



A short explainer to

# *Lighthouse*

*for youth, by youth*



# Who 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.

*for youth, by youth*

# Our Community Partners



for youth, by youth





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# *3 Pillars of Lighthouse*

Befriending  
Service

Online Social  
Network

Mental Health  
Related Articles



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# *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.



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# *Online Social Network*

- 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.



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# Articles

- 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.