

A YOUTH FRIENDLY MENTAL HEALTH SERVICE

RESIL!ENCE

NEED A
LISTENING
EAR?

@
SHINE

FIND
OUT
MORE



SHINE
Children & Youth
Services

We are a team of
helping professionals
dedicated to
supporting youths
(12-25) thrive with
**GOOD
MENTAL HEALTH**

MENTAL HEALTH SCREENING/ASSESSMENT
PSYCHOSOCIAL SUPPORT | INTEREST BASED ENGAGEMENTS
CAREGIVER SUPPORT & ENGAGEMENT

In support of

Beyond
the label

Let's unite against
mental health stigma.



MORE ABOUT US AT:
WWW.SHINE.ORG.SG/RESILIENCE

SHINE
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WHAT WE DO!

DIGITAL RESOURCES

Discover digital resources that promote mental wellbeing

INSTAGRAM/TIKTOK

@ministryofmental

Find bite-sized content and get to know more about us!

CREST-YOUTH SHINE@CLEMENTI

Increases awareness of mental health & promotes early identification through outreach and engagements

YOUTH INTEGRATED TEAM (YIT)

SHINE@CLEMENTI/HOUGANG

Mental health assessments & interventions to improve mental wellness

PILOT PROGRAMMES

Programmes with specific approaches to support youths in their mental health journey:

1. Walk With Me (Peer supporting)
2. Just Fur Fun (Animal assisted care)
3. Project C² (Co-production, a by youths for youths initiative)

Contact us for more information!
resilience@shine.org.sg

Key Partners



Supporting Partners