



winning the war on mental health

MentaLink: Enabling Timely Mental Health Intervention



Team HealthX

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**We All Know a Heart Attack
is an Emergency.**

**Every minute counts.
Delays mean irreversible damage
— or death.**



If This Were a Heart Attack...



Onset of
Symptoms



Gold Standard Door-to-Balloon time:

Within 90 Minutes¹

Life Saving Treatment



Rushed to
Emergency

Even then,

10% Mortality
with effective treatment²

1. National Registry of Diseases Office. (2021). *Singapore Myocardial Infarction Registry annual report 2020*. Ministry of Health Singapore. <https://www.nrdo.gov.sg/publications/myocardial-infarction>
2. World Health Organization. (2025). <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

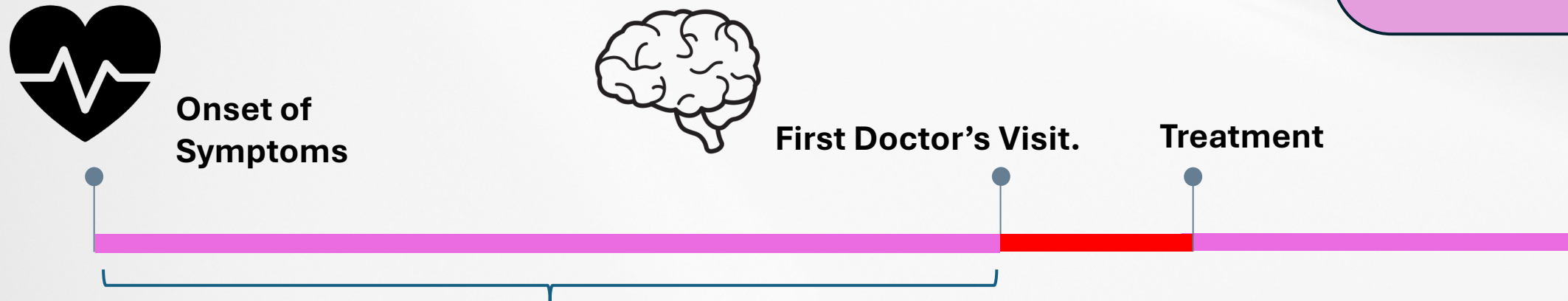




Mental health is no different.
Early action saves lives.

We Would **Never** Treat a Heart Attack Like This

17.5%
Mortality Rate³



Average delay to diagnosis/treatment: **6–14 years**⁴⁻⁵

*1 in 3 individuals never reach out for help.*⁶

3. Walker, E. R., McGee, R. E., & Druss, B. G. (2015). Mortality in mental disorders and global disease burden implications: a systematic review and meta-analysis. *JAMA psychiatry*, 72(4), 334–341. <https://doi.org/10.1001/jamapsychiatry.2014.2502>
4. Wang, P. S., Berglund, P., Olfson, M., Pincus, H. A., Wells, K. B., & Kessler, R. C. (2005). Failure and delay in initial treatment contact after first onset of mental disorders in the National Comorbidity Survey Replication. *Archives of general psychiatry*, 62(6), 603–613. <https://doi.org/10.1001/archpsyc.62.6.603>
5. Committee Opinion No. 705: Mental Health Disorders in Adolescents. (2017). *Obstetrics and gynecology*, 130(1), e32–e41. <https://doi.org/10.1097/AOG.0000000000002160>
6. The Straits Times. (2024). *Key takeaways from IMH's National Youth Mental Health Study*. <https://www.straitstimes.com/singapore/health/key-takeaways-from-imh-s-national-youth-mental-health-study>



*“When we treat physical ailments, we don’t wait until a disease is lethal — **so why do we approach mental health that way?**”*

— Daniel Gillison, CEO, NAMI

Even after Diagnosis; The path to recovery is uncertain



30-45% of patients don't come for follow-up sessions.⁷

Patients reach out



45 days to see a Doctor⁸

Patients see a doctor



3-6 months between Appointments

Complications -
Suicide & Self harm

Follow-up appointment

7. Fernández, D., Vigo, D., Sampson, N. A., Hwang, I., Aguilar-Gaxiola, S., Al-Hamzawi, A. O., Alonso, J., Andrade, L. H., Bromet, E. J., de Girolamo, G., de Jonge, P., Florescu, S., Gureje, O., Hinkov, H., Hu, C., Karam, E. G., Karam, G., Kawakami, N., Kiejna, A., Kovess-Masfety, V., ... Haro, J. M. (2021). Patterns of care and dropout rates from outpatient mental healthcare in low-, middle- and high-income countries from the World Health Organization's World Mental Health Survey Initiative. *Psychological medicine*, 51(12), 2104–2116. <https://doi.org/10.1017/S0033291720000884>

8. Ministry of Health Singapore. (2024). *Waiting time for appointments for mental health treatment at public healthcare institutions*. <https://www.moh.gov.sg/newsroom/waiting-time-for-appointments-for-mental-health-treatment-at-public-healthcare-institutions>

6 Months Between Visits; 10 Minutes to talk about it



So much happens in six months.

Yet every update depends on a **brief consult**
and a **generic mental health form...**
...used for every patient, no matter their life stage.

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)				
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
	1. Little interest or pleasure in doing things	0	1	2
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Even after Diagnosis; The path to recovery is uncertain

*Doctors have no visibility
on patients during this
period.*

3-6 months between Appointments

Patients see a doctor



Follow-up appointment

Complications
(Suicide & Self harm)

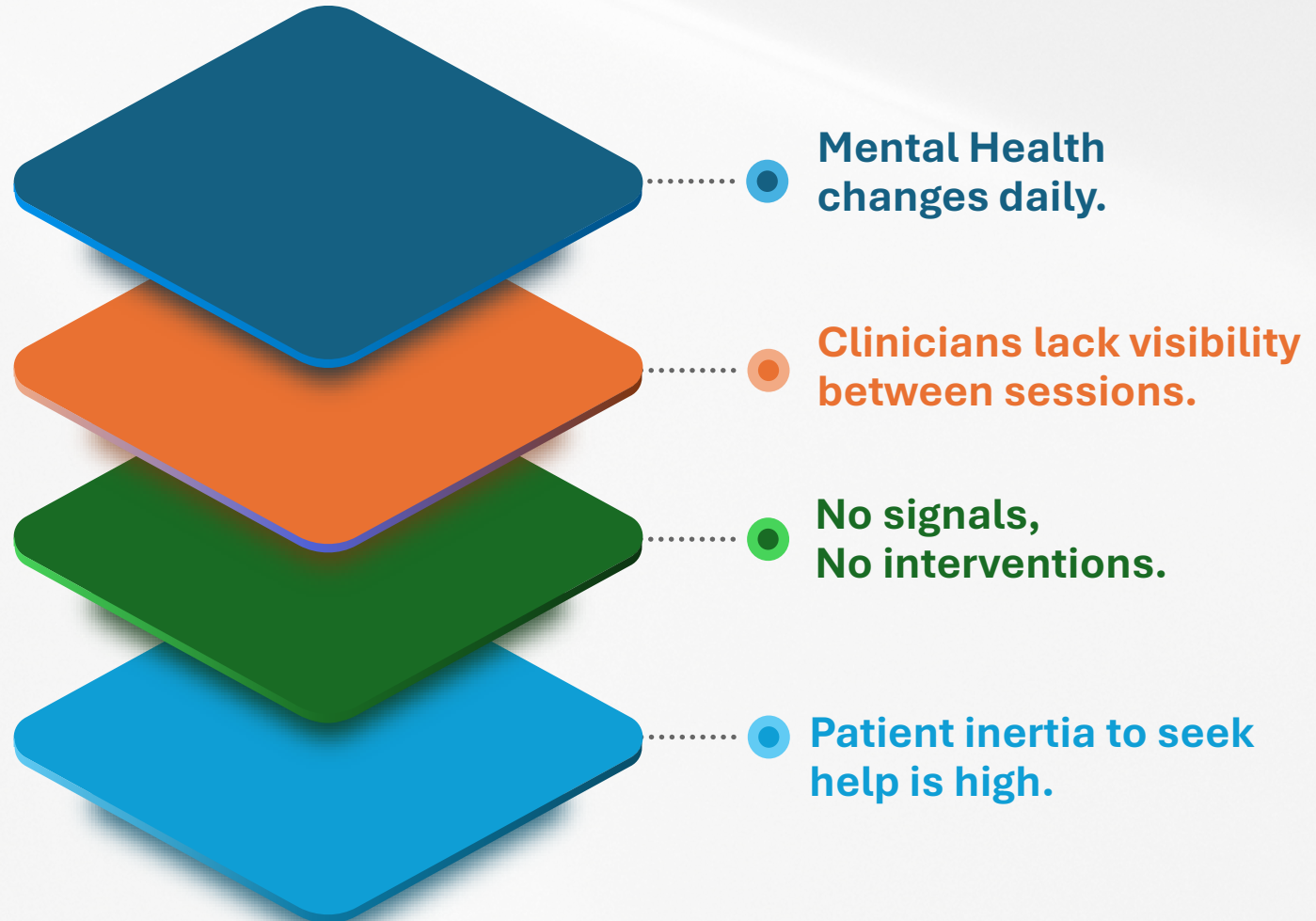
**Minor struggles escalate
into major crises in the
absence of
timely interventions.**



The Root Problem?

