



Youth Wellbeing

NYF Partnership Engagement and
Networking Session
20 November 2024



Welcome



Karen Lee

**Director
Partnership Lab
National Youth Council**

PARTNER FOR YOUTHS

- To build Thriving Youths who are Future-Ready and Committed to Singapore

Today:

- **Gain insights** on the state of **Youth Wellbeing** in Singapore
- **Discover** initiatives by partners in youth ecosystem
- **Forge new connections** among stakeholders and deepen partnerships in the ecosystem
- **Understand** resources by NYC and Partners



An autonomous agency under Ministry of Culture, Community & Youth (MCCY)



- Nurture **Heart for Service**
- Drive **Youth Volunteerism**



- Foster **Shared Experiences**
- Build **Resilience & Confidence**

***Key partner** in providing opportunities for youth in the area of arts, music, dance and entrepreneurship*



- Nurture **Enterprising Spirit**
- Champion **Youth Aspirations & Develop Vibrant Youth Networks**

Youth Leadership & Engagement

NYC engages youth on issues that matter to them



To allow youth voice to be considered in Government policies



And to foster constructive civic participation skills in young people

Involve Youths in Conversations that Matter

Different ways for youths to be heard

Dialogues on national issues



Examples of topics covered

Budget
National Day Rally

Kopi sessions on Government policies



Examples of topics covered

Housing
Racial harmony
Financial literacy

Closed-door dialogues, focus group discussions and online surveys



Examples of topics covered

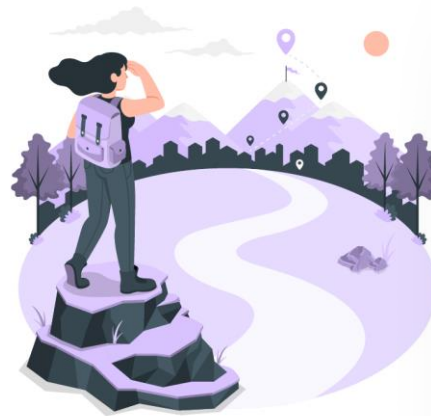
Tobacco-free generation
Migrant workers
Net zero targets

Opportunities for Discovery and Engagement

Discover On My Way, a first-stop career exploratory portal for youths. Explore different careers, connect with industry professionals and peers, and get firsthand exposure at various job roles.



For **YOUTH**, they can **explore content and programmes** from more than one provider, receive recommendations, and **track their growth** through a personal dashboard.



For **PARTNERS**, Discover **supports their operations** through features such as prog listing, registration, attendance taking, and post-programme feedback. Collectively, Discover consolidates the base of customers which may be interested in programmes for **improved targeting**.

Discover **improves data collection** across NYC-delivered and partner-delivered programmes to enable analysis of youth cohorts.

SingPass login

Content publishing

Prog registration

User dashboard

Attendance taking

Post-prog survey

First-Stop Portal Career Exploration for youth

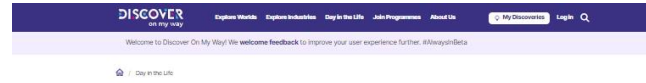
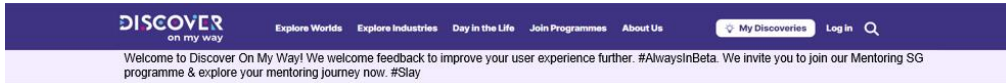


Figure out what to study or future career goals with On My Way

Learn about the different jobs and industries, connect with schooling seniors and industry professionals and get a taster of various job roles.

[Get started →](#)

Day in the Life

Explore our library of over 140 videos to get an intimate look into the daily lives of different professionals. Use the category filter below to help you navigate the videos!

Biomedical Engineer

A Biomedical Engineer keeps the life-saving medical devices, machinery, and new technologies ticking at hospitals. Watch this video to learn about the vital routines of a Biomedical Engineer!

[Check it Out](#)

Search jobs:

Industry:

Medical Social Worker

John Atzal as he finds out what it takes to be a Medical Social Worker from Alain Quek, from Jambayah Nursing Home.

Physiotherapist

As a Physiotherapist, Vivian's goal is to ensure she builds her patients' confidence so they can move about on their own.

F&B Curator

From food tastings to overseeing renovations, F&B Curators have done it. Watch to find out more what a day in their job looks like.

Early Intervention Teacher

Software Engineer

Driver Officer



Join Programmes

We know - it's hard when you are unsure of which course to take and you've got no one to ask. With these programmes organised by NYC and our partners, you'll be able to meet professionals in various industries and youth on the same journey as you.

Experience

Sign up for taster programmes to experience careers, or join company tours for an insider look.

Engage

Join a community of youth with similar interests on the same career-seeking journey as you!

Empower

Gain new skills and connect with our experienced mentors. Size the opportunity to build new capabilities!

Please log in to continue

Important notes

- The login will take about 1 minute to complete. By proceeding with the login, you shall be deemed to have read and agreed to be bound by the [Terms of Use](#) and [Privacy Policy](#).
- If you do not recall your Singpass password, you may reset it via the Singpass online request service.

[Log in with singpass](#)

Search Industries...

Tourism

Singapore's Tourism sector, progressive and adaptive, drew 330,000 visitors in 2021 despite border restrictions. It's a resilient destination, ideal for gaining global...

Food Science

The Food Science industry is innovative and thriving, leading in research and development, ensuring delicious, sustainable, and healthy food solutions for...

Air Transport

The Air Transport industry in Singapore is a global hub, renowned for efficiency, connectivity, and world-class services.

Veterinary

The Veterinary sector in Singapore plays a key role in protecting our local wildlife and domestic animals. Veterinary professionals help safeguard and ensure the welfare an...


Sustainability

The Sustainability industry drives sustainable development through green buildings, technology and urban landscapes.

Sports

The Sports industry in Singapore is vibrant and growing, offering world-class facilities, exciting events, and fostering a strong, active community for athletes!

DOMW as a youth re-engagement platform. Facilitate account set-ups during your events and re-engage your participants.



How do you change the world?
One room at a time. Which room?
The one you're in.

Peter Block

Our Facilitator



Angela Sujadi

ASEAN Youth Fellow, INSPIRIT
Senior Consultant (Sequoia Group)

Programme



2.30pm



3.45pm



4.30pm



Passion- Strength Tic-Tac-Toe

(2mins)

1. Fill up **each** box with **ONE WORD** that describes either 1 strength/passion you have





(3min)


2. Meet someone from the other table you have not met before

- ❖ exchange your name and profession
- ❖ sign off on any match

3. Once you have 1 line (/ or \ or –) come to the front!

Passion-Strength TIC·TAC·TOE

Listening to music	 Call my friend	Meditating
 Watching Netflix	 Dancing	Praying
Sleeping	 Exercising	Singing


 SEQUOIA GROUP

Youth Wellbeing Domains



Mental well-being

Enhancing mood, and strengthening resilience and self-efficacy to cope with stressors



