

The logo for the Self Care Support Network (Brunei Darussalam) is a circular emblem with a purple and white color scheme. It features the text "SELF CARE" in large, bold, black letters at the top, "SUPPORT NETWORK" in smaller, bold, black letters in the middle, and "(BRUNEI DARUSSALAM)" in a smaller font at the bottom. The background of the circle is a light purple wash with a white outline and small star-like speckles.

SELF CARE

**SUPPORT
NETWORK
(BRUNEI DARUSSALAM)**

SELF CARE SUPPORT NETWORK (BRUNEI DARUSSALAM)

10 INTERESTING FACTS ABOUT SELF CARE SUPPORT NETWORK (BRUNEI DARUSSALAM)

1. The Founder of Self Care Support Network (Brunei Darussalam) is Suzi Rahman
 - A full-time Professional Counsellor officer
 - Professional Counsellor (MA in Counselling, United Kingdom)
 - Professional Member, International Association for Counselling (Europe)
2. This support network was established on 27th June 2021.
3. The SCSN Community consists of 28 members, 10 Mental Health Ambassadors, and 32 volunteers from various backgrounds, including government officials, private sector employees, students, and the general public, all contributing to the organization of events and initiatives for SCSN.
4. Our Motto is "Self-care Empowers Life For the Better" (S.E.L.F).
5. Our Vision is " Towards achieving better self-care for everyone."
6. Our missions are:
 - a) To provide an outlet for self-care activities
 - b) To provide awareness of the importance of self-care and its impact on mental health
 - c) To empower people towards better-taking care of themselves and significantly contributing back to the nation (community care)



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7. a) Self Care Support Network (Brunei Darussalam) offers a strong commitment in playing its roles towards achieving Brunei Darussalam Wawasan 2035 and also offers continuous actions towards the development of Sustainable Development Goals (SDG 2030).

b) Below is a simple graphical overview of our main focus areas in line with Brunei Darussalam Wawasan 2035 and the SDG:





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c) Our continuous efforts and actions are through our flagship initiatives in ensuring a high-quality life for all through:

- Providing understanding and awareness of good health and well-being,
- Providing opportunities for continuous learning through our activities and self-care products we have created,
- Gender equality by ensuring our initiatives and contents cover all gender,
- Putting special emphasis on women's and girls' empowerment by providing platforms for women to step forward to share their knowledge and skills,
- Doing our parts in climate action through digitalization by interacting and connecting with the community through Our Instagram and Linktree, using fewer papers where possible through softcopy publications, and through the use of recycled papers for necessary publications only.



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8. Our flagship initiatives concentrate on four areas: development, prevention, intervention, and rehabilitation. Here are a few examples:

a) **One Skill at a Time Session** - Focusing on Intellectual Self-care such as decoupage tutorial, making paper flower chocolate bouquets, handmade paper bags, baking class -making blueberry cream cheesecake and Oreo cream cheesecake and DIY Activity Design Your Paper Flower Pots (During Festival Keluarga Harmoni in collaboration with Ministry of Culture, Youth and Sports), creating an origami wall decoration, a therapeutic activity: Build my happy garden during Majlis Ilmu 2024. Create your calendar (2025) and create your green ribbon charm.

b) **Online Check-In Session (Online Support Group)** - Which we conducted during the pandemic Covid 19 to outreach to the public in need of mental health support.

c) **Act of Kindness Campaigns** - Focusing on one aspect of Spiritual self-care where we welcomed the members and public to join us in charity activities such as creating 50 bouquets of handmade paper tulips with Ferrero Rochers to the frontlines at the Ministry of Health Headquarters (2021), Act of Kindness Campaign Ramadhan Edition where we donated 100 cups of Chendol Kampong to Masjid Mohamed Bolkiah, Serusop (2022), delivered 100 cups of cendol to Masjid Suri Seri Begawan Raja Pengiran Anak Damit, Kampong Madang/Manggis (2023), and donated in support of SMARTER Brunei Garage sales (2024).

d) **Monthly Self-Care Giveaways** - Consisting of self-care items from local vendors in Brunei and also other international brands. This was carried out every month for the year 2022 and starting from the year 2023, it will be carried out on an occasional basis.