Doctors Are Fighting Blind.

*The lack of
Physician
Transparency is a
multi-layered issue.*





**Mental Health Isn't Just a National Issue -
It's an ASEAN-Wide Challenge.**

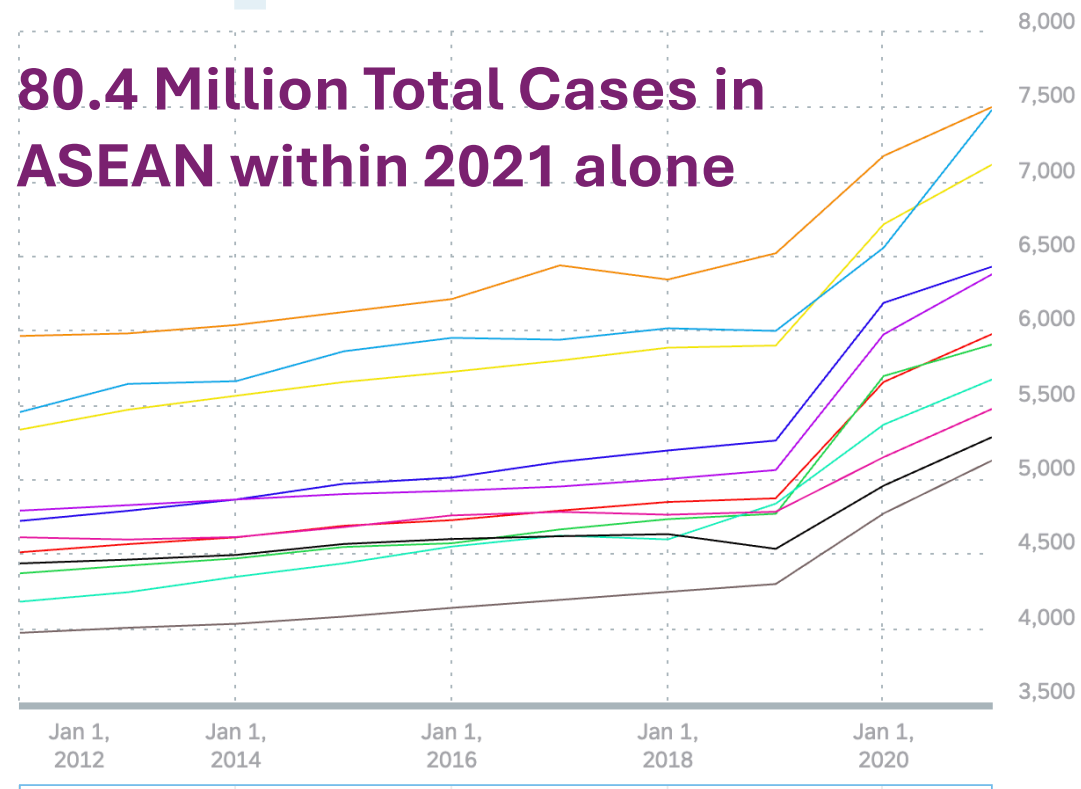
Rising Prevalence, Younger Age

9

Prevalence of Anxiety and Depression in ASEAN, rate per 100K

1M 3M 6M YTD 1Y **All**

80.4 Million Total Cases in ASEAN within 2021 alone

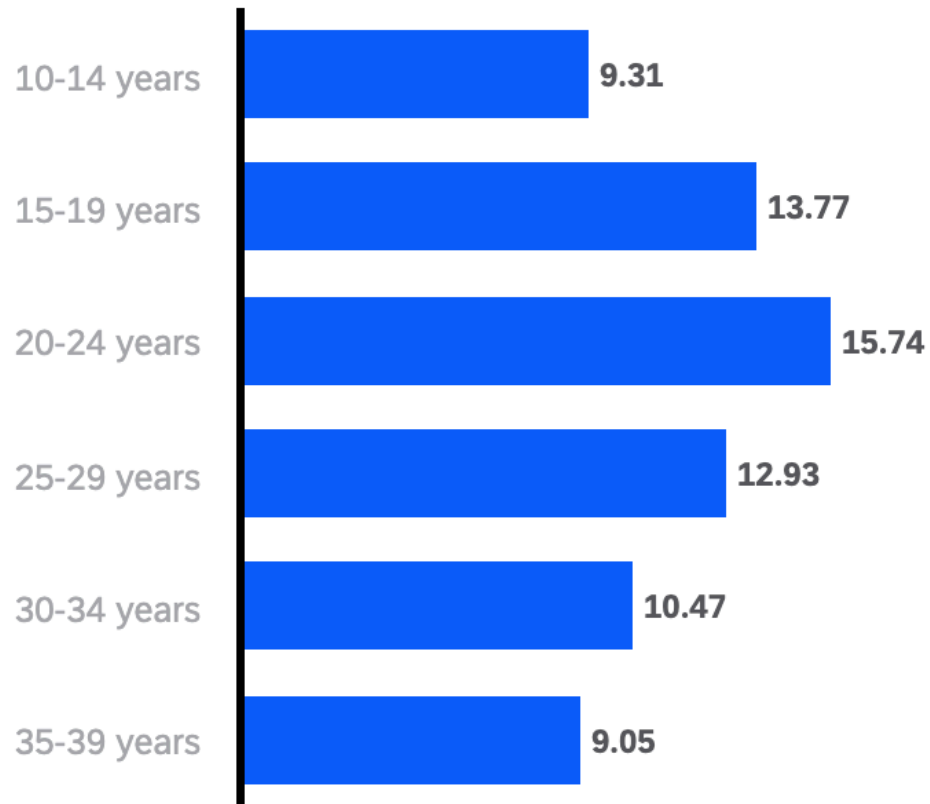


70% increase
in Anxiety and
Depression
since 1990

- Association of Southeast Asian Nations
- Brunei Darussalam
- Cambodia
- Indonesia
- Lao People's Democratic Republic
- Malaysia
- Myanmar
- Philippines
- Singapore
- Thailand
- Viet Nam

Rising Prevalence, Younger Age

% Increase in Mental Health Disorders in ASEAN youth from 2010-2021⁹



70% increase
in Anxiety and
Depression
since 1990

Mental health
issues are hitting
**younger,
harder, and
earlier.**⁹

Rising Prevalence, Younger Age

Mental disorders significantly impact youth aged 10-14 in Singapore: Lancet study



The rise of social media and high academic pressure have both been linked to increased mental health issues among young people in Singapore.

70% increase
in Anxiety and
Depression
since 1990

Mental health
issues are hitting
**younger,
harder, and
earlier.**

10–14 age
group hit
harder than
ever before.¹⁰

10. Szűcs, Anna et al. (2025). The epidemiology and burden of ten mental disorders in countries of the Association of Southeast Asian Nations (ASEAN), 1990–2021: findings from the Global Burden of Disease Study 2021. *The Lancet Public Health*, Volume 10, Issue 6, e480 - e491. [https://doi.org/10.1016/S2468-2667\(25\)00098-2](https://doi.org/10.1016/S2468-2667(25)00098-2)



Rising Prevalence, Younger Age

70% increase in
Anxiety and
Depression since
1990

Mental health issues
are rising fast — and
hitting **younger,
harder, and earlier.**

Onset is now often in
adolescence; 10–14
age group hit harder
than ever before.

