

**YEO BOON KHIM
MIND SCIENCE CENTRE**

A research centre of:



**YEO
BOON
KHIM
MIND
SCIENCE
CENTRE**

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e-Book Publication

OUR VISION

An Undeclared Mind – Building resilience across all ages

OUR MISSION

- RESEARCH

Catalyse mind health research using a non-drug, evidenced-based approach across the age continuum;
- EDUCATION

Build capacity through the training of healthcare professionals, caregivers and volunteers;
- PROGRAMMES

Create new values and innovative solutions through programme development and evaluation; and
- POLICY-SHAPING

Inform better policy

OUR VALUES

Excellence, innovation, integrity, diversity, impact

Research

Understanding Mental Health in Singaporean Adolescents

Youth Epidemiology and Resilience Study (YEAR)



The NUS Youth Epidemiology and Resilience (YEAR) Study is a landmark initiative dedicated to understanding and improving the mental health and resilience of Singaporean adolescents. Conducted between 2020 and 2022, the study examined the mental health symptoms, resilience levels, media activity use, and identity development of 3,336 individuals aged 10 to 18.

Key Findings:

Mental Health and Resilience:

- A strong correlation was observed between mental health and resilience. Participants with higher resilience scores demonstrated better overall mental health.
- Around one in three participants reported internalising symptoms like depression, anxiety, and loneliness. Adolescents aged 14 to 16 experienced more severe symptoms.
- Approximately one in six participants exhibited externalising symptoms like hyperactivity, rule-breaking, and aggression.
- Further analysis revealed that 12% of adolescents met the diagnostic criteria for at least one current mental health disorder, while another 6% previously experienced a disorder but no longer met the diagnostic criteria.
- These findings underscore the need for targeted support for individuals experiencing symptoms related to life stressors or developmental challenges, as well as those diagnosed with mental health disorders.

Resilience and Its Measurement:

- The YEAR study employed the Singapore Youth Resilience Scale (SYRESS) to measure various aspects of resilience in adolescents.
- Resilience levels varied across age groups, suggesting that resilience can develop over time. However, early interventions for younger individuals with low resilience are crucial to promote their growth and prevent potential challenges.
- The study revealed a strong link between lower resilience and a higher risk of internalising mental health symptoms.

Identity Development:

- The Assessment of Identity Development of Adolescence (AIDA) was implemented in this study to differentiate healthy identity development from impairments.
- Identity disturbance, characterised by discontinuity or incoherence in self-identity, was strongly linked to internalising and externalising mental health symptoms. This indicates that AIDA can effectively identify youth with mental health concerns in clinical settings.
- Notably, adolescents exhibiting higher resilience displayed fewer identity development challenges. This underscores the role of resilience in preventing identity disturbances and mental health difficulties among youth.

Media Utilisation:

- Contrary to common beliefs, the YEAR study found that the amount of time spent on digital devices is not the only factor impacting mental well-being.
- Instead, the study revealed the importance of focusing on the types of content consumed and how adolescents are using their devices.
- Socialising activities and listening to music online were significantly correlated with mental health symptoms. This indicates that adolescents may utilise these digital avenues for self-therapy and emotional regulation.
- The findings emphasise the need for media literacy training for both parents and educators to guide adolescents towards responsible digital behaviour and maximise the potential benefits offered by various media platforms.

The YEAR study's findings hold immense value for shaping mental health policies and interventions in Singapore. By providing a deeper understanding of the mental health needs of adolescents, the study equips policymakers and mental health professionals with the necessary information to develop targeted and effective support programs. This will ultimately contribute to fostering a generation of mentally healthy and resilient individuals in Singapore.



Finding of the YEAR study was shared during day one of NUS Psychiatry Symposium. Guest-of-Honour, Ms Sun Xueling, Minister of State for Home Affairs & Social and Family Development, emphasised the importance of community programs for youth resilience.

Brain Cognitive Function

Mindful Awareness Practice (MAP) Improves Gut Microbiome

The gut microbiome, composed of trillions of bacteria, plays a significant role in health and disease. While "good" bacteria control inflammation and neurotransmitter secretion, some bacteria can potentially cause various diseases. Recent research suggests a bidirectional relationship between the brain and gut bacteria.

Mindful Awareness Practice (MAP), a psychosocial intervention, was introduced to study its impact on cognition and gut bacteria in individuals with Mild Cognitive Impairment (MCI). The study found that MAP improved cognitive function and altered the gut microbiome profile. This suggests that the gut microbiome can be a risk indicator for MCI and potentially be modulated by interventions like MAP.

Furthermore, the study highlights the importance of sustained MAP practice for long-term cognitive and gut microbiome benefits. The Age Well Everyday (AWE) program, based on these findings, offers seniors a range of activities including mindfulness practice, art and music reminiscence, and exercise to promote active aging and well-being.

In a study engaging 902 seniors aged 60 to 99 in Singapore on the prevalence of Mild Cognitive Impairment (MCI) and its associated psychosocial challenges. It was found that 21.5% of participants were navigating the waters of MCI, a condition that might precede dementia.

