

teens & kin

Youth Mental Health and Family



Presented by the Mind Science Centre at the Mind Art Experiential Lab (MAELab).
Supported by the Wee Sin Tho Memorial Fund.

THE SHAPE OF YOUTH

A closer look at the challenges affecting the mental wellbeing of youth.

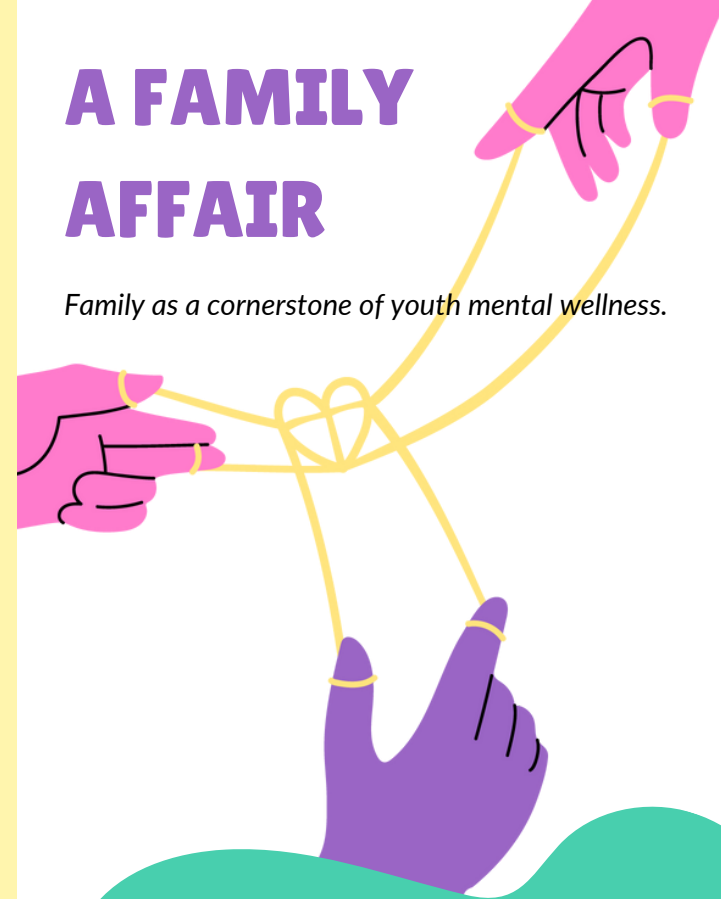


Growing up in the midst of a fast-paced urban society, Singaporean youth contend with a wide range of growing up demands and challenges. In this transitional age from dependence to independence, the exhibition looks at how family continues to play a central role as a support structure for development.

At the same time, it also recognises the importance of developing meaningful relationships with peers and mentors, as well as how each young person's unique hopes and aspirations play a critical role in building emotional resilience.

A FAMILY AFFAIR

Family as a cornerstone of youth mental wellness.



Support from within the family environment play an important part in influencing youth development, enhancing their wellbeing and resiliency as well as strengthening their ability to take on unanticipated challenges.

Offering a nuanced take on the mental health challenges affecting youth today, the exhibition combats stigmatisation with knowledge and earnestness.

AN UNWAVERING OPTIMISM

Building confidence, instilling hope, seeking aspirations.

As youth step into adulthood, it is important for them to maintain diverse aspirations and goals. Each young person's unique goals and aspirations play a critical role in building emotional resilience and optimising their potential.



Feanna Alexcia Milo and Lok Chun Hye

Singapore Youth Resilience Scale



Do you know your resilience profile? SYRESS examines the resilience profiles of Singapore youths and allows us to gain insights into the areas the youths can build on to achieve a resilient mind. Scan the QR code to try out the questionnaire!

Raising a Resilient Child



Check out our new self-help booklet, which provides strategies parents and caregivers can use in their daily interactions with their children in order to instill positive coping methods.

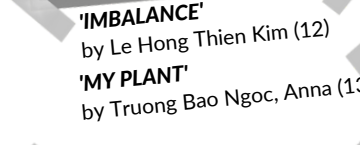
ARTWORK

Over the course of 6 workshop sessions, Singaporean Artist Mary Bernadette Lee worked closely with 16 Singaporean youths from the West led by Boon Lay Garden Primary School (including students from Hua Yi Secondary School, Jurong Secondary School and Yuan Ching Secondary School).

Covering different art-making techniques and ways of self-expression, the workshops culminated in varied artworks that present reflections of themselves, their relationships and aspirations.



'IMBALANCE'
by Le Hong Thien Kim (12)



'MY PLANT'
by Truong Bao Ngoc, Anna (13)



'HAPPY FAMILY'
by Nurul Shakira Binte
Muhammad Afiq (9)



'EXTENSION OF ANOTHER'
by Mary Bernadette Lee

"If you can't express your feelings in words, there's always something called art."

- Jayden Ajeedh Yazeen (12)



GET IN TOUCH

An initiative by the Mind Science Centre, MAELab's innovative space showcases seasonal curations based on key mental health themes. Visitors will be in for a visual and cognitive discovery of how art, mindfulness and various transdisciplinary research areas can give rise to creative and integrative interventions for the community.

Our exhibitions seek to raise awareness on mental health, evoke reflective moments and provide an experiential journey that will leave you inspired.

Follow us on Instagram to stay updated on the latest workshops at MAELab.



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