



MEDIA RELEASE

11 OCTOBER 2025 – FOR IMMEDIATE RELEASE

AIC launches “First Stop: Let’s Chat” roadshows to bring mental health services closer to the community

In conjunction with World Mental Health Day this October, the Agency for Integrated Care (AIC) has launched a series of “First Stop: Let’s Chat” roadshows. This initiative aims to raise awareness of mental health and bring support services closer to the community. Supported by SMRT Trains, the roadshows will be held at 10 SMRT-operated train stations: five on 11 October, and another five on 18 October.

2. The station at Marine Parade was among the first five to host the roadshow today. The event was officiated by Speaker of Parliament, Mr Seah Kian Peng, who is also Adviser to Marine Parade-Braddell Heights GRC.

Highlights of roadshows

3. The roadshows are held at MRT stations as they are high-traffic community spaces. Each roadshow features a booth staffed by care professionals from community mental health teams. Commuters are encouraged to speak to the teams to learn about available services and resources, such as the Community Mental Health Wayfinding Tool that helps people locate mental health services based on their needs, age and location.

4. To spark conversations, commuters can also try the “King of Hammer” arcade game, designed as an icebreaker to highlight the importance of expressing emotions. More details of the roadshows are provided in Annex A.

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From left to right: Mr Matthew Tong, Deputy Managing Director, SMRT TEL Pte. Ltd, Mr Lam Sheau Kai, President, SMRT Trains, Mr Seah Kian Peng, Speaker of Parliament, Adviser to Marine Parade-Braddell Heights GRC, Mr Noel Cheah, Deputy Chief Executive Officer, Agency for Integrated Care (AIC), Ms See Yen Theng, Chief, Caregiving and Community Mental Health Division, AIC

Importance of seeking help early

5. Besides making mental health services more accessible, the roadshows also promote discussions about mental health and encourage early help-seeking.

6. Findings from AIC's 2024 youth mental health survey showed that fewer than half of respondents felt there were adequate support options in Singapore. Nearly six in ten said they would only seek help when nearing a breaking point. This challenge extends beyond youth. Findings from the National Population Health Survey 2023 found that residents aged 60 to 74 were the least willing to seek help from healthcare professionals, while nearly 72 per cent of those aged 30 to 39 were the most willing to do so.

7. "Getting help early is crucial in maintaining mental well-being, yet many people only seek support when the challenges they face become overwhelming. Through collaborations like this with SMRT, we make it easier for people to access mental health support in familiar and convenient spaces. We hope such initiatives will help more Singaporeans to realise it is never too early to reach out and seek help," said Mr Tan Chee Wee, Chief Executive Officer of AIC.

Collaboration with SMRT to enhance mental health initiatives

8. The “First Stop: Let’s Chat” roadshows are part of AIC’s ongoing partnership with SMRT to promote mental health. Both organisations signed a Memorandum of Understanding (MOU) in 2024 to strengthen collaboration and better support seniors, caregivers and commuters with mental health conditions.

9. Mr Lam Sheau Kai, President of SMRT Trains, said, “Through our partnership with AIC, we aim to bring mental health support closer to commuters, encouraging early help-seeking and open conversations. By having these roadshows at our MRT stations, we are glad to play an active role in raising awareness of mental health and fostering a more caring community.”

AIC’s collaboration with Starbucks

10. As part of World Mental Health Month, AIC is partnering Starbucks Singapore to host counselling sessions at Starbucks Active Garden Community Store at Gardens by the Bay. Two counsellors from Fei Yue Community Services will be present to offer walk-in sessions on 21 October, 3 and 24 November. The sessions will be available from 3pm to 5pm, with each lasting up to 30 minutes per person.

11. This initiative is part of AIC’s ongoing efforts to normalise mental health conversations and make support more accessible at daily community spaces. More details are available in Annex B.

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For media queries, please contact:

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About the Agency for Integrated Care

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need. We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need. For more about us, please visit <https://www.aic.sg>.

Annex A

“FIRST STOP: LET’S CHAT” ROADSHOWS

Date:	11 October 2025
Stations:	• Bedok (EWL) • Bugis (EWL) • Marine Parade (TEL) • Paya Lebar (EWL/CCL) • Toa Payoh (NSL)
Time:	11am to 2pm

Date:	18 October 2025
Stations:	• Buona Vista (EWL/CCL) • Jurong East (NSL/EWL) • Serangoon (CCL) • Woodlands (NSL/TEL) • Yishun (NSL)
Time	11am to 2pm

About community mental health teams

As part of the National Mental Health and Well-Being Strategy, care professionals across the various tiers are trained to give consistent, quality support. There are over 100 community mental health teams across Singapore. The teams are made up of qualified care professionals who are trained to provide support and interventions such as counselling and therapy for your mental health, without any cost to you.

More information on the roadshows can be found on realspace.sg on Instagram.

“LET’S CHAT AND LISTEN”
COLLABORATION WITH STARBUCKS

GET REAL ABOUT MENTAL HEALTH



Sip, share and spark meaningful talk

Starbucks Active Garden (Gardens by the Bay)
18 Marina Gardens Drive #01-01,
Singapore 018953



LET’S LISTEN!

Conducted by Mindfull Community Limited

Engage in authentic and up-close sharing by persons with lived experience on their mental health journey, while enjoying guided coffee tasting.

- 📅 13 Oct 2025 (Mon), 7pm
- 📅 27 Oct 2025 (Mon), 7pm
- 📅 17 Nov 2025 (Mon), 7pm



Register your interest at for.sg/letslisten



LET’S CHAT!

Conducted by Fei Yue Community Services

Talk to a counsellor to share your issues, seek a listening ear and advice. On the day itself, approach the barista, redeem a Happy drink of your choice and meet your counsellor.

- 📅 21 Oct 2025 (Tue), 3 – 5pm
- 📅 3 Nov 2025 (Mon), 3 – 5pm
- 📅 24 Nov 2025 (Mon), 3 – 5pm



Reserve your slot at for.sg/cafeconversations

To find out more, follow us on
Instagram and TikTok **@realspace.sg!**

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