



WholeTree

foundation for youth wellness



Our Story

How it all began

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





A One-stop Hub for Youth Mental Wellness



**Our mission is to transform mental wellness
for the 21st century**

- ✓ Propel mental wellness to the top of life's priorities;
- ✓ Create a community based on the timeless wisdoms of love, compassion, truth, beauty, harmony, generosity, joy and service;
- ✓ Empower young people on their journey of self-discovery, healing and transformation - to overcome life challenges, realise their full potential and attain true happiness and optimal wellbeing.





Milestones



Leadership: Pioneer & Trailblazer
in the Mental Wellness Space



Community Engagements:
1000+ mental wellness talks, panels,
workshops, festivals, media projects
and school engagements



Corporate Engagements:
Accenture, AmCham, Apple, HCLI,
Micron, NTUC, NUS, Unilever, ICBC -
Standard Bank, UBS



Innovations: Holistic Self-Care, Circle-of-Care,
Guardian Angels, Wellness Space, Mental Wellness
Festivals, Youth Matters, OTR Listens, Rainbow
Connection, Wellbeing Champion, Think x Rainbow

Volunteer Engagements:
500+ over 10 years



Impact: 1 Million Lives
touched through online and
offline touch-points





Community Outreach



Our initiative to empower youths, especially youths-at-risk, in building mental resilience.

OTR LISTENS

You are not alone



Our safe, anonymous chat platform for emotional support, manned by trained volunteers.

THINK x RAINBOW



Our youth counselling service for youths and their families providing quality psychotherapy and counselling support in a timely manner at affordable rates.



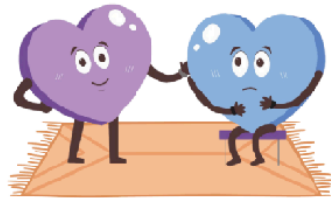
WELL-BEING CHAMPION



Our flagship training program to empower a community of wellbeing champions as role models who take responsibility for own mental wellbeing—and as a wellness guide for others—at home, in the school, in the workplace, or out in the community.

Building an Ecosystem: Our Programs & Services

CIRCLE OF CONNEXION



Mental health and self-care self-help group by Over The Rainbow volunteers. A safe space to share your thoughts.

RAINBOW CONNECTION



Free annual publication on mental health and well-being, featuring individual anecdotes and expert insights.



A Platform for Self-Discovery, Healing & Transformation

- ✓ An environment where young people can find themselves, discover their higher self, connect to their purpose and spread their wings
- ✓ Where they can transform and transcend - via holistic self-care and a supportive community
- ✓ We have many stories of young people going thru this journey with us - who have embarked on their own paths of healing & transformation

Holistic Approach to Mental Wellbeing





It Takes a Village: Getting Parents Involved

Community Partners
PleaseStay THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Co-Founder Asia Institute of Mentoring, Over The Rainbow

Panelists
 Prof Mythily Subramaniam
 Assistant Chairman Medical Board Institute of Mental Health
 Doreen Kho
 Co-Founder PleaseStay Movement
 Lai Chun Wong
 Behavioural Consultant & Life Coach
 Vyda Chai
 Director Think Kids & Think Psychological Services

AIM • OTR Well-Being Series
"Youth Mental Health & Suicide Prevention - Fireside Chat"
 Sat 11 Sep 2021, Time: 10:30 am - 12:00 pm (SGT)

Community Partners
PleaseStay THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Co-Founder Asia Institute of Mentoring, Over The Rainbow

Panelists
 Junia Tan
 CEO Mum Space
 Pauline Phoon
 Founder SDDS DIO LLP & COMEBACK
 Laurence Lien
 Co-Founder & Founding CEO Asia Philanthropy Circle
 Ashokan Ramakrishnan
 Honorary Secretary SPARK
 Yen-Lu Chow
 Co-Founder Asia Institute of Mentoring, Over The Rainbow

Parenting Series | Fireside Chat
Raising Future-Ready Kids
 Saturday 23 April 2022, Time: 10:30 am - 12:00 pm (SGT)

Community Partners
PleaseStay TOUCH Community Services THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring Over The Rainbow

Panelists
 Dr Christopher Cheok
 Senior Consultant with the Department of Forensic Psychiatry @ IJH
 Junia Tan
 Founder of Mum Space
 Sha-En Yeo
 TEDx speaker, Founder of Happiness Scientists
 Shem Yao
 Head of TOUCH Parenting
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring Over The Rainbow

Parenting with Purpose: One Happy Family
 Parenting Series
 Saturday 17 September 2022, Time: 10:30 am - 12:00 pm SGT (GMT+8)

Community Partners
PleaseStay THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring, Over The Rainbow

Panelists
 Karen Tok
 Impresario, Speaker, Founder BrainTec Consulting & The Lab
 Selina Seah
 The Asia Matter, Co-Founder The AuraChairs Company & Queensland's Technology
 Jason Chan
 Medical Center Co-Founder, Actor
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring, Over The Rainbow

Raising an Entrepreneur - Helping Your Kids Achieve Their Dreams
 Parenting Series
 Saturday 14 January 2023, Time: 10:30 AM - 12:00 PM SGT