Mental Health is a Relevant and Pertinent issue across ASEAN.

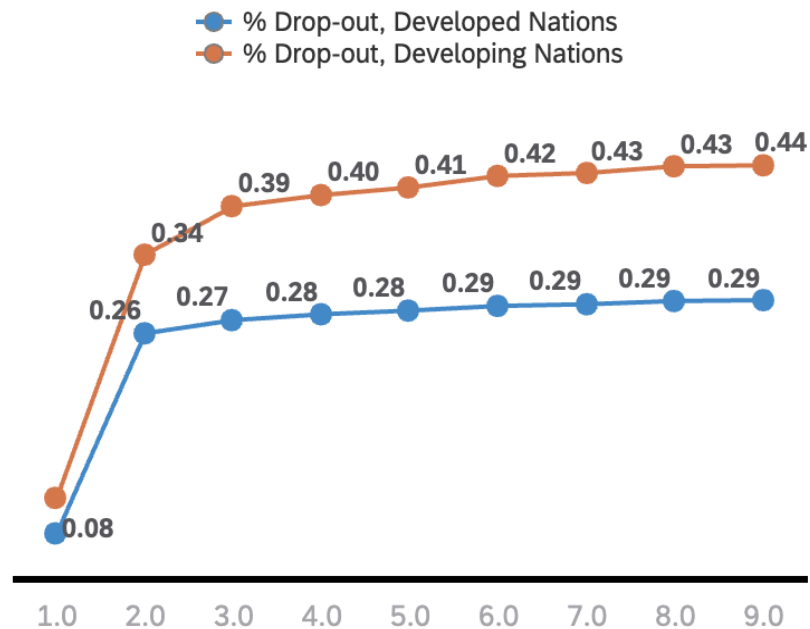


The consequences of late interventions are dire.

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

Cumulative % of Drop-out per Number of Psychiatrist Visits



- 30–45% of patients don't return after first visit⁷
- Doctors don't know who's worsening between sessions
- Crisis escalates invisibly

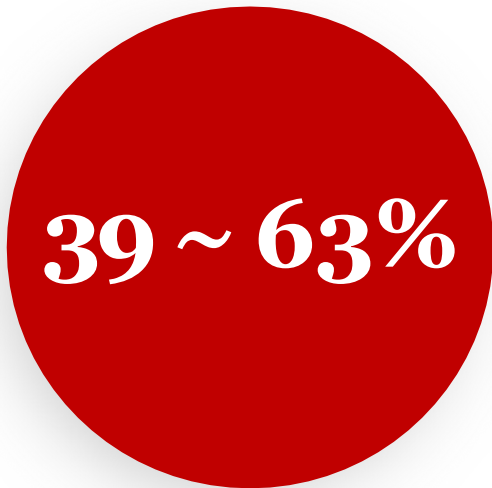
Without timely visibility, patients fall through the cracks — **even those already in care.**

7. Fernández, D., Vigo, D., Sampson, N. A., Hwang, I., Aguilar-Gaxiola, S., Al-Hamzawi, A. O., Alonso, J., Andrade, L. H., Bromet, E. J., de Girolamo, G., de Jonge, P., Florescu, S., Gureje, O., Hinkov, H., Hu, C., Karam, E. G., Karam, G., Kawakami, N., Kiejna, A., Kovess-Masfety, V., ... Haro, J. M. (2021). Patterns of care and dropout rates from outpatient mental healthcare in low-, middle- and high-income countries from the World Health Organization's World Mental Health Survey Initiative. *Psychological medicine*, 51(12), 2104–2116. <https://doi.org/10.1017/S0033291720000884>

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

2. High Under-Reporting Rates



The underreporting rate of
mental health conditions.¹¹

**What's not reported,
isn't treated.**

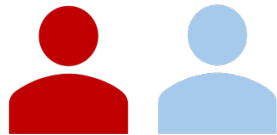
**Unspoken struggles
stay silent.**

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

2. High Under-Reporting Rates

3. High Rate of Relapse



1 in 2 will experience relapse episodes of **depression** within their lifetimes.⁶



1 in 4 will experience relapse episodes of **anxiety** within 3 years.⁶

Without timely intervention, recovery doesn't last.

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

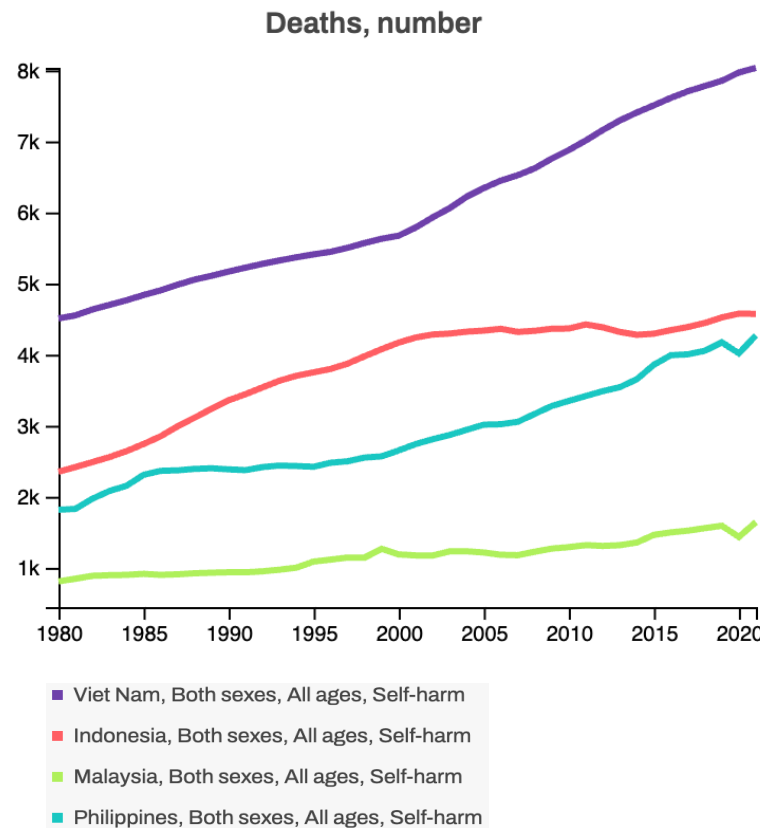
2. High Under-Reporting Rate

3. High Rate of Relapse

4. Increased Mortality

When help
comes late,
lives are lost.

Rising ASEAN self-harm rates⁹⁻¹⁰



Deaths per year due to Self-harm, ASEAN



9. Institute for Health Metrics and Evaluation. (2021). *Global Burden of Disease Study 2021 (GBD 2021)*. IHME. <https://vizhub.healthdata.org/gbd-results>

10. Szűcs, Anna et al. (2025). The epidemiology and burden of ten mental disorders in countries of the Association of Southeast Asian Nations (ASEAN), 1990–2021: findings from the Global Burden of Disease Study 2021. *The Lancet Public Health*, Volume 10, Issue 6, e480 - e491. [https://doi.org/10.1016/S2468-2667\(25\)00098-2](https://doi.org/10.1016/S2468-2667(25)00098-2)

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

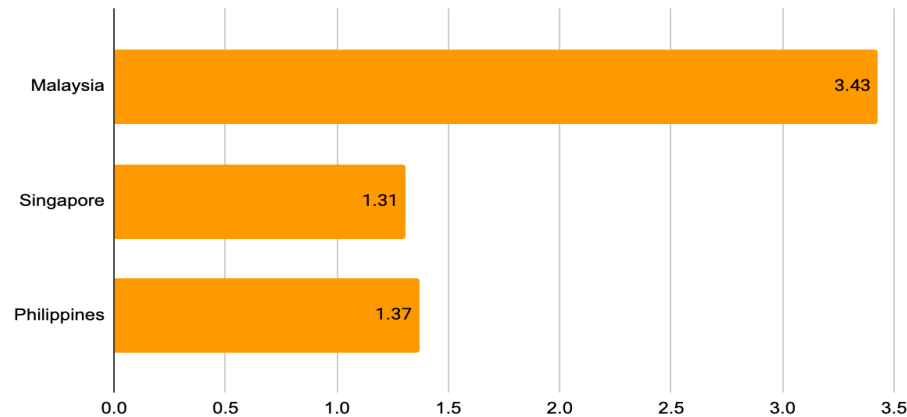
2. High Under-Reporting Rates

3. High Rate of Relapse

4. Increased Mortality

5. Impact on the Economy

Economic Burden of Mental Health Disorders, USD (billions)



Mental health isn't just a personal struggle — it's an economic one.

