

CHAT Talk: Transition to Work



Young People's Minds Matter

Overview

Transition in life can be filled with many uncertainties and challenges which may affect our mental health. However, transitions also bring with them an increased potential for personal growth and transformation.

This talk is aimed at helping us navigate the transition from school to work. If you are looking to gain a greater understanding of this transition, its impact on us and our mental health, and to learn tips to cope with this transition, join us for this talk!

Course Content

- Understand the differences between school and work setting
- Understand Emerging Adulthood
- Explore possible impacts of transition from school to work on our mental health
- Learn ways to cope with transition from school to work

Duration: 1 hour

Pre-requisite: Nil

Target participants:

- Final year student in Institutes of Higher Learning
- Young working adults (with less than 1 year of working experience)

ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, CHAT is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at *SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Talk will be delivered by one of CHAT's team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.