But it's not just memory at stake. The research revealed that educational attainment, the warmth of social ties, and emotional well-being are all part of the MCI picture. Interestingly, three emotional landscapes emerged among those with MCI: the Positives, who maintain a sunny outlook; the Neutrals, who balance life's highs and lows; and the Negatives, who face tougher times and may be more vulnerable to dementia.

Understanding that depression, social support, and education level are linked to MCI can encourage healthcare providers and policymakers to design programs that address these factors, improving the overall well-being of the elderly.

Community Health and Intergenerational (CHI) Study

The Community Health and Intergenerational (CHI) Study, conducted by the Yeo Boon Khim Mind Science Centre and Associate Professor Rathi Mahendran, investigated the impact of social interaction between older adults and young children on their cognitive and mental health.

The CHI study involved over 200 participants, including older adults residing in nursing homes and young children from preschools. The study employed a variety of methods, including cognitive assessments, neuroimaging techniques, and social interaction observation.

The key findings of the study revealed that:

- Increased social interaction between older adults and young children led to improvements in cognitive function for both groups. Older adults showed enhanced memory, attention, and executive function, while young children exhibited improved language and social skills.
- The positive effects of social interaction were mediated by changes in brain activity. Both older adults and young children displayed increased activity in brain regions associated with learning, memory, and emotion regulation following intergenerational interaction.
- The study also found that social interaction had a positive impact on mental health. Both groups reported reduced levels of loneliness, depression, and anxiety after participating in the program.

The CHI study provides compelling evidence for the benefits of intergenerational interaction for both older adults and young children. By translating these findings into community programmes, we can create opportunities to promote well-being across generations and build stronger, more connected communities.



Finding of the CHI was shared during second day of NUS Psychiatry Symposium 2023. Associate Professor Rathi Mahendran shed light on the concept of ageing-in-place, providing valuable insights from the Community Health and Intergenerational (CHI) Study, which examines the biological and psychological aspects of older adults living within the community.

Singapore's
Longitudinal Follow-
up of the Community
Health and
Intergenerational
(LFC) study.

85
Number of papers
published in
scientific journals

Building upon the foundational CHI study, the LFC aimed to better understand the ageing process and its associated health issues by examining longitudinal changes in participants’ cognitive functioning and psychosocial outcomes compared to the baseline CHI study.

The LFC study includes neuroimaging data collection and explores the long-term effects of non-pharmacological interventions (NPIs), which were not previously examined.

The study's novel approach of combining these diverse measures aimed to offer new insights for developing interventions, like linguistic therapy, to support mental and cognitive well-being in the elderly. Additionally, the LFC study assessed the long-term effectiveness of non-pharmacological interventions (NPIs) like mindfulness and dietary counseling, providing a thorough evaluation of whether the benefits of these interventions endure over time. The findings from the LFC study were intended to inform strategies for maintaining cognitive health in ageing populations.

Roundtable Discussion

Digital Innovation in
Mental Health Care

As the world moved on to a digitalised age, it is inevitable that the healthcare industry has to prepare to adapt to a new generation of delivering medical support in digitalised ways. The same goes for mental health assistance. With direct and timely delivery of care information, diagnosis and treatment, people can be empowered to take proactive steps toward managing their own mental health.

To kickstart the cross-disciplinary research blueprint, Mind Science Centre organised a Round Table Discussion. The academic event welcomed 15 experts which consist of NUS scientists, IT software engineers, mental health clinicians and service planners, to share their perspectives on the matter and how they can potentially collaborate to develop new ideas for research projects. Beyond that, the experts also shared insights on how mental wellness can be promoted through digital technologies, which will help to deliver significant healthcare financial impact.



Research publications



Study revealed that people with memory-related mild cognitive impairment spoke less and used fewer, but more abstract nouns.



A four-stage biopsychosocial intervention combining Hikikomori treatment models and a program for individuals with Internet Gaming Disorder has shown promising results in reducing social withdrawal and increasing engagement in school or work.



Faster aging in the brain and body is linked to worse overall well-being and more negative feelings about oneself and others.

Research shows that measuring cognitive age gaps can help diagnose mild cognitive impairment (MCI).



Difficult temperament traits, psychiatric comorbidity, recent stressful life events, and perceived parental rejection significantly increase the risk of suicide attempts, while positive mood and high adaptability traits act as protective factors.





Outreach

Age Well Everyday (AWE) Programme

Active Ageing in the community, by the community, for the community

Research shows that gardening helps seniors flourish. This photo captures the joy of elderly participants in Age Well Everyday's community program, which integrates research findings on the benefits of horticulture for seniors. Through gardening activities, participants experience:

- **Improved physical health:** Increased mobility, dexterity, and balance.
- **Enhanced cognitive function:** Sharper memory, focus, and problem-solving skills.
- **Reduced stress and anxiety:** Lowered cortisol levels and improved mood.
- **Increased social interaction:** Building connections and fostering a sense of belonging.
- **Greater connection to nature:** Appreciation for the environment and its calming effects.

The Age Well Everyday (AWE) programme, developed by the Mind Science Centre, is a comprehensive initiative designed to empower seniors to age well and maintain their cognitive health. The programme combines evidence-based cognitive training with mindfulness and social engagement activities, creating a holistic approach to healthy ageing.

