



YOUNG SINGAPOREANS CONFERENCE 2024: MENTAL HEALTH

Monday, 16 September 2024

LIST OF HELPFUL PROMPTS FOR CREATIVE SUBMISSION BY THEME

Mental Health Across Stages of Youth

1. Are young people today experiencing a mental health crisis? If so, what do you think is driving this crisis? If not, what do you think has led to this idea of a “youth mental health crisis”?
2. How do you think adverse childhood experiences affect mental health? Are there other factors or experiences that may contribute to poorer mental health outcomes in early childhood?
3. Do you think the transition from adolescence to adulthood has changed in recent times, and does this affect mental health in any way?
4. How would you describe your current state of mental health and well-being? How do you foresee your mental health and well-being in the years to come? Why do you foresee it as such?
5. In your daily life, what do you do to take care of your mental health and well-being?

Mental Health Provisions

1. Do you think enough is being done to address issues related to youth mental health in Singapore? Why or why not?
2. What do you think is the biggest roadblock in tackling issues related to youth mental health in Singapore?
3. In your opinion, what are some strategies that can help promote mental health in schools and/or in the workplace?
4. What does a society that prioritises mental health and well-being look like to you? How can we work towards such a society?
5. The concept of “resilience” is often brought up in conversations about mental health. What does “resilience” mean to you? Do you think individuals and communities need to be more resilient in order to promote better mental health? Why or why not?