

Pillar 1: One billion more people benefiting from universal health coverage

Item 8: Mental health and social connection

Singapore's Written Statement

Singapore supports the prioritisation of social connection and integrating it in existing frameworks. We recognise the important role of social connection, beyond the health sector, to redress the neglect of mental and social wellbeing, especially among vulnerable populations.

2 Aligned with WHO's Comprehensive Mental Health Action Plan 2013–2030's recommendations around social care and community-based services, the cornerstone of Singapore's National Mental Health and Wellbeing Strategy (2023) is the Tiered Care Model – a four-tier framework that ensures mental health services are tailored to varying levels of need across the population. Allow me to share our experience integrating social connection into our mental health approach.

- i. Firstly, universal services: This foundational tier focuses on preventive interventions and promoting mental health through public education campaigns, community-based programs, and social initiatives; thus, strengthening social ties and building resilience.
- ii. Next, selective prevention and early intervention: Targeting at-risk groups, this tier emphasizes peer support networks, workplace wellness programs, and school initiatives. These efforts encourage early identification of mental health concerns and timely intervention through community support.
- iii. Third, specialised services: For those with more severe challenges, specialised clinical services are paired with community reintegration programs to reduce isolation and promote recovery.
- iv. Lastly, highly specialised services: This tier serves individuals with complex or chronic conditions requiring intensive care. Multidisciplinary teams provide coordinated treatment, incorporating family and caregiver support to ensure continuity and connection beyond clinical settings.

3 Singapore is dedicated to partnering with WHO and Member States, and enhancing global efforts to strengthen mental health and social connectedness through shared expertise. Through multisectoral strategies to support social connection, especially among vulnerable populations, we can reinforce the global mental health landscape, fostering collective resilience and well-being.