Social well-being

Forming and maintaining healthy, meaningful relationships and social connections



Physical well-being

Developing healthy lifestyle habits for physical activity, sleep, and nutrition



Digital well-being

Navigating digital spaces safely and effectively

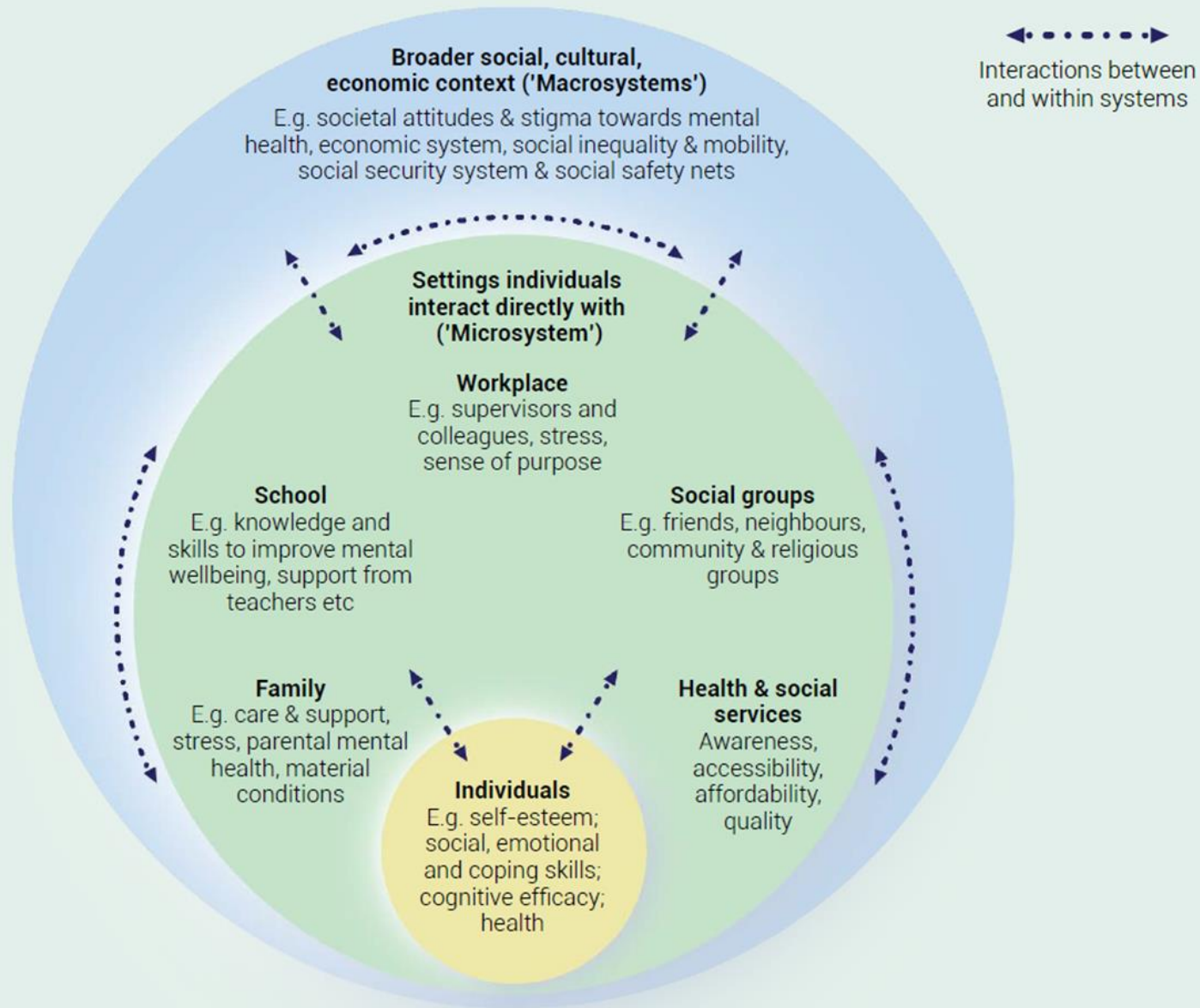


Financial well-being

Balancing financial aspirations, and managing financial stress and anxiety

Sharing by MOH and MCCY YD

Diagram 1: Factors Affecting an Individual's Mental Health and Well-Being⁹



National Mental Health and Well-being Strategy (2023)

Our Vision for Singapore's Mental Health Landscape

To create an effective mental health ecosystem comprising **accessible and good quality clinical care** with a **supportive community and society**, where people with mental health needs can **seek help early without stigma** and receive support readily for their recovery.

Mental health and well-being a key priority in our national agenda

“The Government is making mental health and well-being a key priority in our national agenda.”

4 Focus Areas to Support and Improve Mental Health and Well-being

Expanding Capacity of Mental Health Services

Enhancing Capabilities of Service Providers for Early Identification and Intervention




Promoting Mental Health and Well-being

Improving Workplace Mental Health and Well-being

- Prime Minister Lawrence Wong at Parliamentary Motion on Advancing Mental Health (7 Feb 2024)

The Tiered Care Model lays the foundation for strategic enhancements to the mental health ecosystem

The Tiered Care Model organises mental health services across health and social sectors according to severity of mental health needs

	Tier 1 Mental Well-being Promotion	Tier 2 Low Intensity Services	Tier 3 Moderate Intensity Services	Tier 4 High Intensity Services
Who will benefit? 	Healthy individuals (i.e., coping well, no or minimal symptoms of mental health conditions)	Individuals with low mental health needs (e.g., some difficulties coping, mild symptoms of mental health conditions)	Individuals with moderate mental health needs (e.g., difficulties coping, moderate symptoms of mental health conditions)	Individuals with high mental health needs (e.g., major difficulties coping, showing severe symptoms of mental health conditions)
Objective 	Promote and maintain mental well-being for all individuals, and prevent development of mental health conditions	Facilitate coping and prevent the escalation of symptoms	Reduce severity of symptoms	Reduce severity of symptoms and stabilise chronic mental health conditions
Examples of interventions /resources provided 	<ul style="list-style-type: none"> • School curriculum to build mental well-being and resilience • Public education and self-help (e.g., MindSG, SG Mental Well-Being Network) • Parenting/Peer/Community support • Workplace mental well-being support 	<ul style="list-style-type: none"> • Mental health needs detection • Counselling • Stress and anxiety management, social skills training, behaviour management 	<ul style="list-style-type: none"> • Mental health assessment¹ • Psychotherapy (e.g., Cognitive Behavioural Therapy) • Medical treatment 	<ul style="list-style-type: none"> • Psychiatric assessment² and diagnosis • Specialised and longer-term psychological interventions • Medical treatment • Emergency services

For more information, you can download the Strategy from
MOH's website:

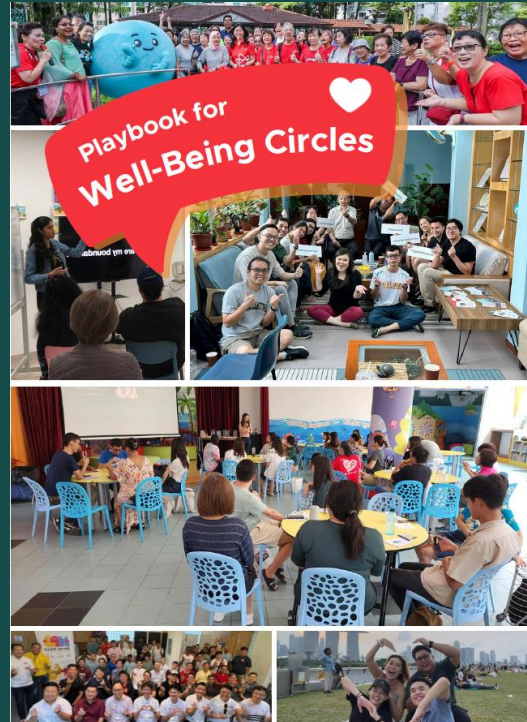
<https://www.moh.gov.sg/others/resources-and-statistics/national-mental-health-and-well-being-strategy--2023->



Supporting youth well-being [MCCY Youth Division]

Mental Well-being

- Well-Being Circles (WBCs)
- WBC Playbook
- Partners Networking Night



Financial Well-being

- [In-school] Infusing key concepts into curriculum at all levels
- [Out-of-school] Offline and online youth engagements



Social Well-being

- Supporting youths to build relationships
- Social capital, support for life transitions