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e) **Self-Care Support Network Mental Health Ambassadors** - Currently we have 10 Mental Health Ambassadors given a special access to our Self Care Support Network Mental Health Ambassador Digital Information Pack.

f) **Self-care Planner (2022), Self-care Handbook, Self-care Deck Cards, Self-care Reminders, Self-care Chocolate Jars, Self-care Mini Notes, and Kapsul Kesyukuran (Gratitude Capsules)** are among the materials we've developed to help individuals integrate self-care into their daily routines. Some of these items can now be purchased at **Healing Garden (SCSN Shop)** by clicking the link in the SCSN Instagram Bio.

g) **Self-care Support Groups (upon request)** for any group of people.

h) **Self-care Activities** such as Self-care Day out (examples: brisk walking and high tea sessions).

i) **Helping Hands Toolkit** is a powerful mental health tool which we created in 2021 to teach people with basic counselling (communication) skills, understanding of mental health and its issues, tools and strategies people can use to further improve their mental health and people around them.

j) **Self-Care Journal Kit** is a recently launched tool in 2023 designed to assist individuals in enhancing self-care practices through journaling and striving to become the best version of themselves. This kit includes a blank notebook, a pen, a unique edition of a Self-Care Guide with guidelines on journal usage, various self-care techniques, self-assessment tests, self-care prompts, and engaging self-care activities. Additionally, it contains a name label sticker, sticky notes, washi tapes, and an extra surprise gift - a button badge mirror.



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k) **Design Your Own Self-care Box/Bag** is an initiative introduced in July 2023 with Self Care Support Network's Second Anniversary. This is where our followers will have the chance to design their self-care box/bag and also get some self-care products from us.

l) **Self-care Art Therapy Kit** consists of relaxing and creative activities that can be used on your own or together with friends. It gives you the space to express your emotions or feelings regularly (at least once a week or once a month, depending on your needs), nourish your creativity side and to cater to your intellectual and emotional self-care.

m) **Self Care Support Network Highlights** replacing Self Care Support Network Newsletters starting September 2022. These highlights will share more visual representations of our initiatives and activities starting September 2022.

n) **Mental Health Digital Platform "Ask to Empower"**, a digital platform where people can have access to ask questions about mental health awareness and issues (anonymously and at their convenience).

o) **Self Care Support Network Modules**, a handbook on the contents of SCSN Modules, the objectives, and the various methods used to conduct the modules.

p) **Jar Terapi Hati**, a collection of selected ayat-ayat Al-Quran, selawat, zikir and doa that can bring empower and bring peace to our souls by remembering Allah SWT. This unique initiative was SCSN collaboration with Yang Mulia Ustaz Adi Zaky (Counsellor officer) and @lipat_paper.



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9) In total so far, we have conducted sessions with more than 3000 people (online and physical classes).

10) We had been invited to collaborate with some agencies such as:

- Universiti Brunei Darussalam Corp
- Universiti Teknologi Brunei
- The Ministry of Culture, Youth, and Sports
- The Ministry of Health
- Universiti Islam Sultan Sharif Ali (UNISSA)
- Pilihan FM (Radio Televisyen Brunei)
- Persatuan Kaunseling Brunei (PERKAB), The Ministry of Home Affairs and Yayasan Sultan Haji Hassanal Bolkiah
- The Ministry of Foreign Affairs and Australian Government
- The Lanes Hotel supported by Clarity Sendirian Berhad
- Featured in Community for Brunei, a Corporate Social Responsibility (CSR) initiative under Bank Islam Brunei Darussalam (BIBD), under a social impact organization in September 2021
- Self Care Support Network (Brunei Darussalam) was also chosen by Royal Brunei Airlines and BSUnion Wellbeing Team (United Kingdom) as one of the recipients of donations in conjunction with the celebration of World Mental Health Day (2022)
- Chosen as one of the NGOs to receive financial support from the Ministry of Culture, Youth, and Sports for the year 2023 and year 2024
- Featured in Pelita Brunei Edition Wednesday 25th September 2024



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It is our ultimate goal to outreach to a larger group of people through our initiatives and to provide the platforms for everyone to play their part toward achieving our Wawasan 2035. We also believe that self and community care are crucial components in achieving our Wawasan 2035 and can be achieved only through the Whole Nation Approach.

Note: For networking and collaborations, send a direct message to our Instagram for faster response. (Updated as of December 2024)