AWE addresses the growing need for interventions that support cognitive health in seniors. Research indicates that cognitive decline is a significant concern for older adults, with estimates suggesting that 1 in 10 individuals over 60 experience dementia. This decline can impact daily functioning, independence, and overall quality of life.

The AWE programme is grounded in scientific evidence demonstrating the benefits of cognitive training, mindfulness, and social engagement for cognitive health. Studies have shown that cognitive training can improve memory, attention, and executive function in older adults. Mindfulness practices have been linked to reduced stress, improved emotional regulation, and increased cognitive flexibility. Social engagement, through activities and interactions with others, contributes to cognitive stimulation and social support, further promoting cognitive well-being.



Chorus singing isn't just about beautiful harmonies; it's a powerful tool for enhancing cognitive function. Read more: ["The Impact of Chorus Singing on Cognitive Function in Older Adults with Mild Cognitive Impairment"](#)



Physical activities were incorporated into the AWE curriculum to help seniors to build stronger bones and muscles and boosts brain function and memory. Exercise also releases endorphins, natural mood boosters that can help combat depression and anxiety.

The AWE programme has achieved significant success in empowering seniors to age well. A study conducted by the Mind Science Centre found that participants in the AWE programme experienced improvements in cognitive function, including memory, attention, and executive function. Additionally, the programme led to reductions in stress and depression, and improvements in social connectedness. These findings highlight the effectiveness of the AWE programme in promoting healthy cognitive ageing.

To continuously promote the benefits of evidence-based cognitive training, the AWE programme was reintroduced as the "Age Well Everyday Club" in July 2024. The new AWE Club builds on the work of its pioneers by offering updated cognitive and physical activities based on new research. Volunteers now undergo a full-day training session to gain the essential skills needed to lead AWE classes effectively. This hands-on training replaces the previous online e-learning model and provides volunteers with more guidance and feedback to run their clubs more effectively.

LIST OF AWE COMMUNITY PARTNERS

- Bukit Timah Community Club
- Eunos Community Club
- Kong Meng San Phor Kark See Monastery
- Marymount Community Club
- Queenstown Community Centre
- RSVP Singapore
- Tampines-Changkat Community Club
- REACH Teck Whye
- REACH Bukit Batok
- Jurong Central Zone A RN
- Thye Hua Kwan AAC @ Beo Crescent
- Covenant Evangelical Free Church Woodlands
- REACH Jalan Membina
- Clementi Meadows

Elevating Public Knowledge of Mental Health Matters

Tow Tiang Seng Distinguished Lecture

9

lectures

>2,700

attendees

The Tow Tiang Seng Distinguished Lecture is an esteemed series of lectures that brings together internationally and nationally thought leaders in the fields of psychology, neuroscience, and related disciplines to share their latest research and insights with the academic community and the broader public. This series highlights the Centre's dedication to deepening the understanding of the human mind and brain, encouraging dialogue on critical mental health issues, and melding scientific research with community awareness.

Made possible by the generous donation of Mr. Tow Heng Tan in honour of his father—the late Mr. Tow Tiang Seng—the series has hosted its ninth webinar.

Living with Dementia Webinar Series

5

webinars

>1,947

attendees

Launched in April 2022, the 'Living with Dementia' Webinar series has now proudly reached its fifth edition as of May 2024. This initiative stands as a testament to Mind Science Centre's commitment to forming a robust support network for those affected by dementia.

Over the past editions, the series has delved into pivotal subjects such as dementia risk factors, the impact of medications on memory, caregiver coping mechanisms, the interplay between mindfulness and cognitive health as evidenced by MRI brain studies, and the growing prevalence of dementia in Asian populations. By weaving together a tapestry of educational talks and discussions, the webinars have illuminated various aspects of dementia, from its onset and development to practical caregiving techniques, communication strategies and community support options.

► Watch webinar recordings on Mind Science Centre's YouTube channel

One Stop Research Portal for Dementia



The portal covers various topics such as the preventive role of art therapy in cognitive decline, the health benefits of gardening, the mental benefits of mindful walking in rainforests, and the enhancement of cognitive functions through choral singing.

5,895

users

2,333

subscribers

Dementia Asia serves as a comprehensive resource portal on dementia prevention and management, empowering people to take control of their aging process through evidence-based interventions.

For over a decade, the centre has spearheaded pivotal research on aging, dementia prevention, and mental health. This research has been led by Emeritus Professor Kua Ee Heok, Dr Rathi Mahendran, and a host of esteemed colleagues from the National University of Singapore and the National University Health System.

The centre has gained recognition with publications in top-tier journals such as Lancet Psychiatry, the British Journal of Psychiatry, and the Journal of Prevention of Alzheimer's Disease, among others. Our research portfolio has even drawn the attention of the World Congress of Psychiatry.

With the goal of translating academic research to the wider community, Dementia Asia was born in October 2022. The Dementia Asia portal has been made possible thanks to the generous donation from Professor Hong Hai, Founder and Chairman of Renhai Centre Limited.

“Education and research can impact social change for the better. Timely psychosocial intervention can reduce the incidence of dementia, soften its burden on family and society, and improve quality of life. With credible and insightful content readily accessible to the public, Mind Science Centre will be able to share experience and resources and foster close-knit connections in the community.”