Sharing by Partners

Mental Wellbeing



Social Wellbeing

Financial Wellbeing

Domain	Presenter	Description of Human Library
Mental Wellbeing	Dr Jasmine Low from Pivotal Youth	Join this session to learn more about the NYF project Pivoting Youth Mental Wellbeing , which achieved significant outcomes in training and enabling youths in their 'willingness' and 'readiness' to hold space for conversations.
	Chloris Yu from Calm Collective	Calm Circles is a group peer support programme for participants to connect, learn, and share about mental health & wellbeing in a safe, non-judgemental space. Join this session to learn about the programme, and to participate in the group peer support experience!
	Lyon Koh, Wan-lyn and Wen Jing from SHINE Children and Youth Services	Walk with Me is a pilot peer supporter program for youths with/or risk of Non-suicidal Self-Injury (NSSI). Trained volunteers (peer supporters) journey with youths, engaging them in different activities and linking them to community resources to strengthen interpersonal effectiveness and intrapersonal coping, which contributes to long term goal of reducing prevalence and preventing NSSI.
Social Wellbeing	Suhaimi, Weezy and Edly from Tasek Academy and Social Services	Tasek Rising is a series of residential multi-disciplinary camps to engage 'at-risk' young persons during the school holidays. The camps are milestones to a continued mentoring journey with the youth and includes youth mentor-facilitators as well as pre-camp and post-camp engagements. Deep bonds are formed across teens from different secondary schools as well as with young adults who provide close guidance and supervision.
	Tham Jun Han from Friendzone	The NYF Project Between Generations attracted a sizeable number of youths and the conversations led to increased social connections among Gen Zs, Millennials, and mid-career adults. Friendzone will also share about its latest NYF project responding to the Social Capital grant call. This project reflects Friendzone's evolving focus, transitioning from solely hosting neighbourhood conversations to incorporating workshops that enhance the social skills of youths, based on ground sensing of community needs.
Financial Wellbeing	Audrey Tan and Gerald Tock from PlayMoolah	Discover how PlayMoolah's From Financial Emotional Resilience to Financial Maturity program empowers youths to confidently navigate life stages and career paths with engaging eLearning modules and community events.

Human Library Process - Guidance for Wisdom Catcher



Introduction of Name and Organisation (5 mins)



Human Library Book tells story (20 mins)
'Wisdom Catcher' listen with intention



Engage in Dialogue to Inquire and Clarify (15 mins)



Return to Main Room by 4.10pm

2 'Wisdom Catcher'/'Harvester' to share back
highlights from the story

Listening with Intention



About the initiative

Overall Story
Key pivotal moments and turning points
Success and challenges



Personal leadership growth arc

Values, motivations and beliefs
Learning and growth as a leader



Process and Partnership Arc

Key strategies
Enablers of success
Possibilities and opportunities



Impact Arc

Measuring impact
Challenges of measuring impact
Empowering beneficiaries to measure impact



Future Arc

Hopes and aspirations for the future
Challenges that continue to persist
Wisdom for others

Large Group Sharing



What were the gifts to you from this group harvest?

What are you taking away from this session?

Resources: Project Re:ground

Re:ground @ Dungeon offers a space to relax, engage in some self-care activities or chat with a peer supporter!

 The Red Box (113 Somerset Road, S238165)

 Every Thursday Evening (except Public Holidays)

 7pm - 9.30pm

 go.gov.sg/projectreground



Resources from NCSS



[Beyond the Label | Facebook](#)

<https://www.ncss.gov.sg/our-initiatives/beyond-the-label/resources>

Knowledge Sharing Session



Panelists



Asher Low
Executive Director,
Limitless

Moderator



Eric Sng
Assistant Director,
SHINE Children &
Youth Services



Ivy Tse
CEO,
Halogen Foundation
Singapore



Benjamin Yeo
Lead Social Worker
& Assistant Director,
Youth Department,
Fei Yue Community
Services

Organised by:



Co-created with:



Singapore Design Awards 2024 Knowledge Sharing Session

Empowering Youths in Need – Watch the video recording to gain a deeper understanding of youth at risk, mental health and well-being issues, as well as the challenges and opportunities that exist in supporting and empowering these youths in need!

Sharing by NYC: Youth Trends & Data

Key trends on the state of youth's well-being

Maintaining and managing one's well-being is a priority

- Over the pandemic, youth's mental health has been slowly improving.
- Feeling burnout from school/work persists for some, and **"improving well-being" is a top resolution** in 2024.
- Youth **stressors are at its highest in the past decade**, as they feel most stressed by future-oriented stressors such as 'Future uncertainty' and 'Emerging adult responsibilities'.
- Protective factors such as quality of family relationships, social ties and social group participation are on a decline, coupled with increased social anxieties over the pandemic.

Top 5 Stressors

Source: NYS 2022

Future Uncertainty
Emerging Adulthood Responsibility
Finances
Work
Studies

More can be done to bolster upstream support and grow culture of help-seeking/compassion

- Youths preferred peers over parents for informal support, likely due to **lack of emotional support, dismissiveness, and intergen differences** when confiding in parents
- Yet may hesitate approaching friends over **concerns of burdening others, being misunderstood**, and whether their issues were serious enough to require help
- Many felt that **employers should provide more well-being support** for employees

Greater awareness and accessibility to support needed

- Youths continue to believe in the need to improve awareness of mental health conditions and stigma
- Youths also felt that there is **insufficient guidance to navigate mental health resources** and find the appropriate services or treatment

Top 3 Mental Well-Being-related Issues Youths Feel Need to Be Addressed



Difficulty in openly discussing mental well-being



Lack of awareness about mental health conditions



High costs in seeking professional help

Key trends on the state of youth's financial well-being

Youths are coping with COL concerns but worry that aspirations cannot be met

- Most youths **can afford basic living expenses**, and plan to manage rising COL through reducing non-essential purchases, and micro luxuries & treats
- However, youths worry about stagnant salaries, with most feeling that it **is harder to lead comfortable life now compared to their parents' time**

Source: Youth Sentiment Polls, NYC (2020-2023)

Youths in Singapore feel the effects of rising cost of living, and had high interest in improving their financial literacy to prepare them for the future. Compared to US peers, youths in Singapore appear to be better prepared with financial knowledge.

- [NYC's Youth Panels #LifeHacks](#) found that youths had high interest in improving their financial literacy to prepare them for the future
- [Feedback collected for #LifeHacks's](#) proposed financial guide found that financial literacy and investment strategies were the top desired content to be included.

Source: Youth Panels Surveys (NYC, 2023-2024)

<30% of survey respondents **answered all "Big Three" Financial Literacy questions correctly.**

Questions relate to understanding of:

1. Interest Rate
2. Inflation
3. Risk Diversification

Nearly 20% answered none of the questions right.

Source: "Financial literacy and financial well-being: Evidence from the US" ([Lusardi and Streater, 2023](#))

- More than 9 in 10 have felt personally affected by rising cost of living, with **those aged 21 to 24 and lower-income earners are more likely to feel this way.**
- Older respondents are more likely to have developed a plan for retirement savings, while **those aged 21 to 24 are slightly less likely to be able to stick to their plan for retirement savings.**
- **Those aged 21 to 24 are slightly more likely than older respondents to spend on hobbies.**

Source: "Not Quite Impulsive Spender" ([Matthew Matthews & Nah, 2024, working paper](#))



NYF Partnership Grant Call (Nov 24 – Feb 25)

DRIVEN & RESILIENT

Our youths possess the confidence and grit to achieve their goals and overcome challenges.

THRIVING & HEALTHY

Our youths are well-adjusted physically and emotionally.

ROOTED & CARING

Our youths have a deep connection with Singapore and want to contribute back to the nation.

