



# Mental Health Support and Services in Singapore

Under the **Tiered Care Model** in the National Mental Health and Well-being Strategy, there are various mental health services available in Singapore to meet different levels of needs. This table provides an overview of the tiers, and what you can expect from each of them.



	<b>Tier 1 Mental Well-being Promotion</b>	<b>Tier 2 Low Intensity Services</b>	<b>Tier 3 Moderate Intensity Services</b>	<b>Tier 4 High Intensity Services</b>
<b>Who Will Benefit?</b>	Individuals with no or minimal mental health symptoms	Individuals with mild mental health symptoms	Individuals with moderate mental health symptoms	Individuals with severe mental health symptoms
<b>Objective</b>	To maintain mental well-being and prevent the development of mental health conditions	To facilitate coping and prevent the escalation of symptoms	To reduce the severity of symptoms	To reduce the severity of symptoms and stabilise chronic mental health conditions
<b>Examples of Interventions / Resources Provided</b>	<ul style="list-style-type: none"> <li>• School curriculum to build mental well-being and resilience</li> <li>• Public education and self-help (e.g. mindline.sg, MindSG, SG Mental Well-Being Network)</li> <li>• Parenting/Peer/Community support</li> <li>• Workplace mental well-being support</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health needs detection services</li> <li>• Counselling</li> <li>• Stress and anxiety management, social skills training, behaviour management</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health assessment</li> <li>• Psychotherapy (e.g. Cognitive Behavioural Therapy)</li> <li>• Medical treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Psychiatric assessment and diagnosis</li> <li>• Specialised and longer-term psychological interventions</li> <li>• Medical treatment</li> <li>• Emergency services</li> </ul>



Read on to find out more about the specific resources you can access.





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Early help-seeking is linked to better mental health outcomes. Apart from seeking help for your child, be aware of your own needs and seek help if you are struggling with your own mental health.



**mindline.sg**

At [mindline.sg](https://mindline.sg), you can find support and resources on mental health and well-being.



Other resources are listed below for your reference. Please note that this list is non-exhaustive.



## Online resources



### MindSG

For tools, tips, and resources to help you understand and manage the health and well-being for you or your child, scan the QR code.



## Hotlines and chatlines

If you or your child feel in need of a safe space and would like a listening ear, these helplines are available:

- Institute of Mental Health (IMH)'s Mental Health Helpline (24 hours): **6389 2222**
- Samaritans of Singapore (SOS) (24 hours): **1-767 (1-SOS)**
- Singapore Association for Mental Health (SAMH) (Mon-Fri 9 am-6 pm, excluding public holidays): **1800 283 7019**
- TOUCHline (Counselling) (Mon-Fri 9 am-6 pm): **1800 377 2252**
- Care Corner Counselling Centre (Mandarin) (10 am-10 pm, excluding public holidays): **1800 3535 800**

If you or your child would like support in specific areas of concern (e.g. gaming, cyber addiction, other forms of addiction), you can call these helplines:

- Help123 by TOUCH Community Services, Singapore's One-Stop Cyber Wellness Hotline (Mon-Fri 9 am-6 pm, excluding public holidays): **1800 6123 123**
- National Addictions Management Service (NAMS) All Addictions Helpline (8.30 am-9 pm): **6-732 6837 (6-RECOVER)**



## In-person services



To find resources that match your needs near you, scan the QR code to use the **Community Mental Health (CMH) Wayfinding Tool**.



This QR code links to a **more comprehensive list** of mental health services.





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**You are not alone in this journey of supporting your child.** There is an ecosystem of support available, and professionals will work together to ensure your child receives the most appropriate and coordinated support.



## Clinical Psychologists

- Provide psychological assessments, diagnosis and psychological interventions for various mental health conditions.
- Provide a safe space for clients to effectively address their mental health conditions and offer guidance and coping skills.
- Refer to psychiatrists if they deem that medical treatment is needed.



## GPs and Psychiatrists

### General Practitioners (GPs):

- Diagnose and work alongside other mental health professionals to manage clients with mental health and physical health conditions.
- Refer high risk clients to other medical, psychiatry and allied health services when required to help better manage conditions.

### Psychiatrists:

- Diagnose mental health conditions and manage treatment, which may include prescribing medication if needed.
- Make referrals to psychologists for psychological interventions.



## Social Workers

- Assist clients and families to recognise social reasons for mental distress and support them through therapies.
- Assist low-income and/or vulnerable clients and families with financial assessment.
- Partner with other agencies to assist clients with all their other needs.



## Counsellors

- Provide counselling and help clients develop coping skills.
- Guide clients on how to access resources, and tap on support services for multifaceted issues.
- If needed, they will talk to family members or caregivers to better support the clients.