

HIGHLIGHTS

From the Honorary Secretary

Report by Clinical Asst
Prof Benny Loo Kai Guo

Dr Loo is a paediatrician in public service with special interest in sport and exercise medicine. He serves to see the smiles on every child and athlete, and he looks forward to the company of his wife and children at the end of every day.



Practice guide for Tiered Care Model for mental health

The Inter-agency Taskforce on Mental Health and Well-being has developed a practice guide for mental health service providers across different sectors.

The practice guide can be downloaded at the following link: <https://bit.ly/4n2rYZU>.

Workgroup to Support the Registration and Practice of Doctors with Psychiatric Conditions

In the wake of the COVID-19 pandemic, growing awareness of mental health in the workplace has spurred efforts to improve mental health support for healthcare workers. The SMA Doctors-in-Training (DIT) Committee, together with specialists from the College of Psychiatrists, Academy of Medicine, Singapore (AMS) and the College of Public Health and Occupational Physicians, AMS, formed the Workgroup to Support the Registration and Practice of Doctors with Psychiatric Conditions in January 2025.

The workgroup was formed to assess the needs of doctors with psychiatric conditions and to develop guidelines outlining considerations for conducting fitness to practise assessments and recommendations targeted at departments and institutions to better support mental health in the workplace. The SMA DIT Committee is supporting the workgroup as its secretariat and has been involved in needs assessments (such as conducting qualitative interviews with doctors with psychiatric conditions), conducting literature reviews and crafting the proposed guidelines. The guidelines are planned to be published by early 2026.

Doctors who are facing mental health concerns may seek help from various channels listed in the table for reference. ♦

Public institution staff wellness resources

Singapore Health Services (SingHealth)

Type	Organisation	Contact
Hospital peer support networks	SingHealth Postgraduate Year 1 BLUES (Burnout, Listening, Understanding and Emotional Support) Programme	pgy1blues@singhealth.com.sg
	Singapore General Hospital SAFE (Support Action for Employees)	8879 3342 (office hours) sghpeers@sgh.com.sg
	Changi General Hospital (CGH) PEER Network	8125 8452 peernetwork@cgh.com.sg
	KK Women's and Children's Hospital Carer's Support Programme	8181 7655
	Sengkang Hospital PALS (Peers Actively Lending Support)	pals@skh.com.sg
Hospital staff counselling	CGH Staff Counselling Service	9299 0041 clinical_counselling@cgh.com.sg

National University Health System

Type	Organisation	Contact
In-house counselling service		Schedule appointments via internal "Bookwhen" link 9784 7629
Crisis helpline		3163 1813
Consultation at hospital staff clinics	National University Hospital Staff Health Clinic	6772 2167
	Jurong Community Hospital Clinic C11	6908 2222
	Alexandra Hospital Cocoon Clinic	9129 2198 (call for tele-consultation or appointment)

NHG Health

Organisation	Contact
Tan Tock Seng Hospital Staff Support Staff programme	9720 8515 (office hours) ttsh.staff.support.staff@nhghealth.com.sg
Kho Teck Puat Hospital/Yishun Community Hospital Peers Around Lending Support programme	9647 0462 (office hours) ktph.ych.pals@nhghealth.com.sg
Woodlands Health WellCARE Helpline	9835 2973 (office hours) wh.wellcare@nhghealth.com.sg
Institute of Mental Health Staff Support and Assistance Programme	imh.ssap@nhghealth.com.sg

National resources

Brahm Centre (Counselling)	9766 0000 assist@brahmcentre.com
National MindLine 1771	1771 (24-hour hotline)
Samaritans of Singapore	1767 (24-hour hotline) or 1800 221 4444
Singapore Association for Mental Health (Counselling)	1800 283 7019
TOUCHline (Counselling)	1800 377 2252