

# CHAT PRESENTS

## Workshop on: #OneGoodAdult (Part II)

This youth mental health training programme will refine your basic skills in helping a young person in distress.



Community Health  
Assessment Team

### Overview

Every young person can benefit from having a “one good adult” in their life, especially if the young person is also experiencing some form of distress with his/her mental health.

A positive experience of receiving support from a good adult who is respectful, shows the ability to empathize, listen without passing negative judgement and convey hope for recovery goes a long way in encouraging the distressed person to want to seek additional options of help and support for his/her mental health distress.

It takes deliberate practice to become a good adult with the above skills. If you are seeking additional learning opportunities to refine your basic skills in helping a distressed young person, join CHAT in this learning session.

### Course Content

1. Practise helping young people with mental health distress

Duration: 4 hours

Activities: Role-play and small group discussions

Pre-requisite: Participants must have completed #OneGoodAdult (Part I) training workshop

Target participants: Educators, Student Support Staff, and any other helping professionals who work with young people aged 16 to 30

## ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, the Community Health Assessment Team (CHAT) is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at \*SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Training will be delivered by one of CHAT's team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.