

Symposium | Academia : [Symposium 94] International Activities by Psychiatric Societies and Associations

📅 Sun. Sep 28, 2025 1:10 PM - 2:40 PM JST | Sun. Sep 28, 2025 4:10 AM - 5:40 AM UTC 🏛️ Session Room 3 (Large Hall A)

[Symposium 94] International Activities by Psychiatric Societies and Associations

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

[SY-94-03] Advancing Mental Health Care in Singapore: From Challenges to Integrated Solutions

*Goh Hern Yee, Jerome Goh¹ (1. Singapore Psychiatric Association (Singapore))

Keywords : community mental health、 prevention and treatment、 hospital and community partnerships、 physical、 mental、 and social health services、 mental wellness promotion

Singapore's mental health landscape is shaped by evolving demographic, social, and health trends. The nation faces rising challenges with an aging population, the growing burden of chronic physical illnesses that intersect with psychiatric conditions, and increasing stressors among youths in a rapidly changing and uncertain world. These complexities call for a comprehensive, multi-level response.

For individuals with severe mental illnesses, Singapore has developed a suite of services spanning the care continuum—from acute stabilization in hospitals to long-term rehabilitation and recovery support. These services are complemented by psychosocial interventions that promote reintegration, vocational opportunities, and functional recovery, ensuring care extends beyond symptom management to holistic wellbeing.

A distinctive feature of Singapore's approach lies in hospital-community partnerships. Health institutions collaborate closely with community agencies, social service providers, and primary care networks to deliver accessible, person-centered care. By integrating physical, mental, and social health services, these collaborations bridge care gaps, reduce stigma, and facilitate recovery.

At the same time, national efforts are underway to shift the paradigm from treatment to prevention. Public education campaigns, school-based initiatives, and workplace mental wellness initiatives encourage early detection and timely help-seeking, while normalizing conversations around mental health. These upstream approaches aim to reduce the severity of illness at presentation but also build resilience at individual, family, and community levels.

Singapore's evolving model demonstrates the importance of a comprehensive ecosystem—one that supports people across the spectrum of needs, integrates medical and social resources, and emphasizes both treatment and prevention. As mental health challenges continue to grow globally, Singapore's experience could offer insights into building sustainable, community-based systems that prioritize early intervention, inclusivity, and collaborative care.

