



**MEDIA RELEASE  
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**REIMAGINING MENTAL HEALTH, EMPOWERING LIVES**

1. The 8<sup>th</sup> Singapore Mental Health Conference (SMHC) takes place 16 – 17 July 2025, with Guest of Honour Dr Koh Poh Koon, Senior Minister of State, Ministry of Manpower, and Ministry of Health, officiating the conference this morning. Themed "Reimagining Mental Health. Empowering Lives.", this two-day conference attracted over 1,000 attendees from the government, healthcare, social, and education sectors, as well as clients and caregivers to share insights and best practices in mental healthcare delivery.
2. With five plenary sessions and 43 track presentations (including four panel discussions), this year's conference will bring together 70 international and local speakers who will cover emerging trends and insights, digital mental health and artificial intelligence, inclusive workplace and community mental health.
3. "Mental health is a cornerstone of our nation's well-being, and the SMHC marks a significant milestone in our collective journey," said A/Prof Daniel Fung, Chief Executive Officer, Institute of Mental Health and Co-Chairperson, SMHC 2025 Advisory Committee. "The strong turnout this year from diverse sectors reflects Singapore's commitment to building a mentally resilient society, and also provides hope and impetus for more collaborative approaches. As we embrace new technologies and pathways in mental healthcare, we must ensure that our solutions remain human-centred and accessible to all. The SMHC provides a crucial platform for sharing innovations and best practices that will shape the future of mental health support in Singapore."
4. Ms Tan Li San, Chief Executive Officer of NCSS and Co-Chairperson, SMHC 2025 Advisory Committee said, "Community support, together with appropriate use of technology, can enhance mental healthcare and create more inclusive workplaces and communities. With a stronger mental health care ecosystem, we hope that individuals can meet their mental health needs, and improve their quality of life."

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## 5. Key highlights of SMHC 2025:

- **The APEC Digital Hub for Mental Health: Leveraging Digital Technologies to Promote Equitable Access to Mental Health Promotion and Care in the APEC Region (Day 1)** – Plenary speaker, Dr Jill Murphy is Executive Director of the APEC Digital Hub for Mental Health, which leads groundbreaking research on digital mental healthcare across the Asia Pacific region. Through initiatives like the TEAM-CAP study and Y-PRIME project, researchers are exploring how digital technologies can improve mental health access and outcomes, particularly during the COVID-19 pandemic. The Hub's work aligns with APEC's 2021-2030 Roadmap for Mental Wellness, focusing on equitable access to mental healthcare through digital solutions. A highlight includes their innovative work in Vietnam, where they're developing a mental health app with and for secondary school students to boost youth resilience.
- **Digital Mental Health & Artificial Intelligence (Day 1)** – The integration of technology in mental healthcare – through telehealth, apps, and internet-based cognitive behavioural therapy (iCBT) – is breaking down access barriers and enabling personalised care delivery. AI further enhances these digital solutions, revolutionising the provision of mental health support. Dr Christopher Cheok, Senior Consultant and Director, national mindline 1771 will share more on some of these initiatives at IMH.
- **SOS CareText: Connecting Care with Technology in Times of Crisis (Day 1)** – Mr John Lam, Deputy Director of Crisis Support, Samaritans of Singapore (SOS) will share findings on CareText's effectiveness and demonstrate practical texting strategies for crisis support. The session will also preview how AI technology could enhance SOS's suicide prevention capabilities.
- **Building Psychologically Safe Workplaces (Day 2)** – Bringing together mental health professionals, advocates, and marketplace organisations, this panel discussion will explore how workplace psychological safety and mental health support interweave to provide enhanced support for individuals experiencing mental health challenges, reduce stigma and engender meaningful conversations about mental health in the workplace.
- **GP-COMIT Partnership: The Collaboration Between GP and COMIT Represents a Pivotal Shift Toward Community-Based Care that Integrates Medical and Psychosocial Domains (Day 2)** – As part of Healthier SG (HSG), mental health care protocols will be developed and integrated into General Practitioners' (GPs') scope of practice. GPs will therefore be increasingly at the forefront of identifying and managing common mental health conditions e.g. depression and anxiety. To support GPs in this, the Agency for Integrated Care had paired all HSG GP clinics with a

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Community Intervention Team (COMIT), to facilitate co-management of patients by integrating psychosocial interventions with pharmacological treatment. GP Dr James Cheong and Ms Lee Wei Xuan, Deputy Head, COMIT at the Singapore Association for Mental Health, will share about their experience on the benefits of collaborative care for their clients.

6. The SMHC is jointly organised by the Institute of Mental Health ([www.imh.com.sg](http://www.imh.com.sg)), National Council of Social Service ([www.ncss.gov.sg](http://www.ncss.gov.sg)), Agency for Integrated Care ([www.aic.sg](http://www.aic.sg)), and Health Promotion Board ([www.hpb.gov.sg](http://www.hpb.gov.sg)). The inaugural SMHC was held in 2013.
7. For more information on SMHC 2025, visit <https://www.smhc.sg>.

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## About the Singapore Mental Health Conference

The inaugural Singapore Mental Health Conference was held in 2013. It is jointly organised by the Agency for Integrated Care (AIC), Health Promotion Board (HPB), Institute of Mental Health (IMH) and National Council of Social Service (NCSS), to provide a national platform for learning and network in mental health. For more information on SMHC 2025, visit [www.smhc.sg](http://www.smhc.sg).

## About the Institute of Mental Health (IMH)

The Institute of Mental Health (IMH), a member of the National Healthcare Group, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The 2,000-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19 years), adults and the elderly. Besides providing clinical services, IMH dedicates resources to carry out mental health promotion and raise mental health literacy. IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, please visit [www.imh.com.sg](http://www.imh.com.sg).

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## About the National Council of Social Service (NCSS)

NCSS is the sector developer for social services in Singapore. Its mission is to develop a sustainable social service sector that improves quality of life, by driving partnerships, transformation and sustainability of social services. Community Chest and Social Service Institute (SSI) are part of NCSS. For more information visit [www.ncss.gov.sg](http://www.ncss.gov.sg)

## About the Agency for Integrated Care

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the

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community brings care services and information closer to those in need. For more about us, please visit <https://www.aic.sg>.

### **About the Health Promotion Board**

The Health Promotion Board (HPB) was established as a statutory board under the Ministry of Health, Singapore, in 2001 with the vision of building “A Nation of Healthy People”. HPB aims to empower Singaporeans to attain optimal health, increase the quality and years of healthy life and prevent illness, disability and premature death. As the key agency overseeing national health promotion and disease prevention programmes, HPB spearheads health education, promotion and prevention programmes as well as creates a health-supportive environment in Singapore. It develops and organises health promotion and disease prevention programmes, reaching out to the healthy, the at-risk and the unhealthy at all stages of life – children, youths, adults and older Singapore residents. Its health promotion initiatives cover nutrition, physical activity, mental well-being, health screening, tobacco control and communicable disease education.

More information can be found at [www.hpb.gov.sg](http://www.hpb.gov.sg).

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## Annex A

### English-Mandarin Glossary

Singapore Mental Health Conference	新加坡心理健康大会
Institute of Mental Health	心理卫生学院
NHG Health	国立健保集团
Agency for Integrated Care	护联局
National Council of Social Service	国家福利理事会
Health Promotion Board	保健促进局
Associate Professor Daniel Fung Chief Executive Officer Institute of Mental Health (IMH) SMHC 2025 Advisory Committee Co-Chairperson	冯舜圣副教授 心理卫生学院院长 2025 新加坡心理健康大会咨询委员会联合主席
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