—Professor Hong Hai, Advisory Board Member, Yeo Boon Khim Mind Science Centre



“When Art meets Science, it creates wonders”

Alexandra Hospital, 378 Alexandra Road, Blk 29 Level 2, Singapore 159964

3

exhibitions

3081

attendees as of Jun '24

334

workshop participants as of Jun '24

Take a virtual tour

“Arts, Mindfulness, & the Ageing Brain”

“Teens & Kin”

“Nature’s Embrace: A Gift to the Mind”

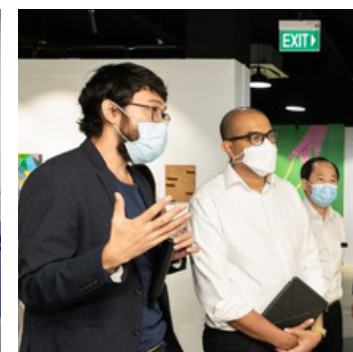


The Mind Art Experiential Lab (MAELab) is an innovative space at Alexandra Hospital that focuses on using arts, mindfulness, and transdisciplinary research to promote mental wellness and enhance quality of life in various communities.

The lab offers a flexible multipurpose space for activities, workshops, and exhibitions. MAELab aims to support creative initiatives that showcase the benefits of the creative arts, including music, visual arts, performance arts, dance and movement, literary arts, and more, in the community. By curating exhibitions and organising events, MAELab aims to demonstrate the positive impact of these art forms on mental health and wellbeing.

MAELab has already curated three compelling exhibitions. These exhibitions offer valuable insights into how arts and mindfulness can significantly enhance mental health, particularly for the elderly and teenagers.

Additionally, MAELab's Tay Meng Art & Mind Grant supports professionals, students, artists, and academics in exploring pilot projects, encouraging discussions and broadening understanding of the intersections between arts and mental health.



MindGYM

15

workshops since 2021

336

attendees

Self - Compassion for Healthcare Communities (SCHC)

“I can be more effective in my life goals when my self-criticism diminished and be more empowered instead of more destructive and restricted by myself.”

- Participant, Year 1, NUS

MindGym, the curriculum building and community training arm of Yeo Boon Khim Mind Science Centre, provides a space to cultivate mental fitness. Its secular mindfulness programmes aim to allow more people to experience first-hand the transformative power of mindfulness in improving resilience, self-compassion, compassion for others, and managing stress, anxiety, and burnout. Similar to how people go to a physical gym to train their bodies, MindGYM offers training and learning opportunities to strengthen mental "muscles".

MindGYM provides mindfulness programs that are largely based on the evidence-based approaches of Mindfulness-based Cognitive Therapy for Life (MBCT-L), Mindful Awareness Practice (MAP), Mindful Self-Care(Mind Science Centre), and Brief-Integrated Personal Therapy (BIPT). These programs are informed by research and tailored to meet the unique needs of different populations served by the Mind Science Centre.

In an effort to promote well-being among future healthcare professionals, the research centre, with the generous support of Mr Michael Lien, organised a "Self-Compassion for Healthcare Communities" (SCHC) workshop for 16 NUS and Duke-NUS students. The workshop was led by Dr Mabel Yap and Dr Virginia Lien, both esteemed medical professionals and mindfulness practitioners. They introduced participants to the concept of self-compassion and its benefits in reducing stress, burnout, and anxiety. Through experiential exercises, students explored practical strategies for self-kindness, managing difficult emotions, and fostering resilience—essential tools for their future careers.



A vibrant, colorful illustration of a busy school scene. It features numerous stylized figures of students and teachers engaged in various educational activities. Some are reading books, some are writing, and others are playing. The scene is filled with educational items like books, papers, a pencil, and a magnifying glass. The overall atmosphere is one of active learning and intellectual pursuit.

Education

New Master programme in Clinical Mental Health and Psychotherapy

Address the increasing demand for mental health professionals

The newly launched Master's Degree in Clinical Mental Health & Psychotherapy (MCMHP) is the first programme of its kind in East Asia. This specialised postgraduate degree programme aims to address the increasing demand for mental health professionals by providing advanced clinical training in mental health conditions, psychiatry, public mental health, psychology interventions, psychotherapy, and counselling. It encompasses didactic coursework, clinical skills training, research, and a clinical placement programme at various healthcare settings. The MCMHP programme aligns with the National Mental Health and Well-being Strategy.



—**Professor Choo Chiau Beng**,
donor to the
Choo-Lim Scholarship
for MCMHP students

"I am optimistic that with the support from the Singapore community, Yeo Boon Khim Mind Science Centre will continue to push the frontier in mental health resilience and play a crucial role in developing programmes that address the national mental health needs.

This is why I support Yeo Boon Khim Mind Science Centre in providing a scholarship. I hope to provide opportunities for dedicated individuals to further their education and contribute meaningfully to the field. By nurturing individuals who are passionate in improving the quality of life, I believe we can collectively make a lasting, positive impact on society's mental health landscape."

