



FROM THE DESK OF
PROF. CHEE YAM CHENG

SMC President's Message

Dear colleagues,

In October last year, the [National Mental Health and Well-Being Strategy \(2023\)](#) was launched in Singapore. The Strategy aims to create an effective mental health ecosystem comprising accessible and good quality clinical care with a supportive community and society. It is good for us to visit the MOH website at the link above to be aware of this important national strategy.

Enhanced Communication and Support for Doctors who Disclose Mental Health Conditions to SMC

Doctors are not spared; healthcare professionals and doctors also experience mental health issues which may be triggered or exacerbated by stress in the workplace. In this edition of the newsletter, we share the steps taken by SMC to enhance the communication of its policies regarding the declaration of mental health conditions and support for affected doctors.

The intent of disclosure is that doctors who need help in the workplace should seek help and treatment, and follow-up where indicated. However, if there is no longer any issue, or remission was already achieved a long while ago, the doctor can go back to functioning as usual, and the declaration is no longer required.

Coping with Mental Stress at Work: Individual Stress Management and Building Harmonious Workplace Relationships

Amid the demands and responsibilities required of doctors, it is important to prioritise personal mental wellness. Adj A/Prof Lee Cheng, Psychiatrist and Senior Consultant at the Institute of Mental Health has contributed an article to this newsletter. He shares tips on coping with mental stress at work and the importance of building harmonious workplace relationships. I take this opportunity to thank Adj A/Prof Lee Cheng for contributing this article on stress management.

Renewal of Practising Certificates

Lastly, the renewal of Practising Certificates (PC) will start on 2 September till 31 December 2024. For those whose PCs are expiring at the end of this year, please ensure that you have obtained sufficient Continuing Medical Education (CME) points before you submit your application. Do submit early and at least one month before your PC expires so as not to incur a late application fee.



Professor Chee Yam Cheng
President