Lost workforce productivity costs ASEAN economies **billions of dollars**¹²⁻¹⁴.

Workplace mental health issues cost M'sia RM14.46bil in 2018 alone, says psychiatrist

By ARFA YUNUS



NATION

Saturday, 12 Oct 2024

1:53 PM MYT

PETALING JAYA: Mental health issues are taking a significant toll on the Malaysian economy, with workplace stress, job insecurity, and burnout contributing to this growing crisis, said a psychiatrist.

- Abdin, E., Chong, S. A., Ragu, V., Vaingankar, J. A., Shafie, S., Verma, S., Ganesan, G., Tan, K. B., Heng, D., & Subramaniam, M. (2023). The economic burden of mental disorders among adults in Singapore: evidence from the 2016 Singapore Mental Health Study. *Journal of mental health (Abingdon, England)*, 32(1), 190–197. <https://doi.org/10.1080/09638237.2021.1952958>
- United Nations Development Programme. (2023). *Mental health conditions and tobacco use: Addressing the interconnected health and development burdens – Accessible version for persons with print disabilities*. <https://www.undp.org/sites/g/files/zskgke326/files/2023-10/undp-rbap-issue-brief-on-mental-health-and-tobacco-use-accessible-version-1.pdf>
- The Star. (2024). *Workplace mental health issues cost M'sia RM14.46bil in 2018 alone, says psychiatrist*. <https://www.thestar.com.my/news/nation/2024/10/12/workplace-mental-health-issues-cost-m039sia-rm1446bil-in-2018-alone-says-psychiatrist>

The consequences of the *Lack of Timely Interventions.*

1. High Drop-out Rates

2. Under-Reporting

3. High Rate of Relapse

4. Increased Mortality

5. Impact on the Economy

Cumulative % of Drop-out per Number of Psychiatrist Visits

● % Drop-out, Developed Nations
● % Drop-out, Developing Nations



39~63%

The bottomline:

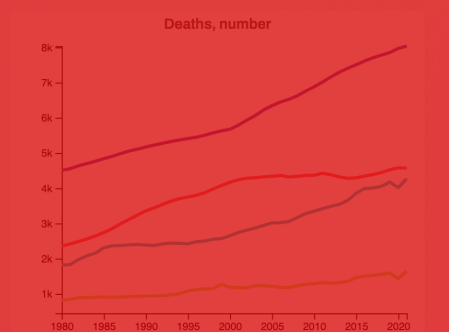
It costs individuals, families, communities, and the economy.

What's not reported isn't treated.

1 in 2 will experience relapse episodes of depression within their lifetimes.



1 in 4 will experience relapse episodes of anxiety within 3 years.



The Vicious Cycle of Mental Health Care Failure

4 Delayed or Missed Interventions

Conditions worsen, leading to relapse, crisis, or dropout.

3 Poor Visibility Between Visits

Doctors lack real-time insights; subtle warning signs missed.



1 Rising Mental Health Cases

More people seeking help for depression, anxiety, burnout.

2 Overloaded Systems & Physicians

Long waits, limited consultation time, clinician burnout.



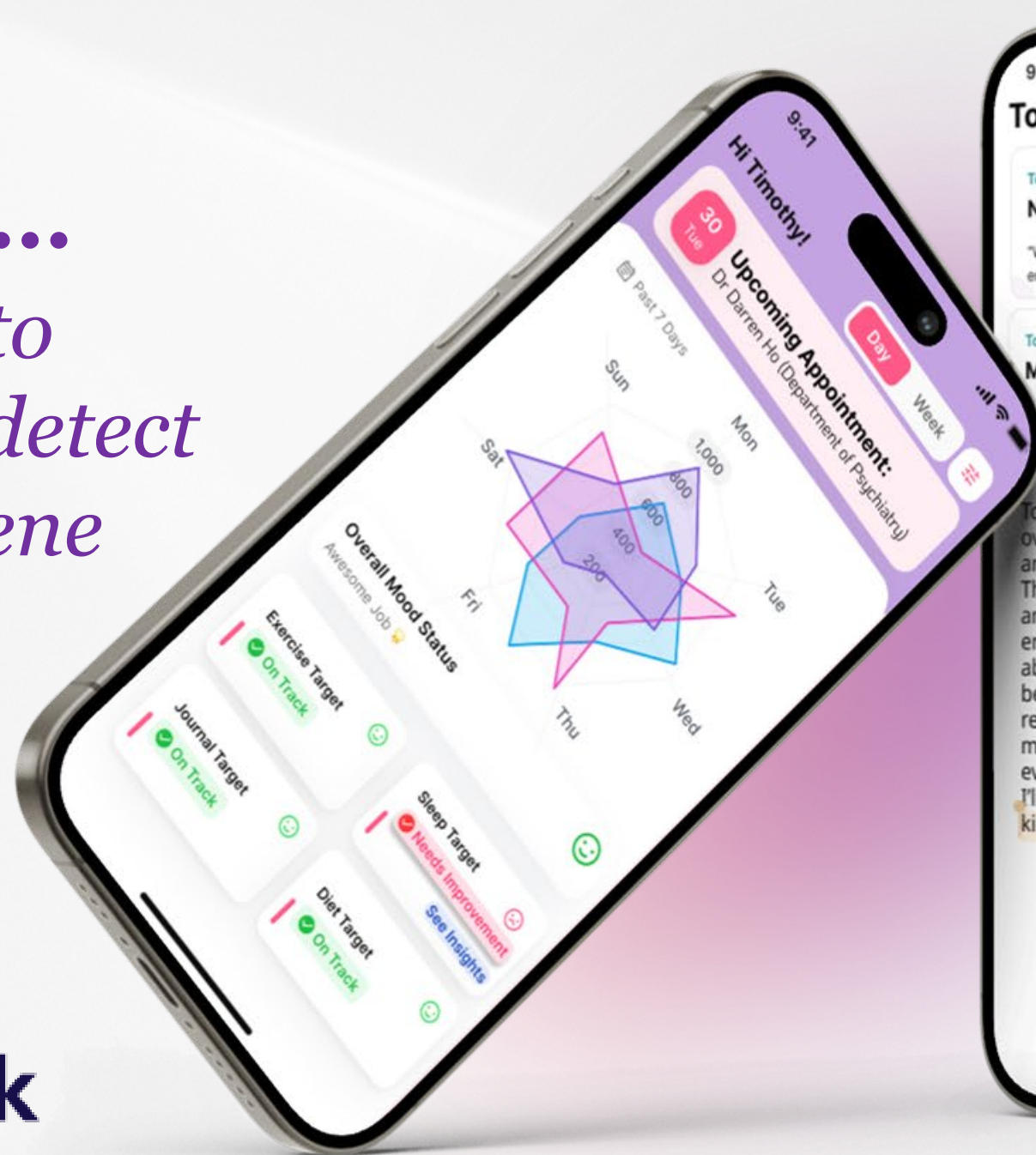
At the root of this cycle lies one critical gap:

Physicians lack timely insights into their patients' evolving mental health.

To break the cycle, we must enable real-time visibility and early intervention.



*Introducing...
A smarter way to
monitor mood, detect
risk, and intervene
early.*



9:41
Today:
Today's Prompt #1
Naming the Emotion 🗨️
"What am I feeling right now? Can I name the emotion? Why do I feel this way?"
Today's Prompt #2
Making Progress 🌱
I could be gentle with myself tomorrow, what would it look like?"
Today was tough at work. I felt overwhelmed by the volume of tasks and unsure if I'm meeting expectations. There's a constant pressure to perform, and sometimes I question if I'm good enough. I caught myself doubting my abilities more than usual. Maybe I'm being too hard on myself. I want to remember that struggling doesn't mean failing — it means I'm growing, even if it's uncomfortable. Tomorrow, I'll try to focus on small wins and be kinder to myself...



MentaLink





**Here's how
MentaLink transforms
a patient's journey**





Timothy, 26 years old

Diagnosed with depression 3 years ago
Currently stable and on 6-monthly reviews
with his doctor.

