



PRESS RELEASE

IMMEDIATE

Over-The-Rainbow, pioneer and leader in youth mental wellness – celebrates its 10-Year Anniversary on 30th October 2022

Over-The-Rainbow (OTR) is the mental wellness initiative of the not-for-profit family foundation of Yen-Lu and Yee Ling Chow, founded in loving memory of their dear son who suffered from manic depression and ended his own life at the age of 26. Over-The-Rainbow will be celebrating her 10-Year Anniversary milestone with a host of VIPs, industry luminaries, friends, partners, and volunteers on 30th October at The Red Box on Somerset Road.

Gracing the event as the **Guest of Honor is Speaker of Parliament - Mr Tan Chuan-Jin**, as well as a host of distinguished guests and industry luminaries including:-

- Prof. Daniel Fung - CEO of IMH
- Ms Rahayu Mahzam - Senior Parliamentary Secretary
- Prof. Chua Hong Choon - CEO of Yishun Health & Chair of COVID-19 Task Force on Mental Health
- Ms. Carrie Tan - MP Nee Soon South GRC
- Mr Edward Chia - MP Holland-Bukit Timah GRC
- Ms Nadia Ahmad Samdin - MP Ang Mo Kio GRC
- Prof. Mythily Subramaniam - Assistant Chairman of Medical Board IMH
- Ms Anita Fam - President of NCSS
- Mr Steve Melhuish, Co-founder of PropertyGuru & Impact Investor
- Mr Ron Kaufman - CEO of Kaufman Global
- Mr Mark Hon - Chairman Emeritus of Action Community for Entrepreneurship
- Ms Rosaline Koo - CEO of ConneXion Asia
- Dr. Anton Ravindran - Technopreneur, Author, Fellow Singapore Computer Society, Fellow British Computer Society

To mark this 10-Year Anniversary milestone, OTR will be holding a panel discussion - *The Future of Mental Wellbeing in Singapore*; on the panel: Rahayu Mahzam (Senior Parliamentary Secretary), Prof. Chua Hong Choon (CEO, Khoo Teck Puat Hospital & Deputy Group CEO NHG, former CEO IMH, Chair of COVID-19 Task Force on Mental Health), Chirag Agarwal (co-founder, Talk-Your-Heart-Out), Viaano Spruyt (founder, Huddles Human), and Vyda Chai (co-founder, Think Psychological Services), moderated by Yen-Lu Chow, co-founder of Over-The-Rainbow.

Other highlights of the program include an open-mic sharing by volunteers and partners, the official



public unveiling of OTR's mascot *Avie* and announcement of new initiatives that will significantly move the needle on the state of mental wellness here in Singapore.

OTR is a one-stop hub for youth mental wellness! Since launching in October 2012, OTR has been a pioneer and trailblazer in the space of youth mental wellness – innovating and pushing the mental health envelope with wellness programs and festivals, outreach events, community initiatives, volunteers training, online support platforms, media projects, mental wellness magazines, newsletters and social media campaigns. These initiatives and activities have collectively touched nearly a million lives through both online and offline touch-points, and transformed many others.

What started from the ashes of a heart-shattering family tragedy has transformed into a thriving organization with a mission that turned into a movement to transform mental wellness for the 21st century.

“It was a humble beginning. We started with just two founders – my wife and I – plus a couple of family friends as volunteers, a website, Facebook page, and a brochure. We had our first event, started the first initiative – slowly momentum built and soon gathered steam – one thing led to another – OTR has since grown into a recognized force in the mental health space. Our son's passing also changed the course of my life. I became a mental wellbeing champion, social innovator, ecosystem builder, philanthropist and humanist. Life is a journey – with many of its ups and downs, and potholes along the way. Life is difficult. Life can be a challenge. Sometimes life hits you in the head with a brick. Sometimes we are given lemons in life. Can we make lemonades out of lemons that is life? This is the story of OTR – one of the triumphs of love over grief, hope over despair, courage over great odds. We want to celebrate this major milestone, together with the Singapore community.”

- Yen-Lu Chow, co-founder of Over-The-Rainbow.

“With her strong focus on youth mental health and mental wellbeing for all, OTR plays an important role in the mental health landscape in Singapore. Since its inception 10 years ago, OTR has reached out to many in Singapore, to increase the awareness of youth mental health issues and to encourage help seeking, providing a portal for information and for individuals with mental health problems to seek online help. OTR has also supported other community-led mental health initiatives, and has been a steadfast partner to other mental health agencies, including the Institute of Mental Health, in building a strong network to support and enable recovery from mental health issues for all. My heartiest congratulations to Yen-Lu and the marvelous team at OTR on this significant milestone!”

- Professor Chua Hong Choon, Yishun Health CEO, NHG Deputy Group CEO (Clinical), and Chair of COVID-19 Task Force on Mental Health.



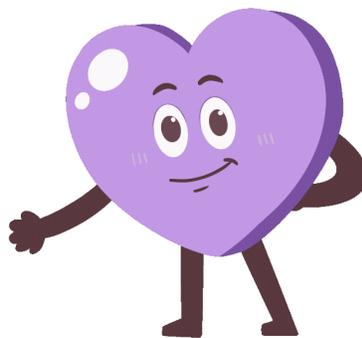
“I congratulate OTR on their 10th Anniversary. Yen-Lu and Yee Ling have done so many things for mental wellness that professionals cannot due to our regulated environment. They have been innovative, energetic and committed to the cause. A great inspiration for us working in this field!”

- Dr. Christopher Cheok, Senior Consultant, Forensic Psychiatry IMH.

OTR aspires to *connect all the dots* in the mental health landscape by taking an ecosystem approach to the grand challenge that is mental health – and where prevention and preemption take precedence over clinical intervention. From an organization that pioneered mental wellness as a journey and championed prevention over intervention with innovations such as *Holistic Self-Care, Circle-of-Care, Guardian Angels, Mental Wellness Festivals, Youth Matters, OTR Listens, Rainbow Connection* magazines and a *change inside-out approach* to life and human wellbeing, innovation is a constant driving force for positive change.

OTR will take another step towards this vision as she celebrates her milestone 10-Year Anniversary on 30th October.

Meet ‘Avie’ – Over-The-Rainbow Mascot





Contact

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About Over-The-Rainbow

Over-The-Rainbow (OTR) is the mental wellness initiative of the WholeTree Foundation, the not-for-profit family foundation of Yen-Lu and Yee Ling Chow, founded in loving memory of their son and only child Lawrance H. Chow who ended his own life at the age of 26 after suffering for many years from manic depression.

OTR is a one-stop hub for youth mental wellness. Our mission is to transform mental wellness for the 21st century by: 1) Making mental wellness a top priority in life; 2) Creating a supportive community based on love, compassion, joy, generosity and service; 3) Empowering every person on their mental wellness journey, and a supportive community.

Mental wellness is not just the absence of mental illness, but the attainment of happiness and wellbeing. We envision a world where mental illness is no longer stigmatized, and mental wellness is a top priority. We wish to empower every young person on their “way to wellness”, to overcome life challenges and fulfill his / her life potential via a journey of self-discovery, healing and transformation.

General Enquiries & Volunteering: contact@overtherainbow.sg

Facebook @overtherainbow.sg / Instagram and TikTok @otrsg

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