Confidence
Tenacity
Empathy
Social Support Networks
Mental Wellbeing:
Emotional Awareness;
Emotional Management;
Emotional Support
Financial Literacy

Tiering of MWB needs and services

Suitable target audience for NYF projects

Tier 1 - Mental Wellbeing Promotion

Healthy

- School-based resilience curriculum
- Public education - Mental Health Literacy, Digital Hygiene Literacy
- Social and Community networks
- Workplace mental wellbeing support groups

Tier 2 - Low Intensity Services

Low symptoms

- Guided Self-help
- Support from parents
- Peer support networks
- Hotlines/ Chatlines

Tier 3 - Moderate Intensity Services

Moderate symptoms/ needs

- General counselling
- Basic psychosocial interventions - social skills training, stress management

Tier 4 - High Intensity Services

Severe symptoms/ High needs

- Psychiatric diagnosis
- Specialised and longer-term psychological interventions
- Medical treatment Emergency services

YOUTH WELLBEING

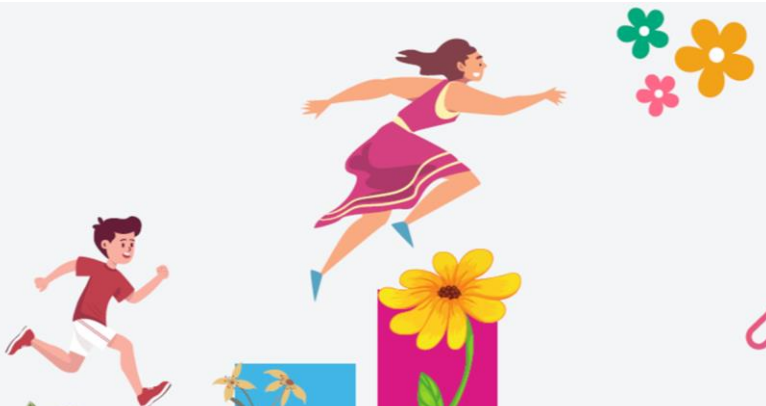
21 NOVEMBER 2024 - 19 FEBRUARY 2025

CARING FOR SELF

- Objective: Build intrapersonal and interpersonal resources within youths to enable them to manage their well-being and self-help.
- Outcome: Youths are thriving and having a positive sense of well-being

CARING FOR OTHERS

- Objective: Strengthen quality of support provided by their peers, family and colleagues for their youths to create a robust culture of care.
- Outcome: Youths/ Stakeholders are equipped with knowledge and skills to strengthen their own well-being and support others



Themes	Target Audience*	Youth Development Outcomes (YDOs)
<p>1) Caring for Self: Holistic Well-Being</p> <p>Objective: Build intrapersonal and interpersonal resources within youths to enable them to manage their well-being and self-help.</p> <p>Outcome: Youths are thriving and having a positive sense of well-being</p> <ul style="list-style-type: none"> a. <u>Resilience</u>: Develop confidence, adaptability, and effective coping strategies to deal with and recover from stressors surrounding future uncertainty and emerging adulthood. b. <u>Self-management</u>: Improve self-awareness of personal needs and the ability to monitor and manage well-being in daily life. c. <u>Help-seeking</u>: Enhance readiness and efficacy in navigating well-being resources and accessing/ utilising support in schools, workplaces and community to address their needs effectively. d. <u>Social capital</u>: Acquire skills to identify and build support networks in their communities to cultivate a sense of belonging and stability during periods of transition. 	<ul style="list-style-type: none"> • Youth Participants 	<ul style="list-style-type: none"> • Future-ready • Confidence • Tenacity
<p>2) Caring for Others: Strong Support Systems (Peers, Family & Workplace)</p> <p>Objective: Strengthen quality of support provided by their peers, family and colleagues for their youths to create a robust culture of care.</p> <p>Outcome: Youths/ Stakeholders are equipped with knowledge and skills to support others in improving their well-being</p> <ul style="list-style-type: none"> a. <u>Interpersonal awareness</u>: Improve ability to observe, recognise, and understand the emotions, needs, and concerns of others. b. <u>Responsive support</u>: Enhance readiness to take action to support others in a way that is responsive and empathetic to their needs. 	<ul style="list-style-type: none"> • Youth Volunteers • Youth Leaders • If non-youths are being trained to provide support for youths, will need to show impact on youth participants 	<ul style="list-style-type: none"> • Committed to SG • Empathy

NYF PARTNERSHIP GRANT CALL GENERAL INFORMATION

NYC is inviting partners to submit proposals for the **NYF Youth Programmes/ Capability Development (YPCD) grant**.

- Applications will only be accepted during the partnership grant call period (21 November 2024 – 19 February 2025). Projects should fall within the specified themes, unless otherwise specified, and will be evaluated on a first-come, first-served basis.

Eligibility Criteria

1. All organisations must be registered in Singapore
 - a. Not-for-profit organisations or not-for-profit young start-ups
 - b. Social Service Agencies (SSAs)
 - c. Institutes of Higher Learning (IHLs)
 - d. Social Enterprises (SEs), whose business or key initiatives are primarily focused on engaging and developing youths
2. Projects must be targeted at youths (aged 15 to 35 years old) and involve Singaporeans/ Singapore Permanent Residents (PRs).
3. Projects should not undermine Government agencies/ public institutions.
4. Projects should not have content held objectionable by the public, or that may adversely affect social cohesion in Singapore.
5. Project should not be utilised as platforms to solicit feedback on or suggest changes to Government policies.
6. Projects which have not started.

NYF PARTNERSHIP GRANT CALL GENERAL INFORMATION

Funding Considerations

Project should:

- Address a **critical gap or emerging youth need**.
- Align with NYC's **strategic focus and priority** area.
- Possess a **unique value proposition** and **creates impact** in the youth/youth sector.
- Include sufficient **risk mitigation strategies and impact evaluation**.
- Involve **broad and diverse youth audiences**, especially those requiring more support, such as vulnerable youth.

Funding Quantum

- For projects that falls within a priority theme, successful applicants can receive funding of up to 80% of total allowable project cost, capped at \$100,000 per project.
- For projects outside of the grant call priority themes (i.e. Others), NYF grant will be capped at a maximum of \$50,000 per project, or up to 80% of total allowable project cost, whichever is lower.
- Projects that demonstrate exceeding merits in terms of project scale and impact may be considered for higher funding, beyond \$100,000 per project. These applicants will be required to pitch the project to an external panel for evaluation. Invitation to pitch does not constitute a guarantee of grant approval.
- Please note that the NYF grant goes towards the project deficit.

APPLICATION PROCESS FOR YOUTH SECTOR ORGANISATIONS

21 Nov 2024 – 19 Feb 2025

Dec 2024, Jan 2025

Mar – Jul 2025

Aug 2025 onwards

Apply

- Apply for NYF grant via OSG portal, in window period, using CorpPass.
- Submit all relevant documents, including Proposal, outcomes for project, logic model.
- Applications should be at least 2-3 months before the start of the project. Project with >\$50k grant request should submit at least 3 months before the start of project.



<https://go.gov.sg/nyf>

Clarify

- 1-on-1 AskPL Grant Consult Clinics (**4 Dec/ 18 Dec/ 15 Jan**) to raise enquiries and discuss proposal ideas
- Applicant may begin outreach to other stakeholders, or apply for co-funding from other sources



<https://go.gov.sg/grant-consult>

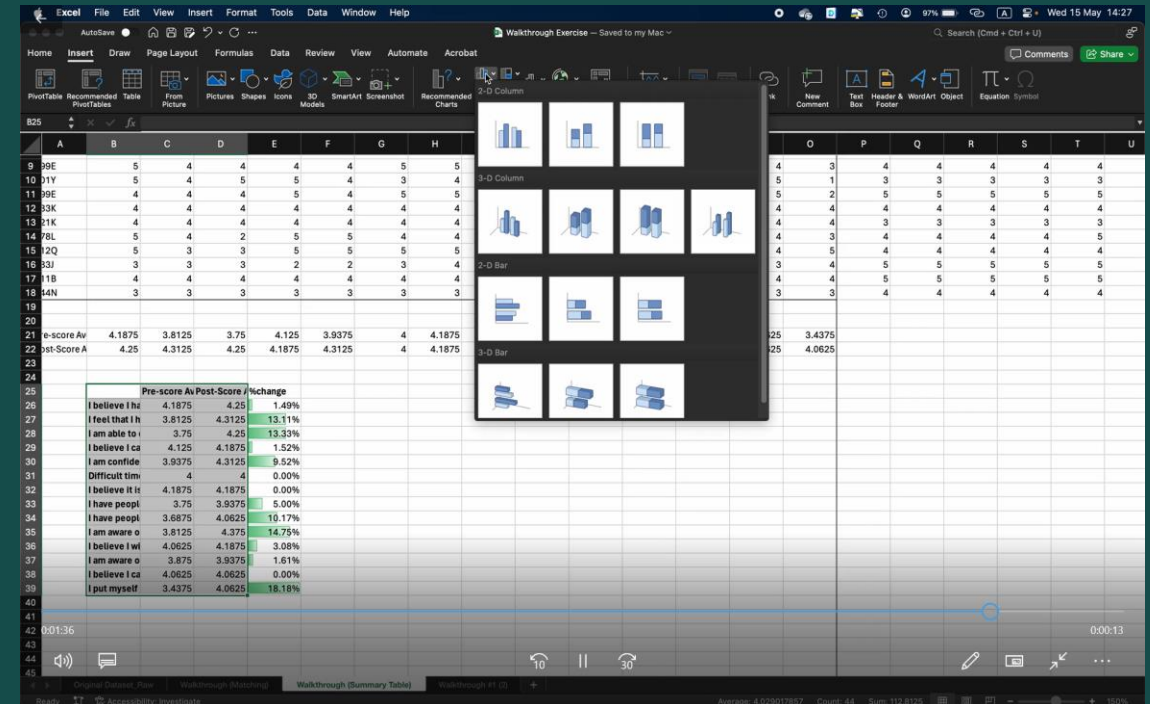
Approval/ Rejection

- For requested grant amounts up to \$100k, results within 8 – 12 weeks
- For project assessed of a grant amount of >\$100k, NYC will invite applicants to pitch their proposal.
- Acknowledge **Letter of Award** and Annexes stating approved NYF grant amount and the grant's Terms & Conditions; or
- If unsuccessful, applicant will receive notification of Rejection, via OSG.

