

What Our Volunteers Say

“I can be myself when I’m volunteering with patients. Just seeing their joy when I’m with them makes me so happy.”

- Volunteer, Joanne Gan



“They (patients) treat everyone equally and are content with whatever you bring them. Nothing fancy, no need for deep pockets, just a pure heart to offer.”

- Volunteer, Yong Kwon Seng







Make a difference in the lives of our patients, be a volunteer with IMH!

Institute of Mental Health

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“Everyone should be given a chance to be accepted and acknowledged. By showing empathy and appropriate guidance, patients can certainly improve and do better.”

- Volunteer, Emily Tan



Be a Volunteer

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As a volunteer, you can help bring joy and provide emotional support to many of our patients.

Our patients enjoy the time spent with volunteers, who befriend and encourage them. By spending time with them, you widen their social contact beyond their care team and families.

Our volunteers organise activities and workshops, celebrate patients' birthdays, bring festive cheer to them during the holidays, and take them for outings to places of interest. Each visit by the volunteers brings joy and memorable moments to our patients. Beyond the recreational and enrichment activities, volunteers are also our greatest advocates in destigmatising mental illness.

Would you like to be part of our volunteer team to bring hope and sunshine to our patients? Perhaps you, too, will find volunteering to be an enriching and rewarding experience!

Who Can Volunteer

Anyone aged 17 years and above and willing to share your time.



Areas You Can Contribute as a Volunteer

- Animal Assisted Activity
- Art and Craft
- Befriending (chatting and playing games with patients)
- Community Garden Volunteer
- Event support (e.g. IMH Open House)
- Exercise and sports
- Hair grooming
- Mobile Canteen
- Mobile Library
- Performing (e.g. music, dance, magic)
- Social and recreational activities (e.g. outings and excursions)
- Support group helpers
- Singing and dancing with patients



On-boarding Process

Indicate your interest to volunteer by scanning this QR code and completing a FormSG form.



Our Volunteer Programme team will review your submission and contact you to arrange for an orientation at IMH. During the orientation, you will be required to sign an application form, an indemnity form, and a Personal Undertaking Agreement.

Once you have completed all of the above, our Volunteer Programme team will link you up with the various programmes to begin your meaningful volunteering journey.

Infection Control Requirements

To protect our vulnerable patients from infection risks, volunteers have to adhere to the hospital's infection control measures and refrain from turning up onsite if you feel unwell. These measures may be adjusted, especially in situations such as an emerging disease or a pandemic, and may involve vaccination requirements.