



MENTAL HEALTH WEEK 2024

MENTAL HEALTH IN THE DIGITAL AGE

PANEL DISCUSSION



KEY DETAILS



Main Title

Mind Matters: Mental Health in the Digital Age

Subtitle/Tagline

Navigating Social Media and Screen Time for Well-being

Date

24th October 2024

Time

10:00 AM – 12:30 PM

Venue

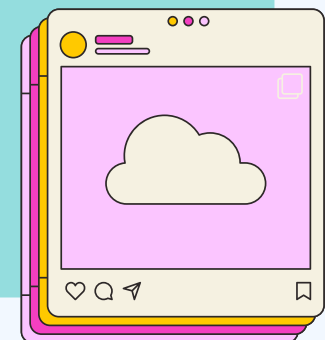
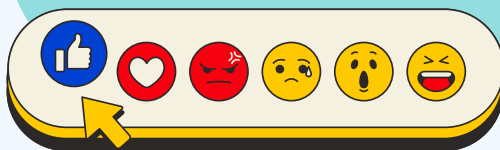
Auditorium 1 (4.06.01)



KEY TOPICS



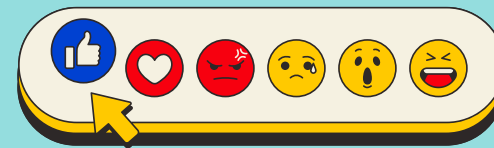
- **Impact of Social Media on Mental Health**
- **Managing Screen Time for Well-being**
- **Balancing Digital Connectivity and Real-life Interactions**
- **Effects of Social Media on Relationships**
- **Debunking Popular Myths about Social Media and Mental Health**



PANELLIST



DR. JOSHUA
NG JOO HOU

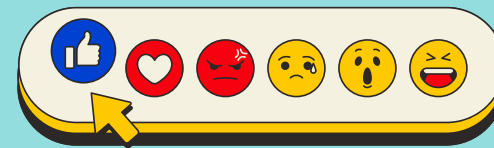


- **PhD in social psychology**
- **Licensed counsellor**
- **Certified Choice Theory Reality Therapist**
- **12 years of counselling experience on relationships, mental health, self-development and career preparation.**

PANELLIST



MR. KENNY
NG SUET
CHOON

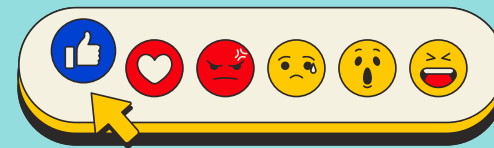


- **Licensed counsellor**
- **More than 10 years of counselling experience in dealing with clients who experienced trauma, grief, relationship issues, and other mental health concerns, especially children, adolescents, and adults.**

PANELLIST



MS. FELICIA
ILONA



- **PCLC coordinator**
- **Registered clinical psychologist**
- **Over 7 years of experience helping adolescents and adults with emotional regulation difficulties, addiction, depression, psychosomatic issues and other mental health issues.**



REGISTER TO JOIN US!

RM5 HE&SHE CAFE VOUCHERS TO FIRST 100 PARTICIPANTS

Panel Discussion Registration Form





DON'T MISS OUT !



Follow us
to get updates!



Share
with your friends!



Mark
your calendar!