Empowering NUH Leaders

A Journey of Well-being and Mindful Resilience

7

sessions

146

attendees

The Exemplary Leader Development Programme (ELDP) is a leadership training platform. This program, which included a total of 146 professionals such as nurses, allied health staff, and administrative personnel, spanned over two days aimed at professional enhancement addressed the critical aspects of mental, physical, and social health, and provided resilience-building techniques, along with a leadership panel discussion for an immersive experience. The programme also included a mindful self-care session entitled 'Caring for Others without Losing Yourself,' based on the 'Finding Peace in a Frantic World' curriculum, to cultivate mindfulness in participants.

Designed to empower healthcare professionals, the ELDP was crafted to instil essential leadership skills that enable professionals to effectively manage their well-being, build resilience amidst adversity, engage in self-care, and sharpen their leadership acumen, all crucial for successfully handling the intricate dynamics of the healthcare sector.



NUH future leaders and Mind Science Centre facilitators and staff during the first ELDP session in January 2024

Fundraising

Fundraising Initiative



Power of the arts to illuminate mental health and foster generosity

Over the years, the Centre has effectively used the arts as a medium to both fundraise and communicate the complexities of mental health struggles. The annual fundraising musical extends beyond financial support for the Centre's research and outreach programs. They also play a critical role in awareness-raising by weaving real-life experiences of mental health struggles into the storylines. This artistic representation can be incredibly powerful in breaking down barriers, challenging misconceptions, and changing public perceptions. It allows attendees to gain a deeper understanding of mental health conditions in an empathetic and relatable manner.

Over
S\$240K
raised from the
fundraising musicals



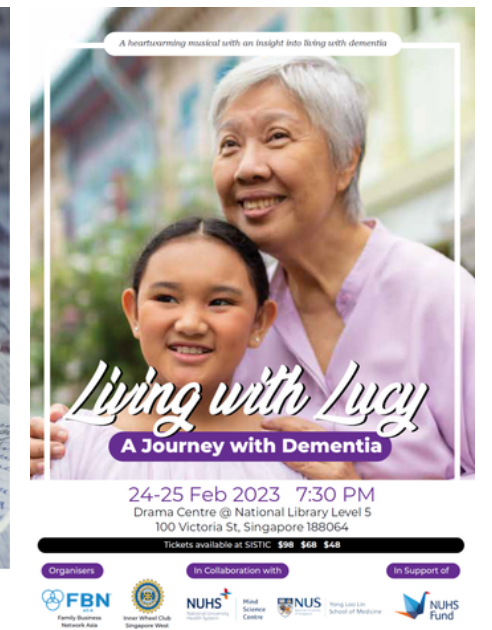
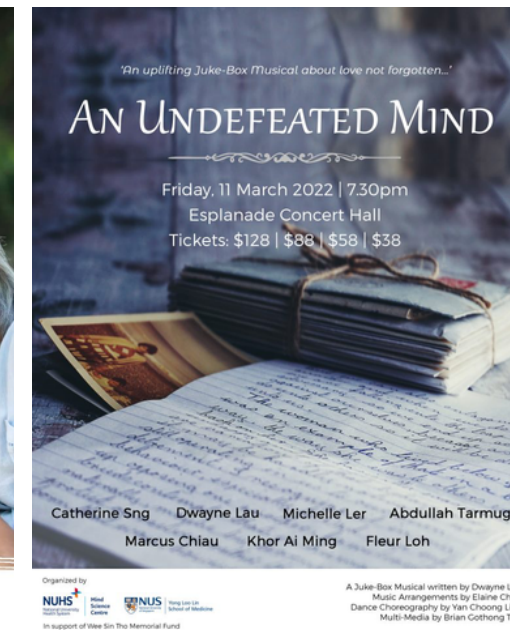
Former President Halimah Yacob honoured the "Living with Lucy" musical with her presence.



"I was invited to the musical "The Undefeated Mind." The performance moved me deeply; I laughed at the antics of the elderly and shed some tears too. During the show, I had a pivotal moment of realisation: we can create joyful moments with the elderly, even if they have progressing senility, by adopting the right communication and attitude as caregivers.

At the same event, a friend from the Inner Wheel Club of Singapore West, who has a father with early dementia, shared the same emotions. We decided then to support Mind Science Centre's next musical 'Living with Lucy.'"

—Dr Lee Oi Kum, President, District Level Chairperson for Singapore and Malaysia, and national representative of the International Inner Wheel Club, Board Member of the Family Business Network Asia



Champions of Giving

Philanthropy supports the Mind Science Centre not only financially but also by offering networks, expertise, and advocacy. This involvement enhances research, fosters collaborations, and raises mental health awareness, thereby amplifying the centre's impact.



The Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine) was gifted \$6 million for the Mind Science Centre, an academic research centre under NUS Medicine, by Mr Lin Tah Hwa.

In recognition of the generous gift, the Centre will be named as the Yeo Boon Khim Mind Science Centre, in memory of Mr Lin's late mother, Madam Yeo Boon Khim. Senior Minister and Coordinating Minister for National Security Mr Teo Chee Hean was the Guest-of-Honour at the launch of the Yeo Boon Khim Mind Science Centre held at Conrad Centennial Singapore Hotel on Friday evening, 5 May 2023.



"My hope for the Centre is to foster cross-domain partnerships among NUS research institutes. By collaborating, we can deepen our understanding to address complex mental health challenges."