Community Partners
PleaseStay THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring Over The Rainbow

Panelists
 Roslina Chai
 Nonviolent Communication (NVC) Mediator
 Yen-Lu Chow
 Founding Executive Chairman Asia Institute of Mentoring Over The Rainbow

Compassion in Family Relationships
 AIM x OTR x MS | Parenting Series
 Saturday 27 August 2022, Time: 10:30 AM - 11:30 AM SGT (GMT+8)

Community Partners
PleaseStay iglobepartners MINDFI THE HIDDEN GOOD
 OVER THE RAINBOW

Moderator
 Yen-Lu Chow
 Co-Founder Asia Institute of Mentoring, Over The Rainbow

Panelists
 Anita Sadasivan
 Chief Wellbeing Officer, MindFI
 Dr. Christopher Cheok
 Senior Consultant, Institute of Mental Health
 Kavita Thulasidas
 Country Coordinator, Art Of Living Foundation
 Moonlake Lee
 Founder, Unlocking ADHD
 Suman Balani
 Executive Coach, Over The Rainbow Exec Committee

AIM • OTR Well-Being Series
"Mind Matters: Reimagining & Reigniting Mental Well-Being - Fireside Chat"
 Sat 09 Oct 2021, Time: 10:30 am - 12:00 pm (SGT)



OTR LISTENS

You are not alone

OTR Listens is an online platform to provide youths age 11-35 with a safe, nonjudgmental outlet and emotional support when faced with life challenges.

Realtime Chat-based Service

To lend a listening ear and provide a cathartic outlet for you to share your life challenges and stressors, and to receive emotional support and validation.

Community

To let you share your feelings anonymously and find support from others' experiences. You are not alone on your journey.

Self-Care and Referral Resources

To provide simple self-care resources and self-help tips, plus referral to other community resources as well professional help including counsellors and psychotherapists.

Milestones: 23 Jan 2021 – 30 June 2023

64866

Total website visitors

4267

Seeker initiated chat sessions

3228

Completed seeker chat sessions

2871

Total chat duration (hours)

200000+

Total chat messages



TH!NK x RAINBOW

YOUTH COUNSELLING



Th!nk x Rainbow Youth Counselling was conceived from our years of engagement with youths and families pointing to us a real need for counselling services that are:

- ✓ **Affordable** (significantly below market rate)
- ✓ **Available** (7 days a week, with limited or no wait time)
- ✓ **Accessible** (via tele-therapy as well as in-person)
- ✓ **Family friendly** (easy onboarding plus support for parents)
- ✓ **Social** (pay-if-forward opportunity to help others)

The Service:

- ✓ **Who:** 11 to 20 year old (with support for parents included)
- ✓ **What:** Package of 6 sessions of 60 min, at a rate of \$90 / session
- ✓ **How:** Tele-therapy as the primary modality - professional therapist
- ✓ **When:** Weekdays 8:00am - 8:00pm; Weekends 8am - 3pm
- ✓ **Pay It Forward:** Opportunity to pay it forward by donating to the revolving subsidy fund to support youth who may benefit



THINK *x* RAINBOW

YOUTH COUNSELLING

Parental Support-Line

Are you worried about your child's mental health, but are at a loss on how to support him / her?

Share your concerns by filling up your details below. You will receive a confirmation email on the next steps.

- Our certified counsellors will get back to you within 24 hours (Monday - Friday)
- Subsequently, a live-chat session can be initiated with one of our counsellors / psychologists

Our live-chat operating hours: Monday, Tuesday, Thursday 11am-1pm

Please fill in your details below:

Your Name *

Mobile

Email *

Issue *

Message *

Send





WELL-BEING CHAMPION



Empowering a *community of wellbeing champions* as role models who take responsibility for own mental wellbeing—and as a wellness guide for others—at home, in the school, in the workplace, or out in the community.

Foundational Modules

Mental Health 101



Self Care 101



Psychological First Aid 101



Suicide Prevention 101



Elective Modules

The Art & Science of Happiness



The Power of Mindfulness



Open Canvas



Music in Motion





Rainbow Connection
Mind Matters
ISSUE 2022



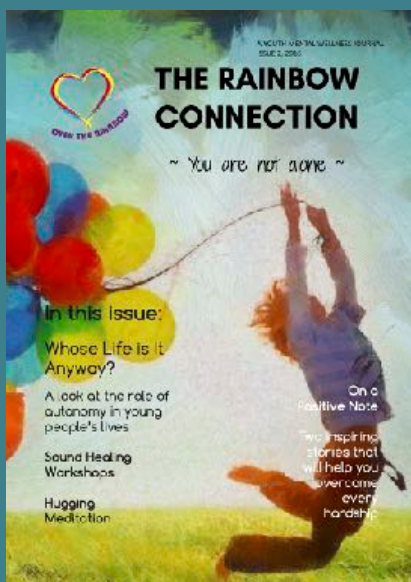
Rainbow Connection
Mind Matters
ISSUE 1/2021



