

Shan You 25

A Community Initiative By

SHAN YOU



shanyou.sg



iamEllie.sg

SUPPORTING OUR COMMUNITY

The COVID-19 pandemic has led to much stress and anxiety for our community. It has brought many changes to our daily life, such as studying or working from home, restrictions in social interaction and loss of income or employment. It's important that we care for our mental health during this period.

Shan You is 25 this year! We were established in 1995 to provide mental health and community wellness services to the community. Aligned with our mission, we are pleased to launch **Shan You 25**, a mental wellness initiative for **full-time students, seniors and unemployed persons**. We hope to support their psychological and emotional resilience during this period as they face a multitude of challenges in their daily lives.

The Details

- For Singapore Citizens or Permanent Residents who are:
 - Full-time students age 16-25 years
 - Unemployed individuals age 21 years and above
 - Seniors age 55 years and above
- Each approved applicant will be offered up to **5 counselling sessions at a special subsidised rate of \$25/session**.
- Sessions can be scheduled from 1 September 2020 to 31 March 2021 subject to availability.



About Shan You Counselling Centre

Our centre provides evidence-based counselling and mindfulness-based services to the community regardless of race and religion. Through our services, we hope to build a mentally healthy and compassionate community where all are empowered to live good and meaningful lives.

To Apply

For more information on or to apply for Shan You 25, please call 6741 9293 or email counselling@shanyou.org.sg.

Shan You Counselling Centre is located at Block 5 Upper Boon Keng Road #02-15, Singapore 380005 (Opposite Kallang MRT).

Note: Information provided herein is correct at the time of communication and may be subjected to change without prior notice. All applications are subjected to approval. Counselling sessions are subjected to the prevailing policies and protocols of Shan You Counselling Centre. Shan You reserves the right to change and/or discontinue Shan You 25.

Member of



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The NCSS Fund-Raising and Engagement Arm