—Mr Hsieh Fu Hua, Chairman NUS Board of Trustees



"Art and science can indeed be powerful partners in combating diseases, including dementia. Research has shown that art-based interventions can have a positive impact on cognitive function, emotional well-being, and quality of life for individuals with dementia.

Art's ability to stimulate the mind, promote realisation, and strengthen coping mechanisms makes it an excellent complementary therapy for dementia care.

Let's continue exploring the intersection of art and science to improve dementia care and support!"

—Dr Tay Miah Hiang, donor of Tay Meng Art & Mind Residency Programme



"I truly hope that the innovative and science/sociology based work carried out by the researchers will improve outcomes for the mental and physical health of our population and provide insights to help policymakers understand and provide greater support for this critical area of need in our society.

The uniqueness of the Mind Science Centre lies in its aims to enhance emotional resilience and optimise cognitive performance through a non-drug approach to preventative mental health. Both normal and at-risk segments of the population are the targets. Helping Mind Science Centre means helping us to live happier and meaningful lives."

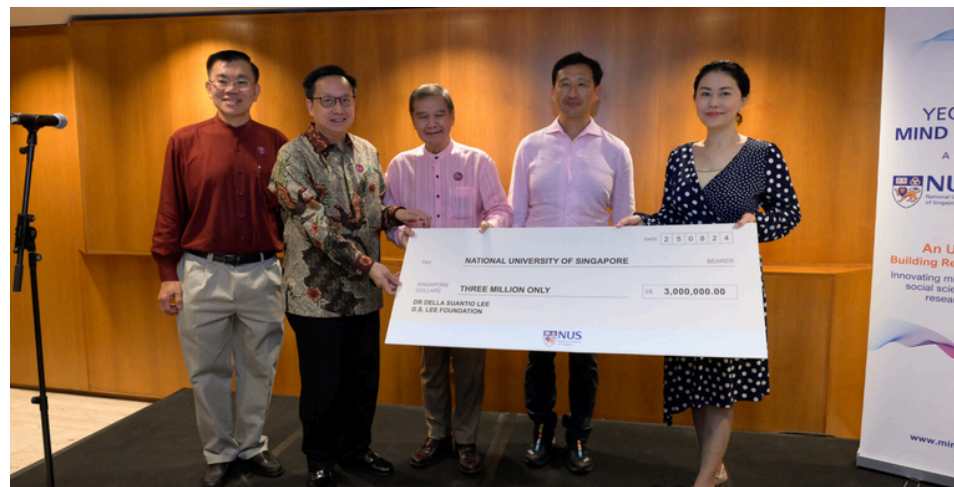
—Emeritus Professor Leo Tan, Board member and donor of Mind Science Centre



"The \$3 million endowment donation the Della Lee Foundation has made to the Yeo Boon Khim Mind Science Centre is more than just a financial contribution—it is a commitment to the future of mental health research and education. I believe that by investing in the mind, we are investing in the well-being of countless individuals and communities. This gift is a testament to our deep respect for the work being done by Mind Science Centre, and our hope that it will fuel groundbreaking discoveries and support those in need."

—**Dr Della Suantio Lee**, chairman of Della Lee Foundation and donor of the Della Suantio Lee Professorship in Mental Health and Digital Science

The cheque for \$3 million endowment donation was presented by Dr Astrid Suantio (right) on behalf of D.S.Lee foundation. Receiving the cheque were Director of the NUS Yeo Boon Khim Mind Science Centre, Associate Professor John Wong, Dean of NUS Yong Loo Lin School of Medicine, Professor Chong Yap Seng, Chairman of the Yeo Boon Khim Mind Science Centre, Mr Abdullah Tarmugi, and witness by Minister for Health, Mr Ong Ye Kung.



"I am committed to making a real difference for those affected by mental health issues. The Centre's research resonates with me because it tackles mental health challenges for people of all ages, from children to the elderly. I recognise the value of translational programs in turning scientific discoveries into everyday applications that can change lives. As a donor and board member of the Yeo Boon Khim Mind Science Centre, I feel empowered to be part of a collective effort that ensures everyone has access to the support and resources they need for a healthier future."

—**Ms Tracey Woon**, board member of Yeo Boon Khim Mind Science Centre



"Heartwarmers Volunteer Group is deeply inspired by the Mind Science Centre's unwavering dedication to inclusivity and accessibility of mental health support. A standout moment for us was witnessing Mind Science Centre's transformative impact on individuals with autism, highlighting their commitment to leaving no one behind. Mind Science Centre's blend of community-driven research and equitable care perfectly aligns with our mission and strengthens our shared vision for a more compassionate mental health landscape."

