film Festival

About SMHFF

Festival Website: www.smhff.com

Facebook: fb.com/singaporementalhealthfilmfestival

Instagram: [@smhff](https://www.instagram.com/smhff)

About The Breathe Movement

The SMHFF is organised by The Breathe Movement, a social enterprise that utilises the philosophies of yoga to increase the emotional and mental resiliency of individuals. Through the primary usage of the breath, individuals are taught to recognise their emotions, thoughts and body sensations as a way to increase mental resilience. Founded by Cheryl Tan, 33, the organisation runs programmes and initiatives for youths and adults who are affected by trauma and mental health issues.

Website: www.thebreathemovement.org

For more details, please contact:

Cheryl Tan

Festival Director

M: 65-9759 9789

cheryl@thebreathemovement.org

Media & Publicity

M: 65-9661 8095

media@thebreathemovement.org