Rainbow Connection
Mind Matters
ISSUE 2020



Rainbow Connection
Mind Matters
ISSUE 2/2019

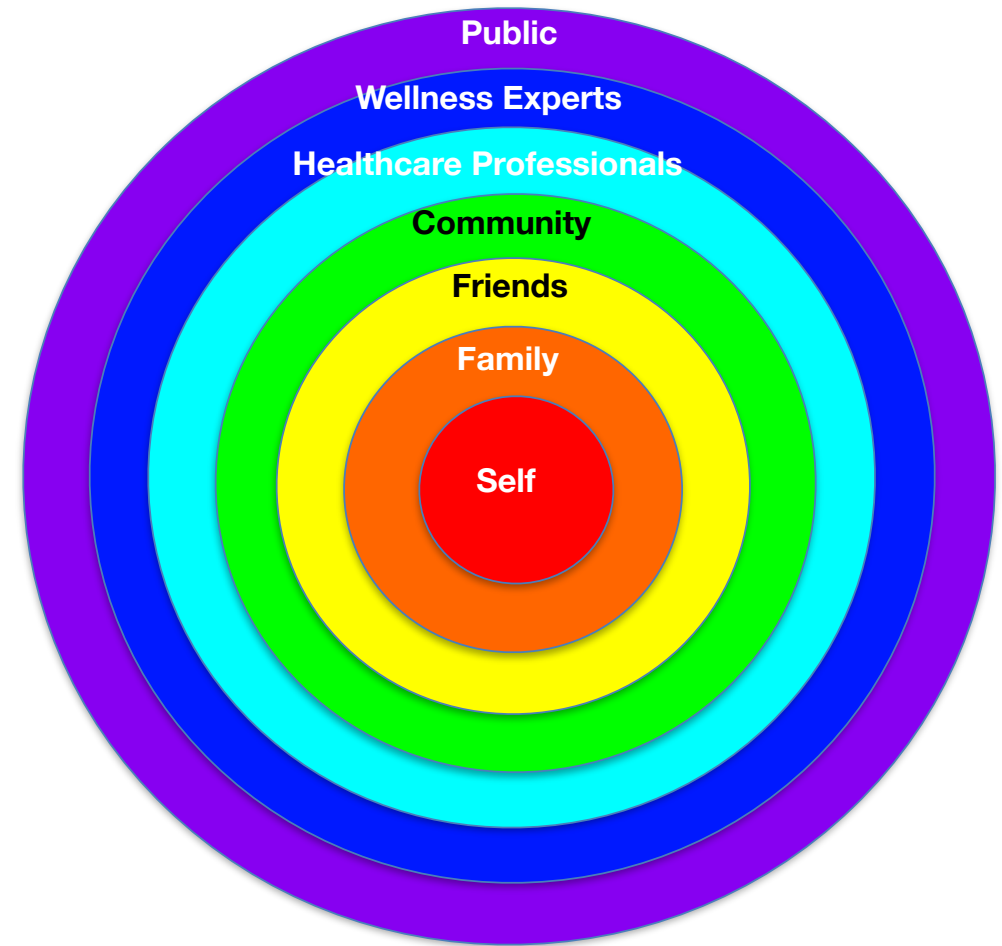




Our Vision for Mental Wellbeing

- Our vision in *Universal Mental Wellbeing* begins with **good self-care habits** that is **holistic** and **transformative**.
- Complemented by a **community-based model of care** with **parents, friends & family**, trained volunteer *Listeners* and *Wellbeing Champions* leading the way, whether at home, in the school, out in the community or in the workplace.
- Supplemented by the **traditional face-to-face counselling** and psychotherapy for those who need acute mental health care.
- 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** takes priority over clinical intervention.
- We call this ecosystem the **Circle-of-Care**. This is our **strategic platform**.

Circle of Care



Schools




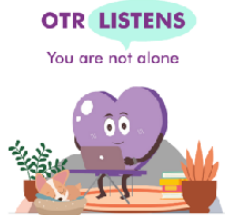


Community Partners



Organizations



Call for Donation Support and Projected Impact (2023-24)

Programs / Initiatives	Purpose	Impact	Budget
Community Outreach 	Co-create school outreach, community programs, media projects, mental wellness workshops and Wellbeing Champion Festivals— for awareness, education, empowerment — bringing the benefits of mental wellness to the larger community and more facets of the society.	100000	\$100,000
	Provide a safe, anonymous real-time text-based chat service for emotional support, provisioned by trained volunteers and supervised by experienced volunteers and mental health professionals.	5000	\$200,000
	Provide psychotherapy support for youths (and families) that is available 7 days a week, accessible via tele-therapy and in-person, and at affordable rates. Also support for parents who are concerned about their children’s mental health.	200	\$100,000
	Create a community of practice of wellbeing champions as role models who take responsibility for own mental wellbeing— and as wellness guides for others—at home, in the school, out in the community or in the workplace.	2000	\$100,000
Total	*Budget for: Digital Transformation, Manpower (75%), Operations (14%), Programs (11%) *Includes new hires for: Partnership Manager, Program Director, Volunteer Manager, etc		\$500,000



Thank You!

Together We Can Make A Bigger Difference.