Project Implementation

- Projects should commence by Aug 2025.
- 1st Disbursement typically within 4 weeks from acceptance of Letter of Award.
- 1st disbursement will be up to 50% of approved grant amount.
- The remaining grant will be on reimbursement based on project milestones and KPIs.

(1) OUTCOMES DATA ANALYSIS (>\$50K)



[Tutorial video resources](#)

(2) Audit of Financials (>\$5k)

- **[NEW!]** NYF YPCD grant applicants with an approved grant amount of S\$5,000 to S\$50,000 may source for and appoint your own auditor.
- For approved projects with grant amount of above S\$50,000, applicants may continue to budget in auditor costs.



(3) Youth Data Collection

Re-engagement of youths to
other NYC opportunities

1. Full name
2. Sex
3. Race
4. Last 4 characters of NRIC
5. Residential Status
6. Year of Birth
7. Email Address
8. Mobile Number
9. Postal Code
10. Occupational Status
11. Areas of Interest
12. PDPA

Partner with us!

NYC seeks to partner with you
to engage, develop and
empower our youths, and this
goes beyond funding!



Thank you for your time!

Let us know your thoughts on this session by completing our feedback form. Scan the QR code, or copy the link to your browser.

Access the feedback form here: <https://go.gov.sg/nyf-partners-networking>



More Questions?

Speak with our Partnership Lab team members:

Karen
Shawn
Michelle
Jiali
Siew Peng
Hasnah
Vinitha
Phoebe
Gigi
Verneise

Samantha
Adham
Gracinia
Candice
Phyllis
Kayla
Brendan
Jun Hua
Ashwini

THANK YOU!

Today's event was made possible with the help and support from the lovely people:

SHINE Children and Youth Services - Eric, Lyon, Wan-lyn and Wen Jing

Tasek Academy and Social Services - Suhaimi, Weezy and Edly

Pivotal Youth - Lye and Dr Low

PlayMoolah - Audrey and Gerald

Calm Collective - Sabrina and Chloris

NYC Co-workers:

Joseph
Crystal
Charlene
Huda

Friendzone - Grace and Tham

Kenneth, Jasmine, MCCY and NCSS Colleagues

Sequoia - Druga and Angela



Thank you for
your
participation!

ANNEXES

(1) References

Build Capacity & Broaden Personal Resources for Youth

- Mental health is a key issue for youths, who are at a developmental stage where they are exposed to increased vulnerability.
- Low levels of mental health literacy and limited knowledge of the landscape, exacerbated by emerging autonomy and self-reliance, inhibit help-seeking actions and contribute to difficulties in engaging and maintaining youths in mental health care.
- Salient concerns include building emotional resilience, managing work life, stigma-based challenges (e.g., concealment, discrimination).
- Preference for self-management and 1-on-1 services but desire for more social support (e.g., peer support groups).

Target Support Systems & Strengthen Ecological Resources

- [Relations] Poor mental health literacy among parents and peers impedes early identification and accessible social support. As main sources of influence and help-seeking, they are key to driving sustainable change.
- [Work] Difficulties in addressing mental health concerns at work highlights the need to foster greater mental health protection in the workplace. Given its role in shaping multiple aspects of life, work can be a threat or an opportunity to support good outcomes.
- [Society] Need for effective stigma reduction education-based interventions to address misconceptions and negative attitudes towards mental illness and cultivate mutual support among peers and community.
- [Systems] Lack of youth-friendly strategies, services and spaces for youths to connect, move, and heal.

Optimise Strategies across Promotion, Prevention, and Intervention

- Greater emphasis on resiliency promoting activities and regular systems to build resilience and strengthen well-being.
- Holistic approach to the mental health continuum (e.g., co-locating services that reduce pragmatic/ administrative barriers, promotion of related outcomes such as physical health, social capital, resilience etc. and mitigation/ management of problems faced).
- Innovative methods to engage and work with youths, allowing for flexibility and preferred ways of expression, emphasizing resiliency and self-determination. Broaden the remit of mainstream youth mental health initiatives.
- Transitional and developmental focus to address specific needs at varying ages and developmental stages and ensure smooth transitions between child-adult services, across education systems and from education to work setting.
- Demographic focus to target segments who may be more difficult to reach (e.g., male youth).
- Strengthen outreach and follow-up for youths at risk due to socioeconomic vulnerabilities (e.g., job displacement, disability).

MWB at Work

Disclosure, level of awareness, and access to support varies according to the type of work young people do and how much they earn; with higher rates of disclosure, awareness and access among young people in high-earning jobs.

Dissatisfaction at work has a negative impact on health and well-being; with higher rates among disadvantaged groups.

Satisfaction with individual aspects of job quality does not translate into an overall positive impact on health and wellbeing.

Opportunity for career progression

Voice and representation

Support managing their health

Feeling valued for their work

Pay

Training & Development

Work-life balance

Workplace culture/ environment

Work relationships

Job demands

Discomfort in disclosing mental health conditions or challenges in the workplace.

Lack awareness of workplace support, even common types such as flexible working and signposting to mental health resources.

Limited recognition of a supportive workplace culture around mental health; with higher rates among those with mental health challenges.

Negative impact on mental health is a key factor for leaving or planning to leave work.

Areas of Intervention

Difficulties in addressing mental health concerns at work highlights the need to foster greater support and protection in the workplace, creating space for the emergence of self-worth, connectedness, and a sense of purpose.

Empower young workers around their mental health

- Raise awareness before young people enter the workforce
- Initiatives/ mechanisms that amplify youth voices on mental health
- Improve visibility of available resources and regular communication

Improve job quality and satisfaction at work

- Involve young employees in development of support measures
- Address wider issues around job quality
- Implement recognition frameworks to acknowledge and appreciate
- Actively promote a healthy work-life balance

Create integrated approaches to support mental health at work

- Promote a pipeline for sustained support from education to work
- Support the sharing of information and best practices
- Improve links between education, community-based organisations and employers, to better support young people's transitions
- Local awareness and information campaigns and events to improve knowledge and reduce stigma around mental health at work and provide educational resources for employers and young people

Invest in health and wellbeing support

- Funding to support mental health training for managers
- Improve links between workplaces and mental health support and advocacy bodies, by providing employers with key resources