Works as a data analyst.



Life Gets Overwhelming

A **painful breakup** with his long-term partner.

Concurrently, **intense work stress.**



A Tough Month — and No One Knows

Timothy struggles to reach out for help.

The words just don't come.

Each day, **things feel just a little bleaker.**

Yet to others, he still seems "fine."

His next doctor's appointment is
still months away.

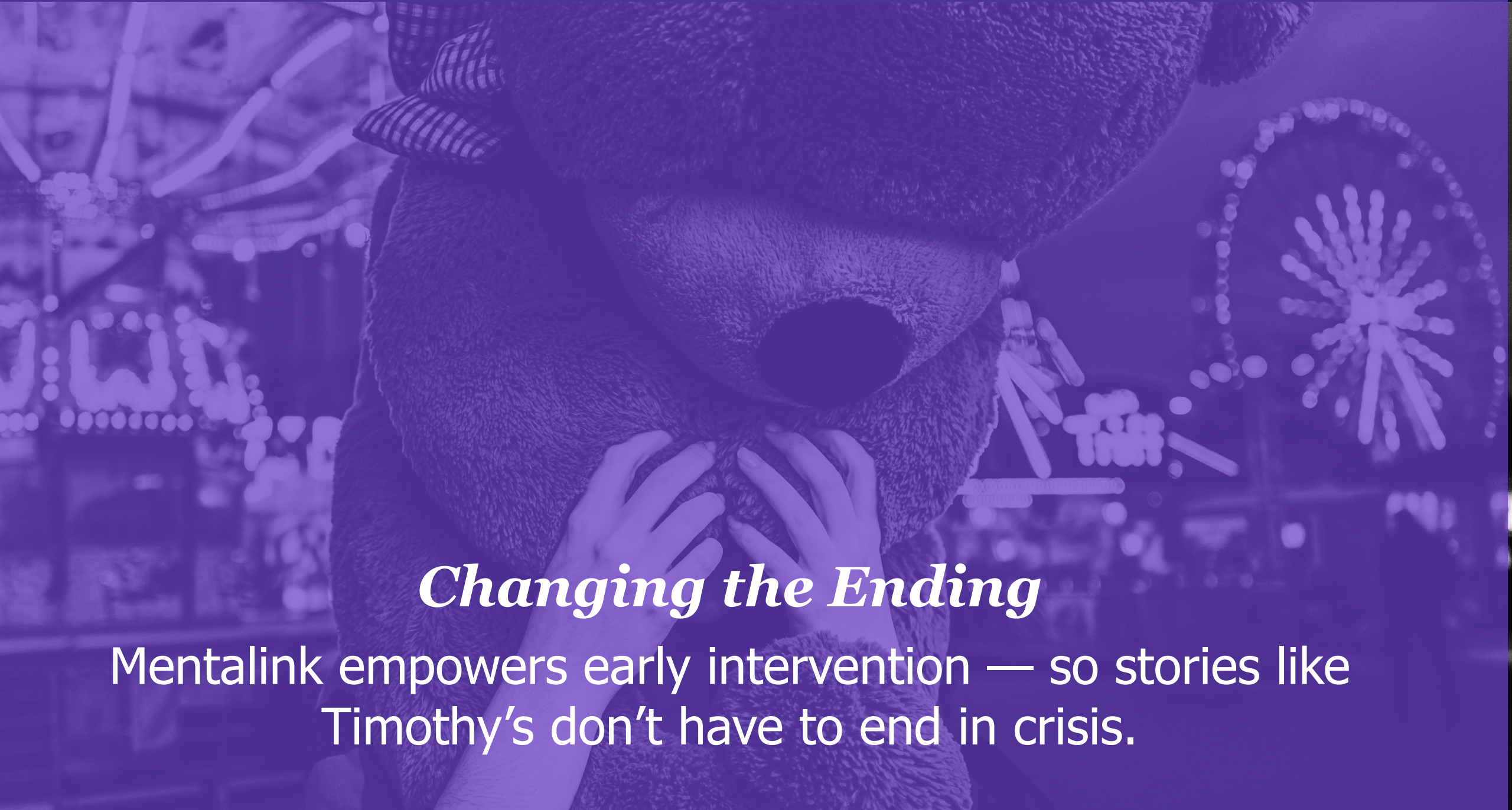


The Breaking Point

In the silence, things spiral.
Timothy attempts to **self-harm** —
leading to a **serious suicide attempt**.

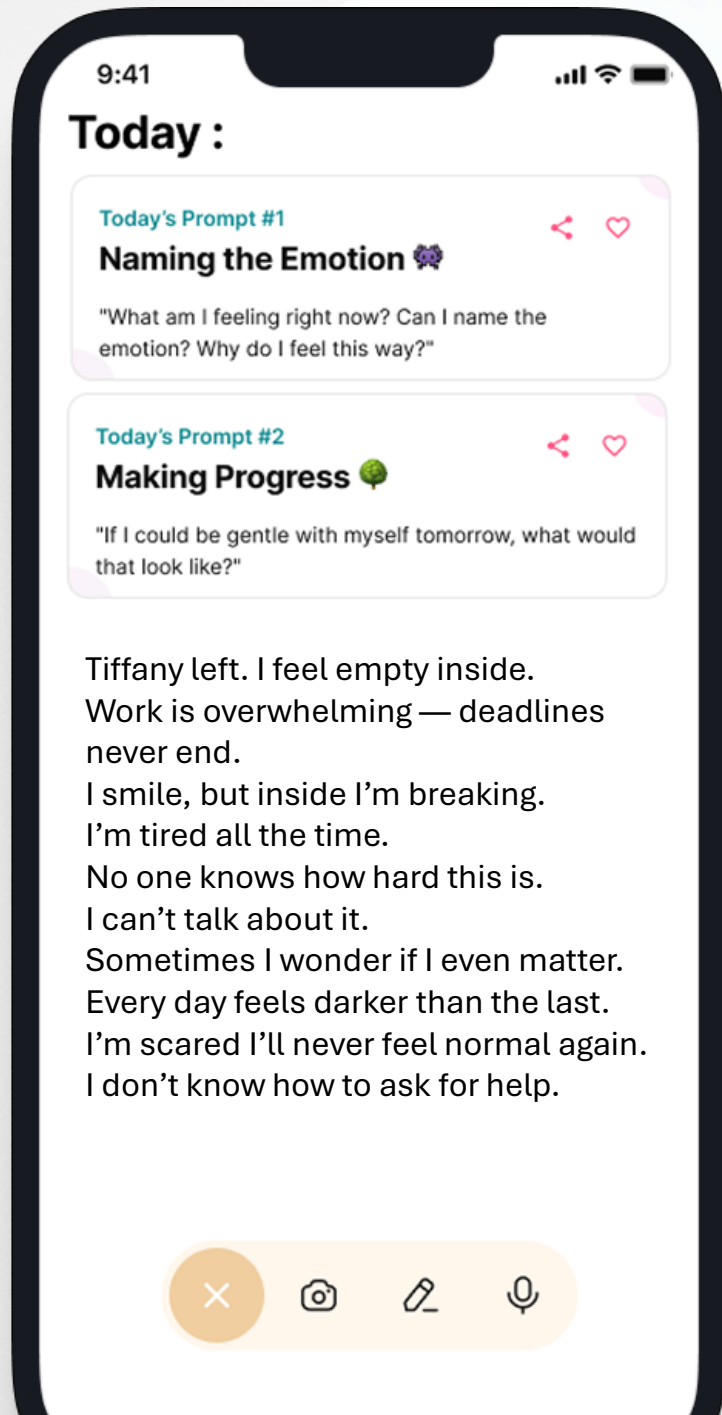
A preventable crisis.

It takes Timothy **more than 5 years** to rebuild his life.



Changing the Ending

Mentalink empowers early intervention — so stories like Timothy's don't have to end in crisis.



Daily journal entries captured signs **mood deterioration** and **flags keywords** related to **grief, burnout, and low motivation.**

"inside I am breaking"

"I wonder if I even matter"

"Every day feels darker..."

"I'm Scared...."

