

Recognise. Respond. Refer.

Enabling Timely Mental Health Support through Healthier SG

by the Agency for Integrated Care (AIC)

Over the years, national efforts such as the *National Mental Health and Well-being Strategy* and the *Community Mental Health Masterplan* have progressively strengthened mental health services across primary, tertiary, community and long-term care settings.

Building on these efforts, Healthier SG further supports the integration of mental health into primary care through the introduction of care protocols that guide early identification, risk stratification and management.

Structured Guidance under Healthier SG

The Healthier SG care protocols for Generalised Anxiety Disorder (GAD) and Major Depressive Disorder (MDD) provide general practitioners (GPs) with a structured, evidence-based framework to support decision-making across the care journey. These include:

- screening patients,
- assessing symptom severity and determining appropriate management, and
- identifying when referral or co-management is needed for patients enrolled in Healthier SG.

In primary care, symptoms may not always present as overt mental health concerns. Patients may instead report non-specific symptoms such as fatigue, palpitations, poor sleep, reduced concentration, pain, loss of appetite or difficulty managing daily self-care.

In such cases, the protocols help GPs determine whether further assessment is warranted. Standardised screening and assessment tools support clinical judgement and should be interpreted alongside the patient's functional impact, risk factors, comorbidities and social circumstances.

Connecting patients to community support

Since August 2024, AIC has paired each Healthier SG GP clinic with a nearby Community Intervention Team (COMIT) to strengthen care beyond the clinic and improve access to community mental health resources.

COMITs provide assessment, counselling, psychotherapy, case management, psychoeducation and caregiver support for persons aged 18 and above with mental health needs.

For patients requiring more specialised input, GPs can tap on existing specialist consultation and referral pathways. These include case discussion with the Assessment and Shared Care Teams (ASCAT), who can advise on further referral to hospital psychiatric services where clinically indicated.

By bringing together clinical guidance, community referral options and support resources, the protocols help GPs translate early recognition into timely interventions. This enables patients with GAD and MDD to be supported earlier, closer to home and at the level of care most appropriate to their needs.

For more information, GPs may access the GAD and MDD care protocols on Primary Care Pages, refer to the Community Mental Health Resource Kit for GPs, and explore available mental health training and case discussion platforms.



Referral pathways and contacts

GPs may use the following pathways and contacts to guide patients and caregivers to appropriate support, based on clinical need, urgency and patient preference.

NEED	RESOURCE / PATHWAY	NOTES
Patients with mild to moderate mental health needs, with or without complex needs	COMIT	Provides assessment, counselling, psychotherapy, psychosocial intervention, case management, psychoeducation and caregiver support. Services are fully government-funded and free of charge to patients.
Complex cases requiring specialised input	Mental Health (MH) trainings and case discussion with ASCAT	Supports GPs through MH trainings and case discussions to strengthen assessment, management and referral decisions.
Patients with acute exacerbation and/or severe symptoms, need specialist assessment, or are in an immediate safety or medical emergency	Hospital / Emergency Services	Refer based on severity, risk, clinical judgement and protocol guidance.



Crisis support, helplines and community mental health resources

NEED	RESOURCE	CONTACT
Round-the-clock support for mental health	National mindline	• Call 1771; or • Text message via WhatsApp at 6669 1771; or • Online webchat at https://mindline.sg/fsmh
Emotional crisis support	Samaritans of Singapore	• Call 1767; or • Text message via WhatsApp at 9151 1767; or • Email pat@sos.org.sg
Medical transport for mental health patients	Ambulance services	• Call 1777; or • Refer to https://go.gov.sg/pao
Mental health resources for self-care and supporting others	Top 5 Mental Health Resources	https://for.sg/aic-mhtop5

Quick access to mental health resources:



**MDD
Care Protocol**



**GAD
Care Protocol**



**Community
Mental Health
Resource Kit
for GPs**