

# PSY213 Mental Health and Well-being in Singapore

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## Synopsis:

Having good mental health is not just the absence of mental illness – we also need to consider higher levels of subjective well-being. This course equips students with a broad understanding of mental health and well-being in Singapore and provides the basic foundations for other courses in psychology. Students will learn about the mental health continuum and different types of mental health conditions, with a specific focus on the common conditions in Singapore. From the factors that influence mental well-being, students will learn about the various strategies to promote mental well-being and discuss the role of technology in mental health and well-being. As an applied course, students will learn simple strategies to identify mental health issues, understand the barriers to help-seeking behaviours, and learn how to reach out and interact with people with mental health conditions. In collaboration with the Growth Collective SG, students are then trained to become Growth Circle facilitators, to learn the basic competencies of facilitation such as rapport building, creating psychological safety, questioning and listening, empathy, and perspectives.

## Topics:

- The Mental Health Landscape in Singapore
- The Mental Health Continuum
- Factors Influencing Mental Health and Well-being
- Biological Aspects of Mental Health and Well-being
- Social Dimensions of Mental Health and Well-being
- Strategies for Improved Mental Health and Well-being
- Technology and Mental Health and Well-being
- Identifying Mental Health Issues: Externalising Behaviours
- Identifying Mental Health Issues: Internalising Behaviours
- Barriers to Seeking Out Help for Mental Health Issues
- Are You Okay?: Reaching Out and Interacting With Others
- Promoting the Way Forward for Mental Health in Singapore

## Learning Outcome:

- Explain the mental health continuum.
- Identify the common mental health conditions in Singapore.
- Describe the factors that influence mental health and well-being in the Singapore context.
- Appraise how and why people seek help for mental health issues in Singapore.
- Demonstrate basic competencies of group facilitation.
- Practice the skills needed to interact with people with mental health conditions.

## Assessment Strategies - Regular Semester (Daytime Class):

Components	Description	Weightage Allocation (%)
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Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.