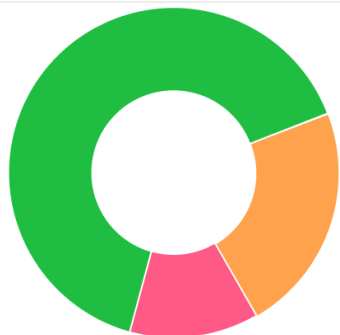
"I don't know how to ask for help"

Dr Darren Ho [Department of Psychiatry]

Search

+ Add Patient

Patients on Follow-up



Active Follow-up

Monitor

Stable

Patient: Timothy Wee XY (ID: 5104801Z)

Severe Acute Mood Deterioration Detected RECOMMEND URGENT FOLLOWUP

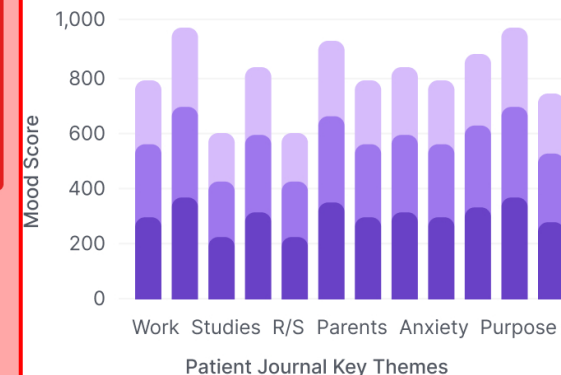
Keywords:
Self harm, Harming Others, Suicide

Past Psychiatric History:

- Major Depressive Disorder, first diagnosed in 2022
- One prior suicide attempt in 2022 (overdose, no ICU required)
- Multiple prior episodes of depressive relapse, non-adherent to therapy previously

Current Medication List: Sertraline (100mg OM), Quetiapine (25mg ON), Lorazepam (0.5mg PRN), Vitamin D3 (1000 IU)

Known Support Network: Parents HP 31409 32049012



All time X

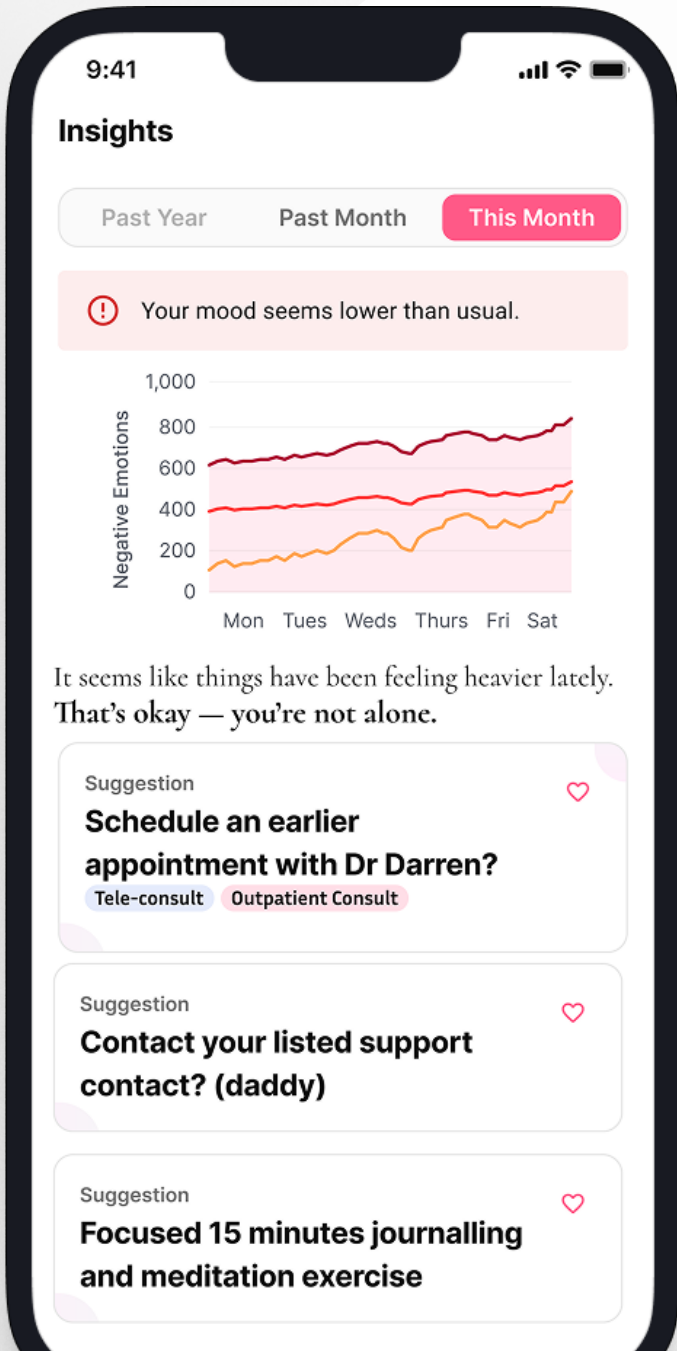
US, AU, +4 X

More filters

Search

Alert: Grief; Self-Harm; Burnout

Patients	Status	Notes	Followup
<input checked="" type="checkbox"/> Timothy Wee XY Major Depressive Disorder with Pyschosis	Active Followup	"Hopeless" "suicidal" "seeing things"	3 months ago <input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> Aung Kyaw Tun Panic Disorder	Active Followup	"waking up in panic" "I can't do this anymore"	6 months ago <input checked="" type="checkbox"/>



For Timothy, the system...

1. Prompts
Timothy to
schedule an
earlier
check-in.

2. Alerts
Timothy's
Physicians
and
prioritizes
him.

3. Suggests
for Timothy
to contact
his listed
support
contact in
the app.



His clinician reached out immediately.
Instead of 3 months later...

Within weeks, he was back on his feet.
The crisis was prevented.

**With MentaLink, care came at the
right time.**



Support That Doesn't End After the Crisis

Even after recovery, MentaLink helps Timothy and his doctor as he

- Guiding his step-down care into the community
- Supporting his transition from a difficult period
- Helping him navigate future ups and downs in life
- And much more...



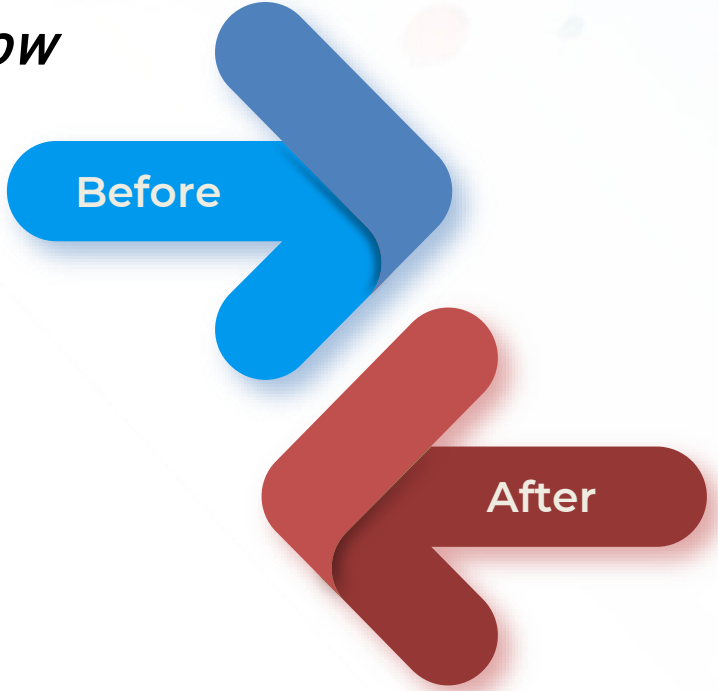
Existing Hospital Workflow

**No Visibility to Clinicians
In-between Sessions**

**Inertia to seek help
& Delayed Care**

**Limited Consultation Times
Unfocused Discussions**

Unclear Symptoms



Now: Daily, multi-dimensional insights

Now: Early detection of mood deterioration

Now: Clinicians can be the first to reach out

Now: Summarised issue lists and targeted in-clinic discussions

Anxiety

Schizophrenia



Depression

Other Mental Disorders

 **MentaLink**

MentaLink's Platform can be leveraged effectively across the field of Psychiatry.

