



CLARITY

Happiness Within Your Reach

A Catholic charity that lights the way to mental well-being



@THEYESINITIATIVE

What Is the YES Initiative?

The **YES Initiative** is an initiative by Clarity Singapore that aims to provide a platform for youths who may be at risk of or struggling with mental health conditions to be empowered through support and growth in their journey of living and leading meaningful lives.

Titled “**Your Empowered Self**” **YES**, each component holds a meaning:

YOUR — Sense of ownership to define what encompasses living and leading meaningful lives

EMPOWERED — Youths are equipped with tools and skills needed to embark on the journey towards self-efficacy and self-actualisation

SELF — Recognition and respect that each individual has unique needs and goals as a precursor to building relationships and living well in social communities



YES Mission

Forming communities in which youths with mental health conditions build resilience to live meaningful lives.

YES Vision

Empowering youths with mental health conditions to reach their potential.



The YES Initiative aims to:

- Provide early prevention, detection and intervention for youths with mental health conditions.
- Foster community services as a support network for youths with mental conditions.
- Promote positive mental wellbeing and enabling youths with mental health conditions to thrive independently.

Who can join the **YES Initiative**?

**Youths aged 18 to 30,
at risk of or diagnosed with
mental health conditions**



If you are feeling overwhelmed and unable to cope, contact us at

 **67577990** or

 **ask@clarity-singapore.org**
to make appointment.

Individual Psychotherapy

In our individual psychotherapy sessions, you will work together with a therapist over a series of sessions to learn ways to better manage and cope with your condition.

#BLOOM Group Programme

In this 8-week psychoeducational group programme, you will join other youths to learn more about mental wellness by exploring topics such as finding strengths, coping with stress, regulating emotions and managing relationships.

Mental Health Workshops

We organise and conduct 3-session workshops on various mental health-related topics.

Interest Group

In our bi-weekly interest group sessions, you will join other youths to participate in discussions and activities related to our monthly themes such as 'Gratitude', 'Perseverance', 'Reflection' and 'Celebration'.

Social Media Engagement

On our Instagram account @theyesinitiative, you will find mental health-related contents and updates on our programmes and services. We also have a microsite dedicated to youths titled Celebrating Courageous Lives - courageouslives.wixsite.com/clarity, where you can read inspiring stories of courage and hope and obtain information and resources.



Clarity Singapore Limited is a mental health charity endorsed by the Catholic Archdiocese of Singapore, and is a member organisation of Caritas Singapore and National Council of Social Service (NCSS).

We focus on responding to mental health needs through community-based mental health care services individual or group sessions.

We serve clients regardless of race, religion, or culture, aged 15 - 65, with mild to moderate psychological and emotional difficulties including:

- Anxiety Disorders
- Depressive Disorders
- Obsessive-Compulsive Disorders
- Traumatic Disorders
- Maternal Mental Health



OUR TEAM

Services are provided by a full-time professional clinical team assisted by accredited support staff. We provide a safe and therapeutic space to help you gain insights to your situation by equipping you with clinical tools to cope and thrive in your journey towards recovery and mental wellness.

Our contacts:

 67577990

 ask@clarity-singapore.org

Our centres:

YISHUN

Block 854 Yishun Ring Road, #01-3511
Singapore 760854

AGAPE VILLAGE

7A Lorong 8 Toa Payoh, #04-01
Singapore 319264

For more information, go to:

 www.clarity-singapore.org

 @ClaritySG

 @theYESinitiative

 t.me/claritysg

A member organisation of

 **Caritas**
SINGAPORE
God's Love in Action