

Republic of Singapore

Agenda No. 7

Mental Health

Written Statement

Singapore thanks the Secretariat for the report on implementing mental health resolutions and decisions, and welcomes the continued emphasis on mental health as an essential component of universal health coverage.

2. Mental health remains a key priority in our national agenda. Our healthcare system recognises that physical, emotional, and mental health are mutually reinforcing and interdependent.

3. We launched the National Mental Health and Well-being Strategy in 2023, which envisions building an effective and holistic mental health ecosystem that provides accessible and good clinical care to all. It emphasises a whole-of-government and whole-of-society approach to achieve this vision.

4. The Strategy is guided by a Tiered Care Model that organises mental health services into four tiers based on severity of mental health needs and the corresponding intensity of interventions required. This improves care access and facilitates effective interventions and care provision while avoiding medicalisation of mental health needs.

5. The Strategy is advanced via four key areas:

- i. Expanding capacity of mental health services. Given the rising demand for mental health services, Singapore is expanding the capacity of the mental health care ecosystem across the primary, community, acute and long-term care settings. To ensure that mental health services remain accessible, we have also designated four services with different modalities as “First Stop for Mental Health” to facilitate easy access and navigation of mental health services.
- ii. Enhancing capabilities of service providers for early identification and intervention. We are systematically building up the capabilities of both professionals and lay members of the community across various settings and care tiers. We developed a National Mental Health Competency Training Framework which provides guidance to individuals involved in mental health support, from lay responders such as peer supporters and frontline personnels

to mental health professionals, on the required skillsets and knowledge to deliver care to individuals with varying intensities of mental health needs.

- iii. Promoting mental health and well-being. Beyond public educational campaigns, we expanded our efforts to improve mental health literacy and build mental resilience in children from a young age. Schools have incorporated mental health education lessons in their curriculum. We also equip parents with practical strategies and key knowledge to build strong parent-child relationships and strengthen their child's mental well-being through our Parenting for Wellness initiative.
- iv. Improving workplace mental health and well-being. There are ongoing efforts to foster psychologically safe environments in the workplace and support the employment of individuals with mental health conditions. The Tripartite Advisory for Mental Health and Well-being at Workplaces was developed to provide practical recommendations for employers to support the well-being of their employees, such as conducting regular check-ins with employees and setting up peer support systems. A network of Well-Being Champions from different organisations has also been set up to encourage exchange of best practices and resources on increasing employee well-being.

6. Singapore remains committed to fostering a mentally resilient and inclusive society, where individuals with mental health needs can seek support early in the absence of stigma.