

**Singapore Mental Wellness Summit** > 20 Oct 22 | 9 am – 5 pm



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**Date: 20 October, 9am-5pm**

**Fee: Free**

**Register here :** <https://mental-wellness-summit-201022.eventbrite.com/>

*(if you cannot attend full day, sign up and get the recording after the event)*

In support of the Singapore Mental Wellness Summit, we encourage your organisation to participate in this learning online event.

The focus for this event are:

- Mental health plays a huge role in our work performance.
- Those struggling with depression, anxiety or other mental illnesses may find it difficult to concentrate, negatively impacting their work.
- They may also participate less or shy away from their colleagues and this will affect their teamwork.

As parents, leaders and executives, this is an opportunity to learn how you can support the well-being and resilience of your team at work and home.

MP Eric Chua, Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, will grace the event and deliver the opening address.