

A YOUTH FRIENDLY MENTAL HEALTH SERVICE

RESILIENCE

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
Children & Youth
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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:

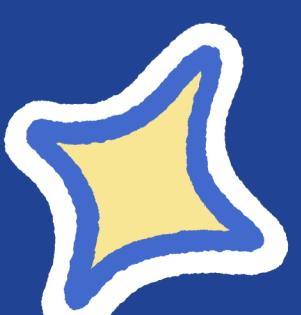
1. Walk With Me (Peer supporting)
2. Just Fur Fun (Animal assisted care)
3. Project C² (Co-production, a by youths for youths initiative)

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

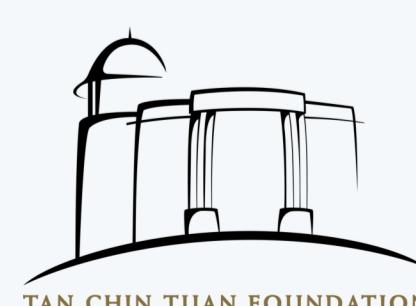
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AS OF MAY 2025

Key Partners



Red Hat



Supporting Partners