Target Support Systems & Strengthen Ecological Resources	
<p>1. Poor mental health literacy among parents and peers impedes early identification and accessible social support. As main sources of influence and help-seeking, they are key to driving sustainable change.</p>	<ul style="list-style-type: none"> • Long-term protective factors from social networks are weakening with declining quality of family relationships, social ties, and friendship diversity. (National Youth Survey & Year-end poll, 2022) • Parents were less likely to identify mental health symptoms in their children, compared to adolescents’ self-report. (NUS Youth Epidemiology and Resilience Study, 2023) • Youths emphasized their social relationships as most significant elements of their well-being, particularly the importance of family relations (parents, caretakers, siblings, grandparents) as the strongest interpersonal resource. (Tadić et al., 2019) • Peer support training/ interventions had modest but consistent effects, and therefore may be effective for clinical and personal recovery across a wide range of mental disorders and intervention types. (Smit et al., 2023)
<p>2. Difficulty in addressing mental health concerns at work highlights the need to foster greater protection in the workplace. Given its role in shaping multiple aspects of life, work can be a threat or an opportunity.</p>	<ul style="list-style-type: none"> • Employment exposes youths to psychosocial risks for poor mental health (e.g., lack of control, high job demands, poor work relationships, high effort-reward imbalance etc.). (Harvey et al., 2018; WHO, 2022) • Stigma surrounding mental health conditions remains a dominant barrier to disclosure at work, to the implementation of support at work, or to the uptake of available support. (Toth et al., 2021) • Young people with mental health conditions in Singapore often experienced anticipatory stressors and fear/ stress about the act of help-seeking at work while also tended into self-stigmatise themselves. However, they also perceived multiple benefits of work for mental well-being. Many of the advantages articulated (e.g., social identity, connectedness, self-worth and a sense of purpose) are closely associated with the concept of recovery, which further strengthens the need to focus on the employment needs of this population. (Subramaniam, 2020)
<p>3. Need for effective stigma reduction education-based interventions to address misconceptions about mental illness and cultivate mutual support among peers and community.</p>	<ul style="list-style-type: none"> • Despite decades of locally executed anti-stigma programmes and campaigns to educate and raise awareness about mental illness, PMI in Singapore still face a significant amount of stigma. (Subramaniam et al., 2017) • 1 in 3 youths believed that there is a need to improve awareness of mental health conditions and stigma surround the topic. (Youth Sentiment Polls 2022-2023; National Youth Survey, 2022) • Stigma and embarrassment about seeking help emerged as the most frequently reported barrier to help-seeking for mental health problems. The primary concern lies in how others, including sources of help, might perceive them. Concerns about confidentiality and trust may also stem from the fear of stigmatisation by peers and family. (Gulliver et al., 2010) • As poor mental health literacy is closely associated with greater stigmatising attitudes towards mental illness, education is an important component of anti-stigma interventions to address the lack of knowledge. Social contact with PMI has also demonstrated effectiveness in modifying negative attitudes towards individuals with mental illnesses. (Goh et al., 2021)
<p>4. Lack of youth-friendly strategies, services and spaces for youths to connect, move, and heal.</p>	<ul style="list-style-type: none"> • Despite treatments being available, many mental health disorders in youth remain untreated. This underscores the need to understand the factors affecting youth engagement in mental health services and design them in ways that resonate with and benefit youths directly to improve uptake and subsequent outcomes. (Hawk et al., 2019) • Key elements of youth-friendly strategies include accessibility and inclusivity, flexibility, confidentiality and trust, cultural relevance, agency, and engagement in the design and development of policies and services.

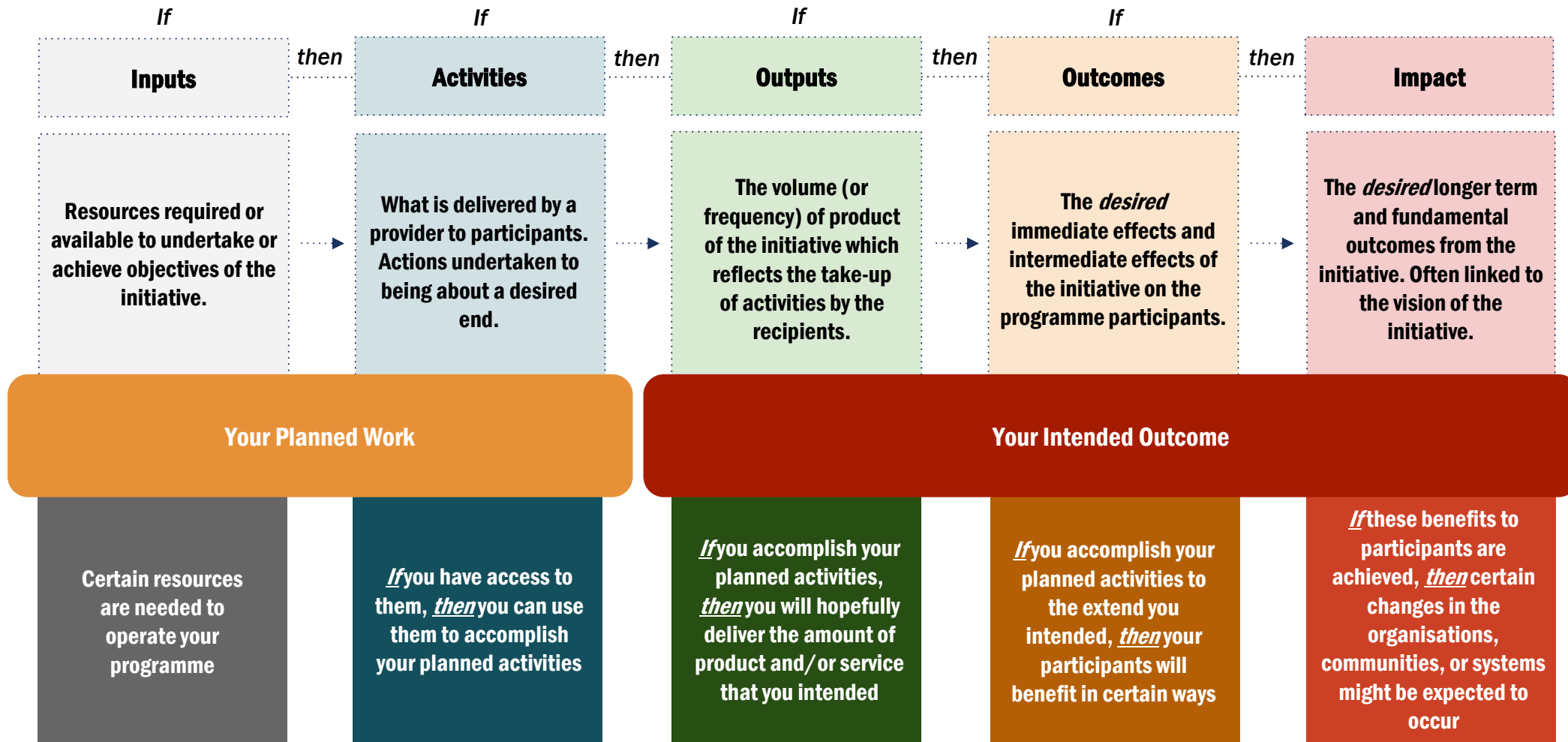
Optimise Strategies across Promotion, Prevention, and Intervention	
<p>1. Greater emphasis on resiliency promoting activities and regular systems to build resilience and strengthen well-being.</p>	<ul style="list-style-type: none"> • Youths with higher good mental health scores also had higher resilience scores. An upward trend in resilience scores was observed for the lower 10th percentile in each age group, indicating that resilience can be improved over time, especially youths in the vulnerable “tween years”. (NUS Youth Epidemiology and Resilience Study, 2023) • Though majority continue to report moderate resilience, it has seen steady declines with consistently lower scores among younger youths. Social support and Future of Work competencies has a positive impact on youth resilience and future preparedness. (National Youth Survey, 2022) • Singapore Youth Resilience Scale (SYRESS) domains can serve as assets to strengthen overall resilience: Perseverance/ Commitment, Positive Self-image/ Optimism, Relationship/ Social Support, Humour/ Positive Thinking, Emotional Regulation, Spirituality/ Faith, Personal Confidence/ Responsibility, Personal Control, Flexibility, and Positive Coping.
<p>2. Holistic approach to the mental health continuum (e.g., co-locating services that reduce pragmatic/ administrative barriers, promotion of related outcomes such as physical health, social capital, resilience etc. and mitigation/ management of problems faced).</p>	<ul style="list-style-type: none"> • Mental health promotion and preventative measures are cost-effective in preventing or reducing mental illness-related morbidity, both at the society and individual level. Promoting mental health early in life can reduce the burden of mental illness and improve long-term societal outcomes. (Singh et al., 2022) • Integrated and multidisciplinary services are needed to increase the range of possible interventions and limit the risk of poor long-term outcomes. Social, political and other health care bodies also play an important role with mental health professionals in the process of meeting mental health well-being needs during youth years. (Colizzi et al., 2020) • Psychosocial programmes can encourage the promotion of mental health by prioritising peer interaction and offering suitable social and leisure activities. (Tuaf & Orkibi, 2023) • Cognitive-behavioral, resilience, mindfulness, and physical activity interventions were found to be effective in promoting mental health and well-being. Skills-based mental health promotion interventions with supervision had a significant effect on overall mental health among young adults. Group-based behavioral, cognitive-behavioral, or multi-modal parenting programs were found to improve parental mental health in the short term. Workplace mindfulness training was beneficial in promoting mental health. (Saijonkari et al., 2023) • Physical activity was found to be effective in prevention of stress, anxiety, and the onset of depression. (Pieper et al., 2019) • Green space interventions had beneficial effects on youth health, including enhanced mental health and resilience. Exposure to green space can improve positive mood and reduce the risk of psychological and physiological stress in adolescents. (Zhang et al., 2020)
<p>3. Innovative methods to engage and work with youths, allowing for flexibility and preferred ways of expression, emphasizing resiliency and self-determination. Broaden the remit of mainstream youth mental health initiatives.</p>	<ul style="list-style-type: none"> • The peak incidence of mental disorders during youth and the unique social-cultural embedding of youth highlight the need for novel service models that also address the fact that youths have the most limited access to mental health services across the lifespan. (Uhlhaas et al., 2023; Radez et al., 2021) • Implementation of creative approaches can address blind spots and inadequacies in existing youth mental health services and support through art, music, performing arts and cultural activities. (Williams et al., 2024) • Some youths appreciated innovative approaches or using non-verbal ways of communicating (e.g., drawing or writing about their emotions. Art therapy, drama therapy or music therapy may be consistent with youth-friendly services. (Hawk et al., 2019)

