



PSALTcare Charity Golf 2019

**Supporting and sustaining mental
health recovery and wellness**

25 October 2019, Afternoon
Singapore Island Country Club
(Sime Course)
240 Sime Road, Singapore 288303

email: info@psaltcare.com tel: 63976994
www.psaltcare.com





About the Event

Players of all levels are welcome to a fun-filled afternoon of golfing for a good cause. The game will be played in the System 36 Shotgun format for the 18-hole challenge, followed by dinner.

What Psaltcare does

Psaltcare actively supports the recovery journeys of persons with mental health conditions such as depression, anxiety, bipolar disorder and addictions. We conduct psychoeducation classes, recovery talks and workshops, and run support groups which are facilitated by trained, volunteer peers-in-recovery to provide support and encouragement to help other peers in their recovery journeys.

Why your support matters

In Singapore, the lifetime prevalence of mental illness of 13.9% (or 1 in 7 persons) in the adult population is steadily rising, up from 12% in 2010. Mental health conditions also account for 11% of the life-years lost to disability in Singapore. However, according to the latest Singapore Mental Health Study, more than 75% of persons with mental health conditions do not seek professional help.

Psaltcare addresses this growing social need by providing more accessible, peer-focused mental health care within the community. Your support will go a long way in addressing the multiple barriers to recovery faced by peers, including discrimination, perceived stigma or shame attached to disclosing mental health conditions, debilitating symptoms and other life challenges creating multiple pressures and persistent stress on peers, which results in increased suicide risk.

Your contribution will help set up an activity hub and short-term respite haven to provide comprehensive, sustained support to peers through a wider range of psychoeducation and recovery skills training for their wellness toolbox. This supports peers in their individual progress plans and enhances their wellness and resilience as they recover and re-adapt to life and work anew.

We thank you for partnering us to provide accessible, engaging and comprehensive mental health services to cater to the needs of peers with mental health conditions. Together, we can make recovery possible!

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Date: Friday, 25 October 2019, Afternoon Session
Venue: Singapore Island Country Club (Sime Course)
240 Sime Road, Singapore 288303

1. Corporate Sponsorship

Please indicate your choice of sponsorship:

☐ \$40,000 ☐ \$25,000 ☐ \$10,000 ☐ \$5,000

Details of the choice of sponsorship as follows:

\$40,000 - Platinum Sponsor <ul style="list-style-type: none">• 5 complimentary flights• 1 dinner table• Special invitation for 2 guests at GOH table• Tee Box Sign	\$25,000 - Gold Sponsor <ul style="list-style-type: none">• 4 complimentary flights• 1 dinner table• Tee Box Sign
\$10,000 - Silver Sponsor <ul style="list-style-type: none">• 3 complimentary flights• Tee Box Sign	\$5,000 - Bronze Sponsor <ul style="list-style-type: none">• 2 complimentary flights• Tee Box Sign

Cash donations above \$10,000 will be acknowledged at the post tournament dinner.

2. Flight Registration

For registration and queries, please contact Mr Chris Tan at email: info@psaltcare.com or tel: 63976994

Closing Date: (15 September 2019)

Participation Fees		
Single flight	\$2,500	4 golfers

Participants				
Name of Golfer	Email	Mobile	Handicap	SICC Membership #

3. Donation

☐ \$50,000 ☐ \$20,000 ☐ \$10,000 ☐ \$5,000 ☐ \$1,000
☐ Other amount (please specify)

Method of Payment

For payment via cheque, attach the completed form and mail it to:

Psalt Care Ltd
10 Sinaran Drive
#11-16 Novena Medical Centre
Singapore 307506

To make an internet bank transfer

Account Name: **Psalt Care Ltd**
Bank: OCBC Bank Ltd
Account Number: 686-375239-001
Kindly inform our staff of the impending bank transfer.

For Bank transfer through banking app

1. Login to payment portal



2. Scan QR code shown here:

3. Key in the amount to pay for golf sign-up or donation
4. Send a screenshot of payment confirmation to info@psaltcare.com

Psalt Care Ltd is an approved IPC charity. Tax Exempt Receipts are available upon request.

Your Particulars

Name / Company		
IC / UEN	Cheque No	Bank
Address		
Email	Mobile/Phone	
Signature/ Company Stamp:		