

Dear friends of REACH Community Services,



With the crossing of our 25th anniversary, REACH's commitment to answering the call of the Good Samaritan remains unwavering. Through dedicated service to the least, the lost, and the lonely within our community, REACH has been privileged to journey many individuals, youths, families, and seniors, inspiring hope and empowering change.

The recently released National Population Health Survey 2022*, conducted by the Ministry of Health (MOH), paints a concerning picture. The survey revealed a disquieting rise in poor mental health, rising from 13.4% in 2020 to 17% in 2022. Notably younger adults aged 18 to 29 bear the highest burden, with an alarming 25.3% reporting poor mental health.

Older adults aged 60 to 74 appear to be less inclined to seek help from healthcare professionals and informal networks compared to their younger counterparts. Factors such as social isolation, fear of setbacks, low mental health literacy, as well as health and social struggles, contribute significantly to seniors' heightened risk of poor mental health. There were 476** suicides reported in Singapore in 2022, the highest number in over 20 years. A 60% surge in suicides among individuals aged between 70 and 79 compared to figures from 2021.

These findings highlighted the urgent need for targeted interventions and support systems to address the escalating mental health challenges faced by various age groups in the population.

In our pursuit of promoting mental health and overall well-being of young individuals, REACH Youth Service offers youth mentoring programme with diverse activities such as Baking, Jamming sessions, Esports, and Functional Fitness at our youth centre nestled in Bukit Batok. Our primary focus is to provide more support for community and under-resourced youths who have a risk of falling through the gaps of education and employment. Through group sessions with staff and volunteer mentors, the programme aims to strengthen mental and physical resilience among our young individuals, equipping them for life's challenges.

Similarly, REACH Senior Service aims to promote active ageing as well as volunteering through playing board games and participating programmes such as Community Café, Zumba, Floor Curling, Ukelele, Digital literacy, Art and crafts, etc. There are also regular outings designed to engage our elderly community to alleviate isolation. As a Healthier SG partner, REACH is dedicated to offering senior care services that cater to the needs of our rapid ageing population through our six senior centres. We will also be growing in this realm of work in the upcoming years.

The survey results also highlight a stark reality: mental health challenges can affect people of any age, regardless of demographic factors. At REACH Counselling and Mental Health Service, we stand as a pillar of support by offering professional

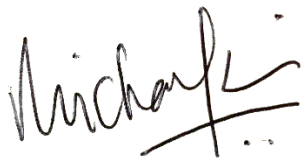
counselling services at affordable rates to public. Our dedicated team of counsellors provides support to those grappling with mental health challenges such as anxiety, stress, depression, suicidal thoughts, grief, emotional distress, and low self-esteem. We also provide mental health tips on social media and increases our publicity effort in reaching out. We aim not just to alleviate but to empower individuals, fostering resilience in their journey towards mental wellness.

Despite government funding, rising inflation and living cost challenge our fundraising efforts. To bridge operational shortfalls, REACH requires increased financial support. Your continued commitment is crucial in helping us navigate this funding gap, ensuring the sustenance and growth of our vital community services.

REACH is an approved Institution of Public Character (IPC), all contributions including flight purchases and outright donations are eligible for 250% tax deductions on the donated sum. REACH is also eligible to apply for Tote Board's Enhanced Fundraising Programme and will receive a dollar-for-dollar top-up on the total funds raised for this campaign. In other words, your donations will enable us to do more with this dollar matching grant.

Thank you for supporting our social mission in reaching out to the least, the lost and the lonely in our community. Together, we can build a more resilient society.

Yours Sincerely,



Michael Lai
Chief Executive
REACH Community Services



Source: Prevalence of poor mental health increasing in Singapore; young adults have highest proportion at 25.3% <https://www.channelnewsasia.com/singapore/poor-mental-health-young-adults-seek-help-moh-survey-3802531>

476 suicides reported in Singapore in 2022, 98 more than in 2021 <https://www.straitstimes.com/singapore/476-suicides-reported-in-singapore-in-2022-98-more-than-in-2021>