

K(No)w Stigma

2022

Event Information Sheet

Let's talk **mental health**



NUS
National University
of Singapore

#Areu  K

ABOUT

At our #AreuOK event last year, you told us you would like to learn more about anxiety, stress, depression, and other mental health issues.

We hear you!

This June, we're stepping up to the challenge with the first edition of K(NO)W Stigma!

Join us as we:

- (i) demystify the topic of mental wellness
- (ii) create a safe space for more in-depth dialogue

Our first edition of the K(NO)W Stigma is an exciting series of events that will culminate in a panel discussion at NUS UTown Auditorium 1, where we'll touch on topics such as anxiety disorder and burnout from work.

Will you take a stand with us against one of the biggest barriers to seeking help for mental wellness — stigma?

CALENDAR OF **EVENTS**

REGISTRATION

12:00 PM TO 12:30PM

OPENING

12:30 PM TO 12:35PM

PANEL DISCUSSION

12:35 PM TO 1:20PM

Moderator:

Goh Zhengqin
(Head, Counselling Centre, Yale-NUS College)

Panelists:

- Clarence Ti,
(Deputy President (Administration) of NUS)
 - Deborah Seah
(Senior Executive, IT, Duke-NUS; Peer Staff Supporter)
 - Zhin Sadali
(NUS Graduate, Account Manager and Head of Project Management Office of TheSmartLocal.com)
-

Q & A

1:25 PM TO 1:55PM