ANNEXES

(2) Logic Model and Youth Wellbeing Outcome Indicators

LOGIC MODEL

A logic model should be read from left to right, starting with the inputs, by using “if-then” statements (i.e. Forward Logic).



Themes (1/2)	Outcomes	Indicators (Pre-Post)	Validated Scales
<p>Caring for Self: Holistic Well-Being</p> <p>Target: Youths (recipients)</p> <p>Objective: Build intrapersonal and interpersonal resources within youths to enable them to manage their well-being and self-help.</p> <p>Outcome: Youths are thriving and have a positive sense of well-being.</p> <p>Future-ready [YDO]</p> <ul style="list-style-type: none"> I am confident about my future as a whole.* <p>Question type</p> <ul style="list-style-type: none"> ■ Awareness ■ Attitude ■ Behaviour ■ State <p>* compulsory statements</p>	<p><u>Resilience</u></p> <p>Youths are more confident, versatile, and better equipped to deal with stressors and recover from set-backs.</p> <p><i>(e.g., coping skills, stress management techniques)</i></p>	<p>Confidence [YDO]</p> <ul style="list-style-type: none"> I believe I have the ability to succeed in the things I want to do.* I am confident I can succeed when I try my best. <p>Tenacity [YDO]</p> <ul style="list-style-type: none"> I am able to persevere in the face of challenges.* I do not give up even after experiencing failure. 	<p>Self-Perception</p> <ul style="list-style-type: none"> Resilience: Brief Resilience Scale (BRS) Coping Competence & Confidence: Coping Competence Questionnaire (CCQ), Coping Self-Efficacy Scale (CSES) Experience of Stress: Perceived Stress Scale (PSS)
	<p><u>Self-management</u></p> <p>Youths are more self-aware and adept at monitoring and managing their well-being in daily life.</p> <p><i>(e.g., self-care strategies, goal-setting)</i></p>	<p>Self-Empowerment [Prog Feedback]</p> <ul style="list-style-type: none"> I understand the factors that contribute to my overall well-being. I believe it is important to prioritise my wellbeing.* I make a conscious effort to manage my well-being. <p>Proactiveness [Prog Feedback]</p> <ul style="list-style-type: none"> I take initiative to manage my well-being.* I seize the opportunity to improve my well-being whenever I see one. 	<ul style="list-style-type: none"> Sense of Empowerment: Personal Empowerment Scale (PES) Self-Efficacy: Mindfulness-Based Self-Efficacy Scale – Revised (MSES-R), Equanimity and Taking Responsibility Subscales Self-Care Behaviours/ Actions: Mindful Self-Care Scale (MSCS)
	<p><u>Help-seeking</u></p> <p>Youths are more prepared to navigate well-being resources and access/ utilise support in schools, workplaces and community.</p> <p><i>(e.g., wayfinding, self-expression)</i></p>	<p>Self-Advocacy [Prog Feedback]</p> <ul style="list-style-type: none"> I am aware of resources that can enhance my well-being.* I would seek help when faced with challenges that I cannot manage alone.* I am able to express my needs and ask for support in various settings. 	<ul style="list-style-type: none"> Help-Seeking Attitudes: General Help-Seeking Questionnaire (GHSQ)
	<p><u>Social capital</u></p> <p>Youths are able to identify and build support networks in their communities.</p> <p><i>(e.g., mentoring, social mixing)</i></p>	<p>Relationship-Building [Prog Feedback]</p> <ul style="list-style-type: none"> I believe it is important to foster a sense of belonging and support. I can build and maintain supportive relationships.* 	<ul style="list-style-type: none"> Perceived Support: Perceived Social Support Scale (PSSS) Connectedness: Social Connectedness Scale – Revised (SCS-R)

Themes (2/2)	Outcomes	Indicators (Pre-Post)	Validated Scales
<p>Caring for Others: Strong Support Systems (Peers, Family & Workplace)</p> <p>Targets:</p> <ul style="list-style-type: none"> • Youths (supporters) • Mentors / non-youth peers • Family members • Workplaces <p>Objective: Strengthen quality of stakeholder support to create a robust culture of care.</p> <p>Outcome: Youths/ Stakeholders are equipped with knowledge and skills to support others in improving their well-being</p> <p>Committed to SG [YDO]</p> <ul style="list-style-type: none"> • I have a part to play in developing Singapore for the benefit of current and future generations.* 	<p>Interpersonal awareness</p> <p>Youths/ stakeholders know how to observe, recognise, and understand the emotions, needs, and concerns of others.</p>	<p>Empathy [YDO]</p> <ul style="list-style-type: none"> • I put myself in the shoes of others to understand how they feel.* <p>Recognition of Needs [Prog Feedback]</p> <ul style="list-style-type: none"> • I can identify when others are in need of support. 	<ul style="list-style-type: none"> • Emotional Intelligence: Schutte Self-Report Emotional Intelligence Test (SSEIT) • Emotional Competence: Profile of Emotional Competence (PEC)
	<p><u>Responsive support</u></p> <p>Youths/ stakeholders feel better prepared to support others in a way that is responsive to their needs.</p>	<p>Capacity to Support [Prog Feedback]</p> <ul style="list-style-type: none"> • I understand the ways that I can care for others. • I know how to tailor support to meet individual needs. • I am aware of the effects of my actions on others. • I am able to support those in need.* • My efforts to care for others will make a difference. • I encourage my [peers/ youths] to participate in activities that promote well-being. 	<ul style="list-style-type: none"> • Quality of Support: Intentional Peer Support Core Competencies Scale (IPSCC)

