



NOV — DEC 2018

Festive Season Kindness

Season's Greetings!

As you enjoy the holidays, spare a thought for those who may be facing a difficult time. While the festive season brings cheer to many, ironically, it can bring even more pressure and stress to some, especially those struggling with depression and suicidal thoughts. As celebrations peak, feelings of loneliness may rise. One of CAL's caregivers recounts sinking into depression at the end of each year, as this season was a reminder of how long the journey as a caregiver had been. The sense of hopelessness during the festivities even resulted in the caregiver harbouring suicidal thoughts.

To extend a helping hand to this group, CAL has launched a new publicity campaign. AmberletterSG is an initiative calling on all in Singapore to reach out to those around them feeling depressed or suicidal during the festive season. It spreads the message that anyone can be a caregiver, and by caring for those around us in need, we can make a real difference to those in our society facing mental health risks.

You may find out more about [AmberletterSG](#) below. In addition, read on to find out about other initiatives in support of mental health awareness, such as [#YOLO2020](#) and a fundraising climb to [Everest Base Camp](#) this December.

Count your blessings this festive season, and celebrate every little achievement. If you need someone to support you, do connect with CAL and the caregiver community. You may find out about the ways to get involved at www.cal.org.sg.

Caregivers Alliance Limited
19 December 2018

Join us:



Caregiver Stories

Ever Optimistic, Come Rain or Shine



Robert Wong is a caregiver to his wife, who suffers from schizophrenia. Since 2013, his wife has been beset with a fear that there are people out to harm her, and has reacted by calling the police and displaying violent tantrums. Nevertheless, Robert looks after her and puts up with her condition resolutely. Read on to find out how Robert remains optimistic despite his caregiving challenges, and how CAL helped him become more resilient ... [\[read more\]](#)

News and Announcements

#YOLO2020: A journey in support of mental health awareness



#YOLO2020 is an 18-month fundraising campaign, with CAL as its main beneficiary. The initiative aims to raise awareness of mental health issues and encourage individuals and organisations to make a difference in the lives of others. Launched on 28 November 2018, the project will culminate in May 2020 with an attempt to summit Mount Everest by two climbers, Yeo Siak Ling and Uantchern Loh ... [\[read more\]](#)

Everest Base Camp Fundraising Climb 2018



In support of the #YOLO2020 campaign is an initiative by one of CAL's participants at a recent course on caregiving. Keith Lee, together with his friend, Kenneth, will be trekking up to Everest Base Camp this month to advocate for mental health awareness. They will use the publicity surrounding their trip to campaign against stigma, and to raise funds for CAL. The two trekkers hope to reach at their destination on Christmas Day. Find out more about how you can be involved ... [\[read more\]](#)

AmberletterSG: You Bear Hope



CAL has launched AmberletterSG, a campaign calling on Singaporeans to care for others, particularly those feeling sad and down during the festive season. The campaign aims to show that caregiving is not only for the close friends or family members of those with mental health issues. Each of us can also make a difference to reach out to those suffering from depression or at risk of suicide, as well as those prone to mental health risks ... [\[read more\]](#)

Upcoming Events

The Bloom



On 26 January, CAL will officially launch its partnership with Chinatown Heritage Centre at event 'The Bloom'. With a nod to the Singapore Bicentennial, the event will showcase flowers in bloom as its theme. Save the date and come and join us to celebrate how caregivers supporting each other can result in a bloom of hope and optimism ... [\[read more\]](#)