Anxiety

ASEAN Prevalence: 4.3%

Schizophrenia

ASEAN Prevalence: 0.4%

Depression

ASEAN Prevalence: 3.1%

Other Mental Disorders

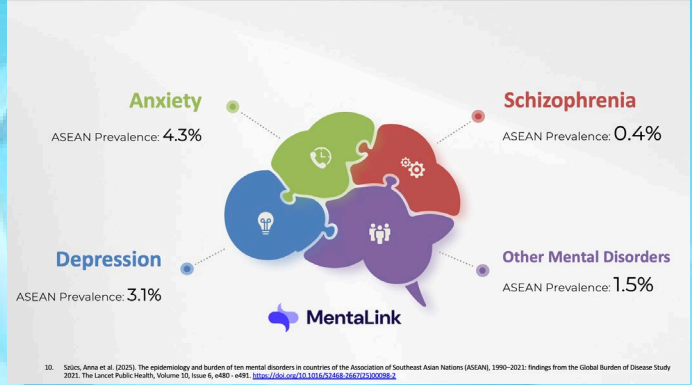
ASEAN Prevalence: 1.5%





Most excitingly,

MentaLink isn't limited to psychiatry — it enhances care across the entire healthcare ecosystem.



Psychiatry

Primary Care

Tertiary Care

Preventive Health

The Overlooked Burden of Mental Health in Everyday Clinics

Unlikely to be thinking about

Post-Heart Attack
Depression / Anxiety
(as common as 30%)



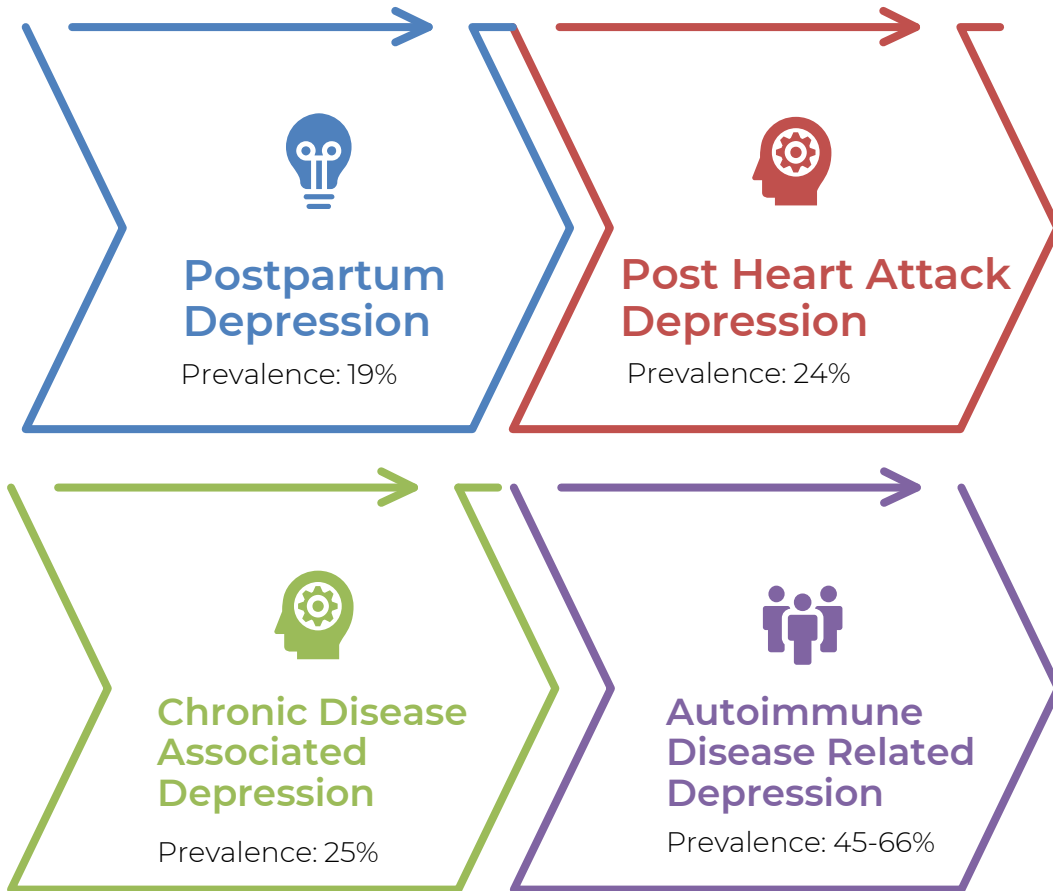
Mr Cardiologist

Most likely thinking about

Heart Attack
High Blood Pressure
Medication Compliance
Control of Blood Sugar...

Most doctors are not **specialty trained to detect and treat mental health issues** despite their prevalence.

Across the board, the prevalence of *underdiagnosis of depression* is estimated around **63%¹⁵⁻¹⁸**



Why rates of postpartum depression have doubled in the last decade

One study found diagnosis jumped from 9% in 2010 to 19% in 2021.

By [Dr. Esther Zusstone](#)

November 21, 2024, 6:23 AM



Expert Review | [Open access](#) | Published: 24 January 2025

The interface of depression and diabetes: treatment considerations

[Giuseppe Fanelli](#), [Emanuel Raschi](#), [Gaye Hafez](#), [Silke Matura](#), [Carmen Schiweck](#), [Elisabetta Poluzzi](#) & [Carlotta Lunghi](#) ✉

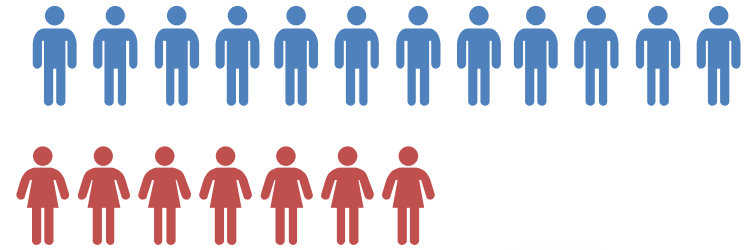
[Translational Psychiatry](#) **15**, Article number: 22 (2025) | [Cite this article](#)

14k Accesses | **21** Citations | **2** Altmetric | [Metrics](#)

- Alexandre Faisal-Cury, Carolina Ziebold, Daniel Maurício de Oliveira Rodrigues, Alicia Matijasevich (2022). Depression underdiagnosis: Prevalence and associated factors. A population-based study. *Journal of Psychiatric Research*, Volume 151, Pages 157-165, <https://doi.org/10.1016/j.jpsychires.2022.04.025>.
- Chong, R. J., Hao, Y., Tan, E. W. Q., Mok, G. J. L., Sia, C.-H., Ho, J. S. Y., Chan, M. Y. Y., & Ho, A. F. W. (2025). Prevalence of Depression, Anxiety and Post-Traumatic Stress Disorder (PTSD) After Acute Myocardial Infarction: A Systematic Review and Meta-Analysis. *Journal of Clinical Medicine*, 14(6), 1786. <https://doi.org/10.3390/jcm14061786>
- Carlson, Karen, et al. "Perinatal Depression." *National Library of Medicine*, StatPearls Publishing, 22 Jan. 2025, www.ncbi.nlm.nih.gov/books/NBK519070/.
- Xiang, L., Yang, J., Yamada, M. et al. Association between chronic diseases and depressive inclinations among rural middle-aged and older adults. *Sci Rep* **15**, 7784 (2025). <https://doi.org/10.1038/s41598-025-91679-5>

Leveling Up the Entire Healthcare System

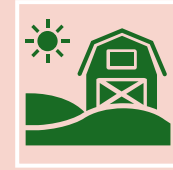
- MentaLink brings psychiatric-level insight into routine consultations for non-psychiatric doctors.
- Doctors can focus on their primary role, while mental health needs are automatically identified and addressed by MentaLink.
- Enables timely detection, support, and referral before crises develop.



MentaLink's alignment for a successful ASEAN implementation



Scalable Cloud Based Platform; Integration with local National Health Systems



Digital health solution – enabling reach from cities to rural countryside



Adaptable AI model – fine tuned to local populations



Alignment with shared regional needs

Alignment with ASEAN Development Goals & UN SDGs

B.1 Reducing barriers

B.2 Equitable Access for All

E.3 (iii): Encourage institutional and technical innovations in the provision of social services and health care.