Domains	Outcomes	Indicators (Pre-Post)	Validated Scales
Mental Well-being	Youths are happy, resilient, and confident in managing stress.	<p>Emotional Awareness [YDO]</p> <ul style="list-style-type: none"> I know how to identify symptoms of mental and emotional distress.* <p>Emotional Management [YDO]</p> <ul style="list-style-type: none"> I know how I can manage negative thoughts and emotions.* I know where to seek help when I have distressing thoughts and emotions beyond my control. If I have distressing thoughts and emotions beyond my control, I would seek help. <p>Emotional Support [YDO]</p> <ul style="list-style-type: none"> I am able to support those struggling mentally and emotionally.* 	<ul style="list-style-type: none"> Mental Help Seeking Attitudes Scale (MHSAS) Mental Help Seeking Intentions Scale (MHSIS) Barriers to Help-Seeking Scale (BHSS) Self-Stigma of Seeking Help Scale (SSOSH)
Social Well-being	Youths have healthy, meaningful relationships and social connections.	<p>Social Support Networks [YDO]</p> <ul style="list-style-type: none"> I have people whom I can turn to for support.* I have people that I can talk with about my problems. 	<ul style="list-style-type: none"> Perceived support: Perceived Social Support Scale (PSSS) Social Connectedness Scale – Revised (SCS-R)
Financial Well-being	Youths feel secure in their financial future.	<p>Financial Literacy [YDO]</p> <ul style="list-style-type: none"> I know the steps that I can take to meet my financial goals. 	<ul style="list-style-type: none"> Reported Financial Well-being Scale Affective, Physical, Relational (APR) Financial Stress Scale

Themes (1/2)	Outcomes	Indicators (Post-Only)	Validated Scales
<p>Caring for Self: Holistic Well-Being</p> <p>Target: Youths (recipients)</p> <p>Objective: Build intrapersonal and interpersonal resources within youths to enable them to manage their well-being and self-help.</p> <p>Outcome: Youths are thriving and have a positive sense of well-being.</p> <p>Future-ready [YDO]</p> <ul style="list-style-type: none"> I am more confident about my future as a whole.* <p>Question type</p> <ul style="list-style-type: none"> Awareness Attitude Behaviour State <p>* compulsory statements</p>	<p>Resilience</p> <p>Youths are more confident, versatile, and better equipped to deal with stressors and recover from set-backs.</p> <p>(e.g., coping skills, stress management techniques)</p>	<p>Confidence [YDO]</p> <ul style="list-style-type: none"> I have a stronger belief in my ability to succeed in the things I want to do.* I am more confident I can succeed when I try my best. <p>Tenacity [YDO]</p> <ul style="list-style-type: none"> I am better able to persevere in the face of challenges.* I am less likely to give up even after experiencing failure. 	<p>Self-Perception</p> <ul style="list-style-type: none"> Resilience: Brief Resilience Scale (BRS) Coping Competence & Confidence: Coping Competence Questionnaire (CCQ), Coping Self-Efficacy Scale (CSES) Experience of Stress: Perceived Stress Scale (PSS)
	<p>Self-management</p> <p>Youths are more self-aware and adept at monitoring and managing their well-being in daily life.</p> <p>(e.g., self-care strategies, goal-setting)</p>	<p>Self-Empowerment [Prog Feedback]</p> <ul style="list-style-type: none"> I am better able to understand the factors that contribute to my overall well-being. I have a stronger belief that it is important to prioritise my wellbeing.* I am more likely to make a conscious effort to manage my well-being. <p>Proactiveness [Prog Feedback]</p> <ul style="list-style-type: none"> I am more likely to take initiative to manage my well-being.* I am more likely to seize the opportunity to improve my well-being whenever I see one. 	<ul style="list-style-type: none"> Sense of Empowerment: Personal Empowerment Scale (PES) Self-Efficacy: Mindfulness-Based Self-Efficacy Scale – Revised (MSES-R), Equanimity and Taking Responsibility Subscales Self-Care Behaviours/ Actions: Mindful Self-Care Scale (MSCS)
	<p>Help-seeking</p> <p>Youths are more prepared to navigate well-being resources and access/ utilise support in schools, workplaces and community.</p> <p>(e.g., wayfinding, self-expression)</p>	<p>Self-Advocacy [Prog Feedback]</p> <ul style="list-style-type: none"> I am more aware of resources that can enhance my well-being.* I am more likely to seek help when faced with challenges that I cannot manage alone.* I am better able to express my needs and ask for support in various settings. 	<ul style="list-style-type: none"> Help-Seeking Attitudes: General Help-Seeking Questionnaire (GHSQ)
	<p>Social capital</p> <p>Youths are able to identify and build support networks in their communities.</p> <p>(e.g., mentoring, social mixing)</p>	<p>Relationship-Building [Prog Feedback]</p> <ul style="list-style-type: none"> I have a stronger belief that it is important to foster a sense of belonging and support. I am better able to build and maintain supportive relationships.* 	<ul style="list-style-type: none"> Perceived Support: Perceived Social Support Scale (PSSS) Connectedness: Social Connectedness Scale – Revised (SCS-R)

Themes (2/2)	Outcomes	Indicators (Post-Only)	Validated Scales
<p>Caring for Others: Strong Support Systems (Peers, Family & Workplace)</p> <p>Targets:</p> <ul style="list-style-type: none"> Youths (supporters) Mentors / non-youth peers Family members Workplaces <p>Objective: Strengthen quality of stakeholder support to create a robust culture of care.</p> <p>Outcome: Youths/ Stakeholders are equipped with knowledge and skills to support others in improving their well-being</p> <p>Committed to SG [YDO]</p> <ul style="list-style-type: none"> I have a stronger belief that I have a part to play in developing Singapore for the benefit of current and future generations.* 	<p><u>Interpersonal awareness</u></p> <p>Youths/ stakeholders know how to observe, recognise, and understand the emotions, needs, and concerns of others.</p>	<p>Empathy [YDO]</p> <ul style="list-style-type: none"> I am better equipped to put myself in the shoes of others to understand how they feel.* <p>Recognition of Needs [Prog Feedback]</p> <ul style="list-style-type: none"> I can better identify when others are in need of support. 	<ul style="list-style-type: none"> Emotional Intelligence: Schutte Self-Report Emotional Intelligence Test (SSEIT) Emotional Competence: Profile of Emotional Competence (PEC)
	<p><u>Responsive support</u></p> <p>Youths/ stakeholders feel better prepared to support others in a way that is responsive to their needs.</p>	<p>Capacity to Support [Prog Feedback]</p> <ul style="list-style-type: none"> I better understand the ways that I can care for others. I am more knowledgeable about how to tailor support to meet individual needs. I am more aware of the effects of my actions on others. I am better able to support those in need.* I have a stronger belief that my efforts to care for others will make a difference. I am more likely to encourage my [peers/ youths] to participate in activities that promote well-being. 	<ul style="list-style-type: none"> Quality of Support: Intentional Peer Support Core Competencies Scale (IPSCC)

Domains	Outcomes	Indicators (Post-Only)	Validated Scales
Mental Well-being	Youths are happy, resilient, and confident in managing stress.	<p>Emotional Awareness [YDO]</p> <ul style="list-style-type: none"> I am more knowledgeable about how to identify symptoms of mental and emotional distress.* <p>Emotional Management [YDO]</p> <ul style="list-style-type: none"> I am more knowledgeable about how I can manage negative thoughts and emotions.* I am more knowledgeable about where to seek help when I have distressing thoughts and emotions beyond my control. If I have distressing thoughts and emotions beyond my control, I am more likely to seek help. <p>Emotional Support [YDO]</p> <ul style="list-style-type: none"> I am better able to support those struggling mentally and emotionally.* 	<ul style="list-style-type: none"> Mental Help Seeking Attitudes Scale (MHSAS) Mental Help Seeking Intentions Scale (MHSIS) Barriers to Help-Seeking Scale (BHSS) Self-Stigma of Seeking Help Scale (SSOSH)
Social Well-being	Youths have healthy, meaningful relationships and social connections.	<p>Social Support Networks [YDO]</p> <ul style="list-style-type: none"> I feel I have people whom I can turn to for support.* I feel I have people that I can talk with about my problems. 	<ul style="list-style-type: none"> Perceived support: Perceived Social Support Scale (PSSS) Social Connectedness Scale – Revised (SCS-R)
Financial Well-being	Youths feel secure in their financial future.	<p>Financial Literacy [YDO]</p> <ul style="list-style-type: none"> I am more knowledgeable about the steps that I can take to meet my financial goals.* 	<ul style="list-style-type: none"> Reported Financial Well-being Scale Affective, Physical, Relational (APR) Financial Stress Scale