



MEDIA RELEASE

#recov-Her: PPIS' first virtual *tabung* for women's mental health and wellbeing

Singapore. Friday, 9 October 2020. In commemoration of World Mental Health Day on 10 October¹, PPIS (Singapore Muslim Women's Association) teams up with Safinah Institute to make a move in support of Muslim Women's mental health and wellbeing. The organisation launches its first virtual *tabung* in line with this global campaign to raise awareness among the Malay-Muslim community and improve access to such services for women-in-need.

This year's Mental Health Day comes at a time when COVID-19 has disrupted lifestyles and livelihoods. The past months have brought numerous challenges, and PPIS believes the need for mental health and psycho-social support will continue to increase over the coming months.

SYM Academy, PPIS' resident expert in family therapy since 2015, saw a gradual increase in the number of individuals, couples and families seeking help post circuit-breaker. It was reported that the weekly average of enquiries for therapy has grown threefold in July as compared to their weekly average in May.

As such, in addition to its current role in the national SGTeguhBersatu task force which focuses on strengthening psycho-social resilience of the community, PPIS hopes to join the movement and invest its efforts by building on the community resources available, leveraging on its Psycho-Social Resilience framework², and introducing SYM Academy as a safe space for Muslim women to #recov-HER (recover) and work on improving their mental health and wellbeing.

"PPIS, as the pioneering Muslim women's organisation, hopes to move the needle for our women in the Malay-Muslim community. We hear their struggles through these unprecedented and uncertain times. While this campaign is just the starting point, PPIS hopes to drive much-needed conversations and provide more safe spaces in our upstream efforts to help normalise and destigmatise mental health," Mdm Rahayu Mohamad, President of PPIS said.

The community can look forward to various information and activities provided through PPIS and Safinah's social media platforms*. This includes sharing of success stories to celebrate the strength and resilience of fellow Muslim women and spur others to take active steps towards improving their own mental wellness. Additionally, the campaign strives to educate and connect our community to useful resources to help identify and tackle potential mental health challenges. As family members or friends, they will then be equipped with tips and knowledge to offer the peer support necessary to uplift persons in recovery.

To support PPIS' efforts and donate, you may visit www.giving.sg/ppis/recov_her.

¹ <https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020/world-mental-health-day-campaign>

² <https://ppis.sg/family-services/psycho-social-resilience-framework/>



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About PPIS

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, families and children. We are dedicated to working with women of all ages in carrying out their multiple roles in society.

We run three core community services namely Family Services, Student Care and Early Childhood Education (ECE). With 16 centres islandwide, the services work seamlessly to provide quality and holistic support, as well as developmental programmes for women and their families across the different phases of their lives.

About SYM Academy

SYM Academy is a practice academy specialising in family-focused work. With advanced competencies and know-how, we work with professionals, practitioners and families through individual coaching, clinical supervision, group facilitation and systemic approach training programmes.

At SYM, we interact with professionals across different career fields. We offer holistic and comprehensive services as part of our therapeutic family-related work and training programmes for professional development. In doing so, we also tailor our programmes to fit the needs of individuals and families accordingly. Through such collaborative efforts, we strive to help them achieve their goals.

For more information, please visit: <https://ppis.sg/>.