— **Heartwarmers Volunteer Group**, led by Mr Foo Say Thye and his team.
Supported by bringing in donations for the Oxytocin study

With Gratitude to Our Donors

Founding Benefactor \$1,000,000+

- Lin Tah Hwa
- Lucy Khoo
- Della Suantio Lee & D.S. Lee Foundation
- Kwan Im Thong Hood Cho Temple

Patron (\$500,000 < \$1,000,000)

- | | |
|---|--|
| INDIVIDUAL | ORGANISATION |
| <ul style="list-style-type: none">• William Hernstadt & Jerene Yap• Lee Soon Teck• Tow Heng Tan | <ul style="list-style-type: none">• Tote Board• Lee Kim Tah Holdings*• The Hongkong and Shanghai Banking Corporation Limited• Holywell Foundation• TL Whang Foundation |

Champion (\$100,000 < \$500,000)

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Fellow (\$50,000 < \$100,000)

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Associate (\$10,000 < \$50,000)

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| INDIVIDUAL | | | ORGANISATION |
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Wee Sin Tho Memorial Fund

Patron (\$500,000 < \$1,000,000)

- TL Whang Foundation
- Holywell Foundation

Champion (\$100,000 < \$500,000)

- | | |
|---|--|
| INDIVIDUAL | ORGANISATION |
| <ul style="list-style-type: none">• Hong Hai• Kua Ee Heok• Soo Eng Hiong• Choo Chiau Beng• Allan Ng Poh Meng• Nicholas Kong• Wan Boo Sow Family | <ul style="list-style-type: none">• Binjal Family• Lee Kim Tah Holdings Limited |

Fellow (\$50,000 < \$100,000)

- | | |
|---|---|
| INDIVIDUAL | ORGANISATION |
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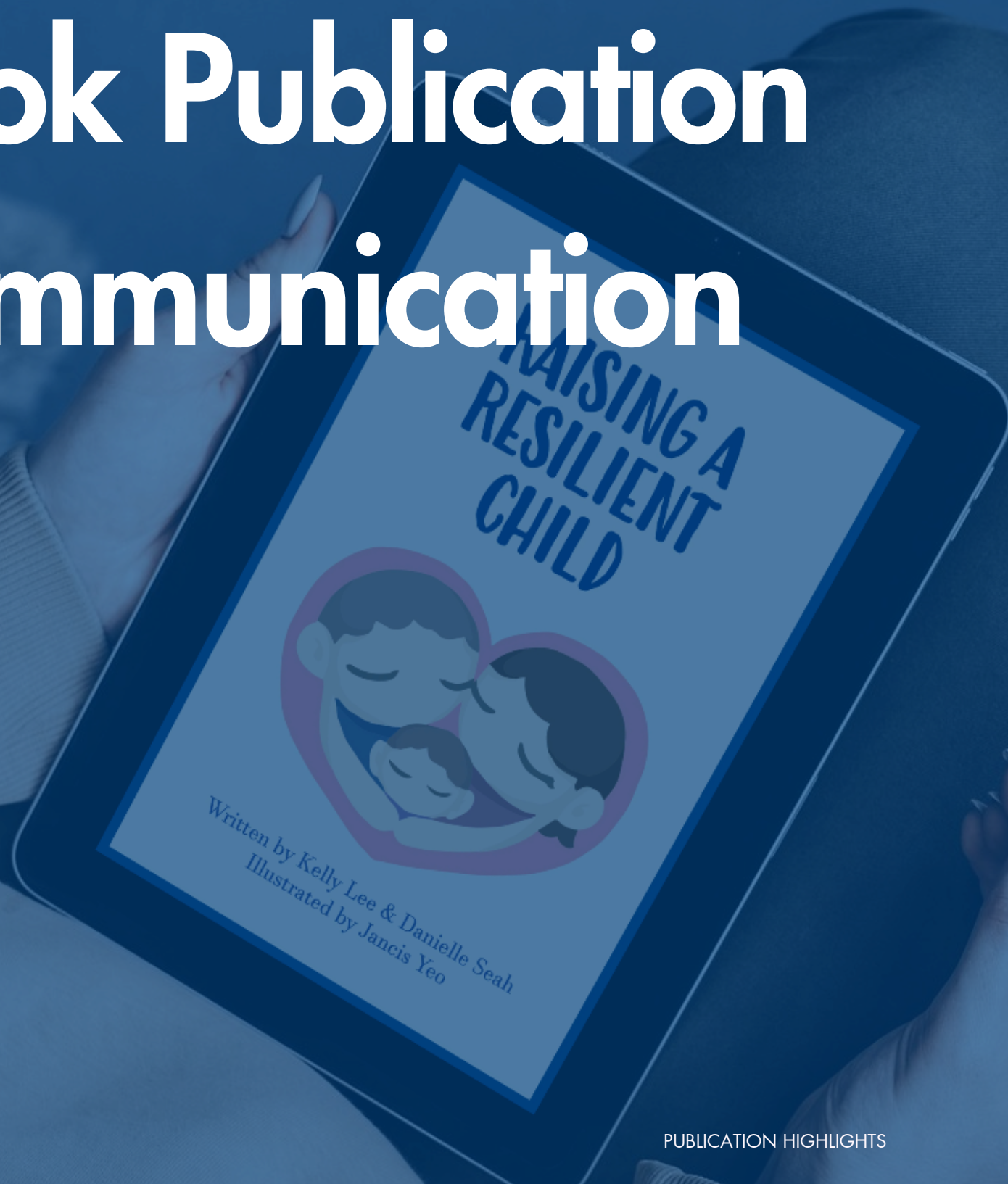
Associate (\$10,000 < \$50,000)