B.4 Productivity-Driven Growth, Innovation, Research and Development, and Technology Commercialisation

C.7 Healthcare

3.4: Reduce Mortality from Non-Communicable Diseases and Promote Mental Health

3.d: Strengthen Capacity for Early Warning, Risk Reduction, and Management of Health Risks

Alignment with ASEAN Development Goals



Alignment with UN Sustainable Development Goals

3 GOOD HEALTH AND WELL-BEING



19. UNICEF. (n.d.). *Goal 3: Good health and well-being*. UNICEF Data. <https://data.unicef.org/sdgs/goal-3-good-health-wellbeing>

20. Association of Southeast Asian Nations *Socio-Cultural Community Blueprint 2025*. <https://www.asean.org/wp-content/uploads/2012/05/8.-March-2016-ASCC-Blueprint-2025.pdf>

21. Association of Southeast Asian Nations *Economic Community Blueprint 2025*. https://asean.org/wp-content/uploads/2021/08/AECBP_2025r_FINAL.pdf

Our Roadmap to Reality



Users

Psychologists
Psychiatrists
Primary Care Doctors
Specialists
Preventive Health Experts

Potential Client Partners

Universities
Government Organizations
Corporate Organizations
Telemedicine Platforms
National Health Systems



UNIVERSITY OF MALAYA



MINISTRY OF EDUCATION MALAYSIA

MentaLink Today



Collaborating with leading hospital institutions in Singapore



Co-developing clinical care models tailored to real-world workflows



Aspiring to integrate into hospital systems for seamless deployment



Submitting grant applications and ethics approvals



Feasibility study planning underway, targeting positive results soon.



Working with real patients to tailor fit our solution

We are not just building a product, but a scalable solution for real clinical impact.

HealthCare Economics



Revenue Generation Engine

Opportunity to out-license and commercialize

- Proprietary Medical AI model
- Secure Patient Dataset
- Platform Medical / Tele-Medicine Services



Significant Cost Savings

Effective outpatient interventions and remote monitoring have been shown to reduce mental health readmissions by **15–30%** (22)

with each readmission costing between **USD 7,000 and 15,000** (23)

Effective Care, Sustainable Economics.

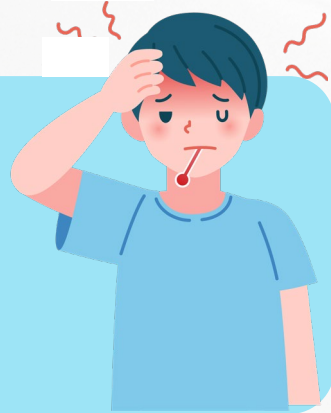
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Creating Value for Every Stakeholder

Patients

Empowered Recovery via Smart Insights
Faster Recovery with Timely Support
Early Detection and Intervention



Hospitals

Improved

- **Cost-savings from reduced readmission and complications**
- **Crisis Preventions**
- **Patient Outcomes**



Enhanced outpatient care
Improved Patient Outcomes
Focus resources on complex cases



Clinicians

Suicide Prevention

Improved Population Mental Health
Reduced Productivity loss and Healthcare Burden



Public Health/Economy

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Building A Brighter, Healthier ASEAN of Tomorrow



JOHN THNG

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Founder, President - The Youth Collective Social Enterprise

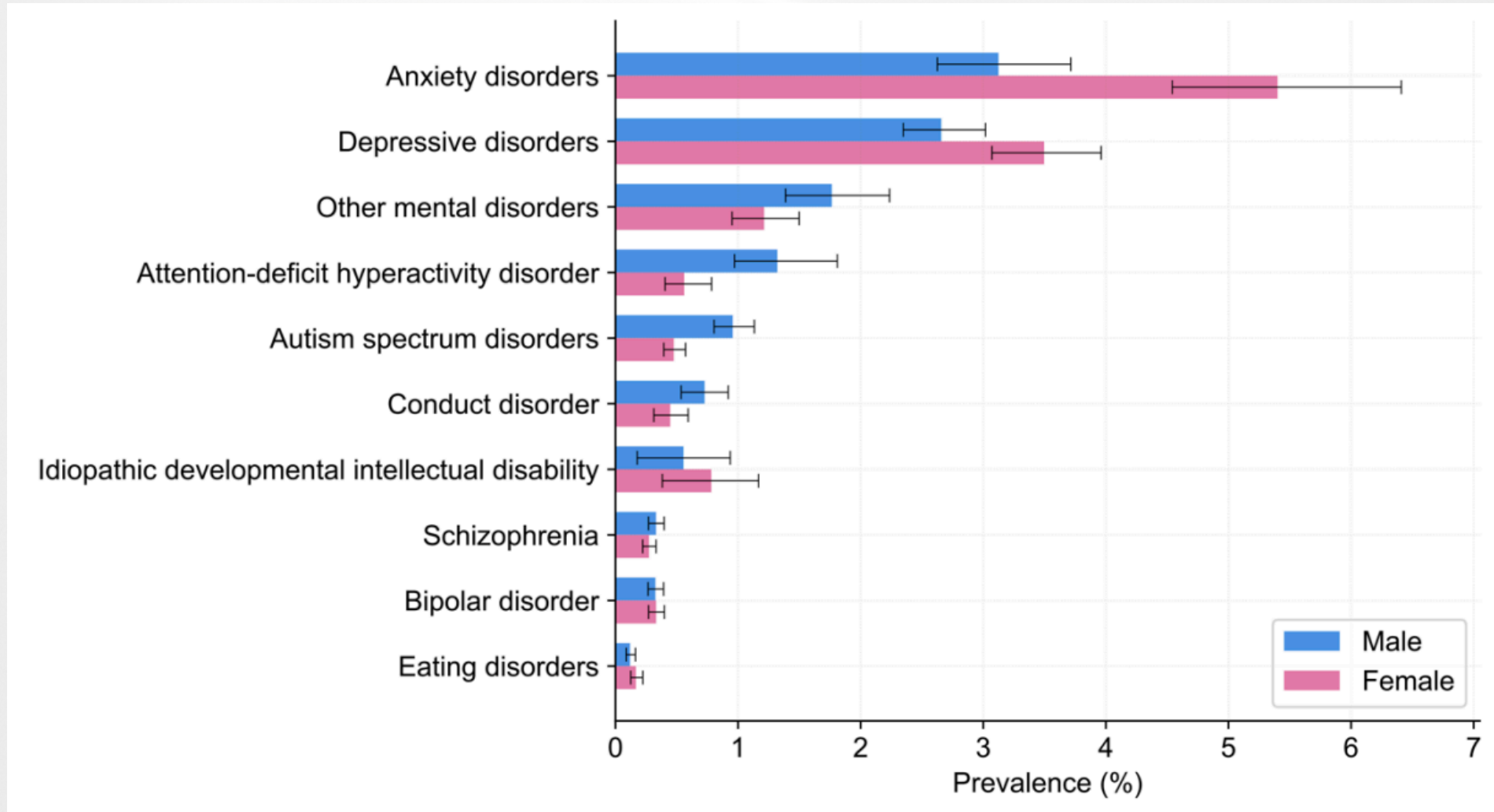


DARREN HO

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Vice-President, NUS HealthX

Annex

Prevalence of 10 mental health disorders, GBD 2021





TWENTY TWO 13

School violence highlights urgent need for mental health support, says NUTP

Graig Nunis

Wed, 15 October 2025 at 2:09 pm GMT+8

3 min read



"School violence highlights urgent need for mental health support, says NUTP"

3 Sengkang Green Primary pupils suspended for bullying classmate, with 1 of them caned: MOE

[Sign up now](#): Get ST's newsletters delivered to your inbox



The three pupils were immediately suspended after they were found to have made prank calls to their classmate's mother.

ST PHOTO: ARIFFIN JAMAR

Singapore teachers work longer hours, report higher stress than OECD average

A survey of 55 education systems across the world found that full-time teachers in Singapore work a total of 47.3 hours a week, more than the OECD average of 41 hours.



Secondary school students in a Singapore classroom. (Photo: Facebook/Chan Chun Sing)



Ang H

THOUGHTS

07 Oct 2025 09:0
(Updated: 09 Oct)



Teacher Workload, Burnout, And The Rising Trend Of Early Retirement In Malaysia



File pix

The Obvious Choice

EXISTING HOSPITAL WORKFLOW



MENTALINK MentaLink

