Community Mental Health (CMH) Wayfinding Tool

Do you know there are mental health services provided by care professionals in your community, to support your needs?

Try out this wayfinding tool to find mental health services based on your needs, age and location.

All it takes is just 3 clicks!

Which statement describes you best?

I am looking for...

🔍 **Enquiry & Support**
Identify my mental health needs

💬 **Therapy & Counselling**
Speak with a mental health professional

👤 **Medical Advice**
Seek treatment from a medical doctor

📖 **Self-Help Resources**
Find resources for better mental health

1

Which statement describes you best?

I am...

12-17 years old

18-25 years old

Above 25 years old

2

Finding nearby services

Please enter a postal code or street name.

Search postal code or street address 🔍

3

Scan QR code to try out!

for.sg

www.for.sg/wayfinding

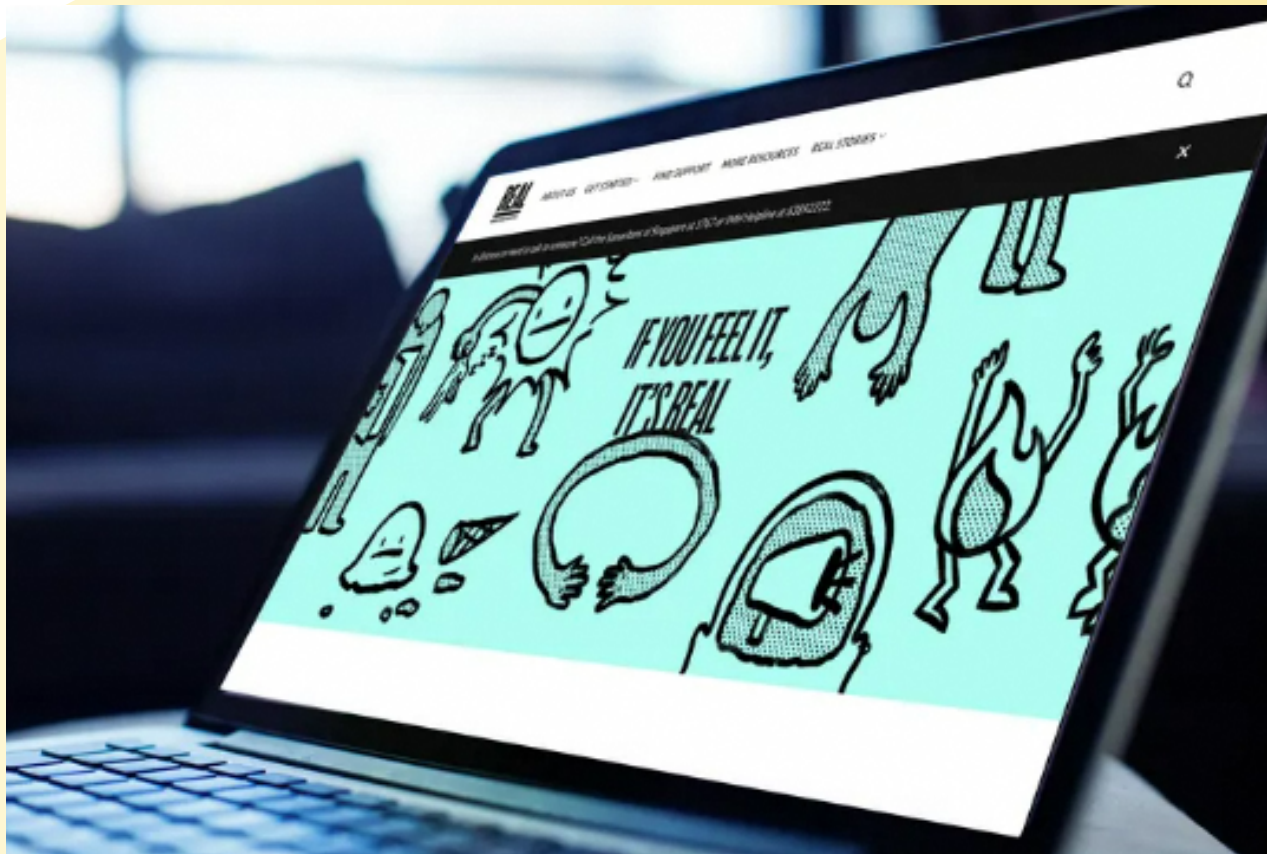Co-developed by:

AiC agency for integrated care   MOHT   😊 mindline.sg

If you feel it, it's REAL

realspace.sg is a one-stop online resource platform to support youths with credible mental health resources and encourage help-seeking behaviour by providing real solutions.

Scan to find out curated information and resources for you.

for.sg

www.realspace.sg

REAL
MENTAL HEALTH SUPPORT

Follow us: