

for youth, by youth

A short explainer to

Lighthouse



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Mo are we!

Lighthouse is a youth-led initiative seeking to provide long-term, individual social support for youths who are emotionally vulnerable or might have mental health concerns, and to build a strong community for such youths.

Lighthouse endeavours to walk the mental health journey with youths aged 13–25 by providing them with an outlet to seek help.



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Bur Community Partners





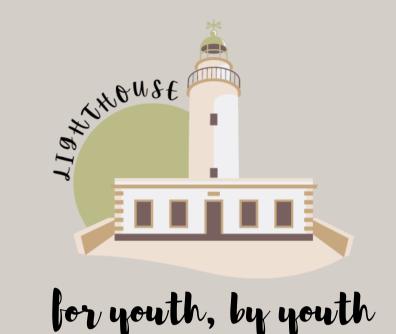










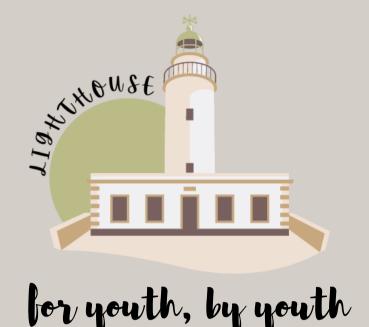


3 Pillars of Lighthouse

Befriending Service







Befriending Service

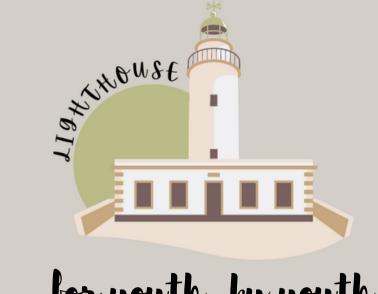
- To provide a **long-term, non-confrontational avenue for social support** for those who have mental health concerns, but choose not to seek professional referrals.
- 1–1 Befriending on a regular basis: to touch base with youths, provide a listening ear, and refer them to resources if and when they are ready. Youths will be attached to the same long-term befriender, and proactively receive check-ins on a regular basis.



Buline Social Metwork

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- An online site / group to **provide a wider community** for youths struggling with mental health issues.
- This is a platform for youths to go beyond the individual Befriending Service and engage with a wider community to seek support, listen to stories of other youths and co-create a safe space for the community.
- Currently, Lighthouse is working with the Ministry of Health's Office for Healthcare Transformation (MOHT) to host this network on their upcoming nationwide mental health forum for youths.



Articles

for youth, by youth

- Our mental health related articles are a platform for those who wish to share their stories about their mental health journey.
- Beyond factsheets and general mental health tips, this platform allows youths to reach out to others in similar positions, and provide mutual support by sharing their experiences and journeys.
- Currently, Lighthouse is working with the Ministry of Health's Office for Healthcare Transformation (MOHT) to host these articles on their upcoming content hub platform.