- | | | |
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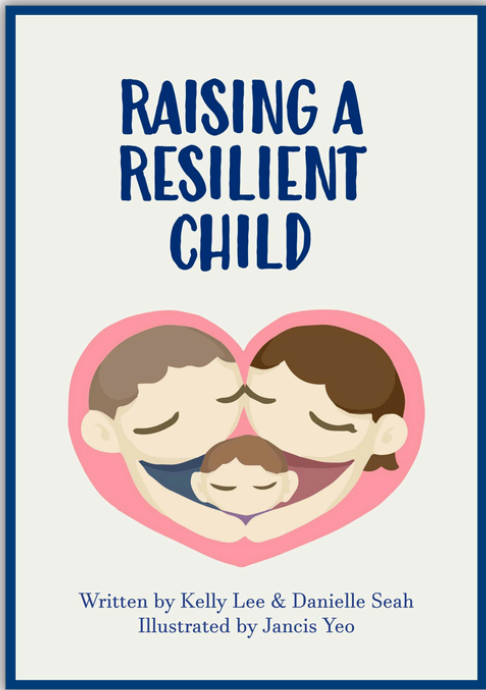
e-Book Publication & communication



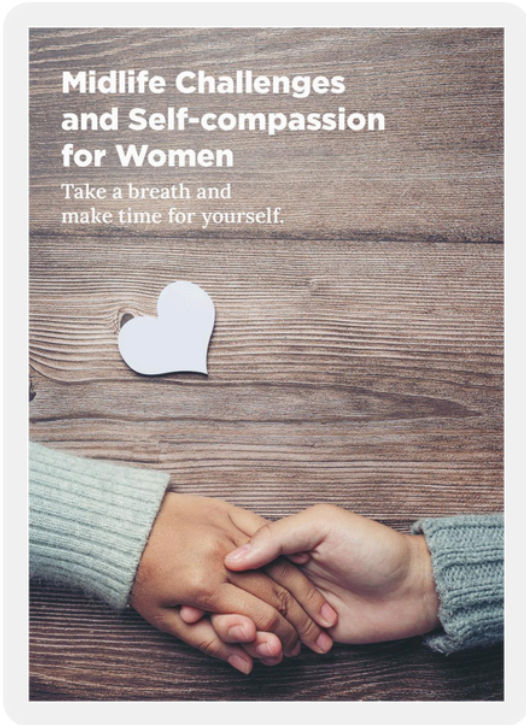
Mind Series E-Booklets

The Mind Series E-Booklets are designed to provide accessible information on various mental health topics. The e-booklets aim to educate the public, promote mental wellness, and reduce the stigma associated with mental health issues. They cover a wide range of subjects related to mental health, offering practical advice, strategies for managing mental health challenges, and insights from research conducted by the Mind Science Centre and our collaborators.

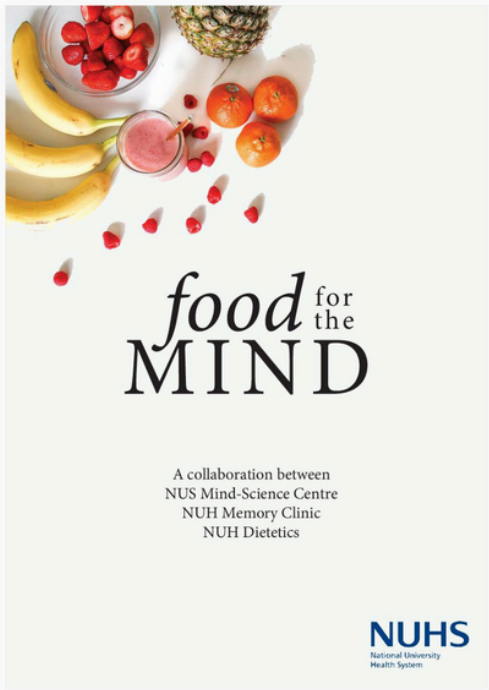
Mind + Parent:
Raising a Resilient Child



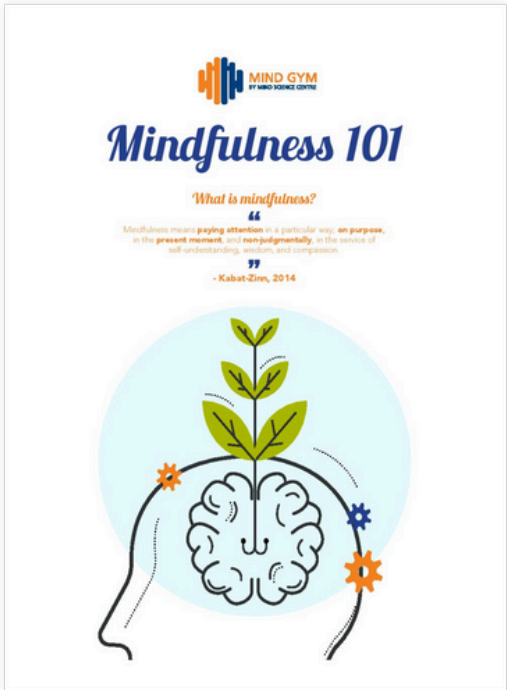
Mind + Women:
Midlife Challenges
and Self-Compassion
for Women



Mind + Food:
Food for the Mind



Mindfulness 101



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