

RELEASE 2019

**SPEAKING UP *for*
MENTAL ILLNESS**38 Years of Research on
Mental Illness in Singapore

KUA EE HEOK, MD

**PROFESSOR KUA EE HEOK
SPEAKING UP *for*
MENTAL ILLNESS**

38 YEARS OF RESEARCH ON MENTAL ILLNESS IN SINGAPORE

In today's society, the stigma of mental illness is prevalent and pervasive. This book chronicles the research on mental illness over the past 38 years and the indefatigable effort of mental health professionals in the destigmatization campaign in Singapore. *Speaking Up for Mental Illness* is a personal narrative of author Professor Kua Ee Heok. It is a testament that change is possible.

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ABOUT THE AUTHOR

PROFESSOR KUA EE HEOK is the Tan Geok Yin Professor of Psychiatry and Neuroscience at National University of Singapore (NUS). He graduated as a doctor from the University of Malaya in Kuala Lumpur and received his training in Psychiatry at Oxford University and Geriatric Psychiatry at Harvard University. A member of the WHO Research Team for the Global Study of Dementia, he was previously Head, Department of Psychological Medicine at NUS, and CEO and Medical Director at the Institute of Mental Health, Singapore. His research interests are ageing, depression and psychotherapy, having published over 270 research papers on dementia, depression and alcoholism, and written 25 books on psychiatry, stress and ageing. His novel, *Listening to Letter from America*, is used in Harvard University for a course on anthropology. He has been invited by the United Nations in New York to speak in a world forum on 'Depression: The Hidden Illness'.

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“A PROVOCATIVE AND COMPELLING BOOK ON THE LONG AND ARDUOUS ENDEAVOUR TO DESTIGMATIZE MENTAL ILLNESS AS VIEWED THROUGH THE LENS OF TIME BY A PSYCHIATRIST WHO HAS PENNED FOR US HIS OWN PERSONAL JOURNEY.

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