

# Top 5 common mental health concerns affecting Singaporeans

Did you know these 5 mental health concerns affect many Singaporeans? Find out what they are and what you can do to address them for better mental well-being.



Mental health is a topic that doesn't get enough attention in Singapore. It's often considered taboo, something whispered about in hushed tones or not talked about at all. But the truth is, mental health concerns are more common than many realise, affecting people from all walks of life. It's time to break the silence and start conversations that can lead to understanding, support, and, ultimately, better mental well-being for everyone. Addressing mental health openly can help to dismantle the stigma and create a more supportive environment for those who are struggling. By encouraging discussions around [accessing mental health support and resources](#), we can support individuals in seeking the help they need and contribute to a healthier, more compassionate society.

In Singapore, [the Ministry of Health has identified](#) the five most common mental health concerns that are seen at public hospitals: schizophrenia, depression, anxiety, bipolar disorder, and substance abuse. Each of these conditions presents unique challenges and can significantly impact an individual's quality of life.

## 1. Schizophrenia

Schizophrenia is a severe mental health condition that affects how a person behaves, feels, and thinks. Individuals with schizophrenia may experience hallucinations, delusions, and

difficulty thinking clearly. It can be incredibly isolating, and the stigma surrounding the condition often worsens the sense of isolation. In Singapore, the condition is frequently misunderstood, with misconceptions about its causes and treatment. This lack of understanding can make it difficult for individuals with schizophrenia to seek help.

## 2. Depression

Depression is another common mental health concern in Singapore, affecting people of all ages and backgrounds. It's not just feeling sad or having a bad day; depression can cause persistent feelings of hopelessness, fatigue, and a loss of interest in activities once enjoyed.

The pressures of modern life, including work stress and societal expectations, can contribute to the onset of depression. However, many people in Singapore still view mental health concerns like depression as a sign of weakness, leading to reluctance in seeking help. It's



## 3. Anxiety

Anxiety disorders are among the most prevalent mental health conditions globally, and Singapore is no exception. People with anxiety disorders may experience excessive worry, panic attacks, and a range of physical symptoms like heart palpitations or sweating. While it's normal to feel anxious in certain situations, anxiety disorders involve intense and often uncontrollable worry that interferes with daily life.

In a fast-paced society, the pressure to perform and meet high standards can contribute to anxiety. Yet, because anxiety is often internalised, many people suffer in silence, afraid of being judged or misunderstood. Mental health services like Allkin Singapore's Mental Health Service offer valuable resources to help individuals manage anxiety. By working with professionals and community partners, individuals can learn coping strategies and find support networks that make a real difference.

## 4. Bipolar disorder

Bipolar disorder is characterised by extreme mood swings, from manic highs to depressive lows. These mood changes can be unpredictable and can disrupt a person's life in significant ways. Despite its impact, bipolar disorder is often misunderstood, and those affected may be unfairly labelled or discriminated against.

Awareness of bipolar disorder is growing, but more needs to be done to support those living with the condition. This includes providing access to mental health services that offer both medical and psychosocial support. Allkin's Mental Health Service is committed to journeying with individuals and helping them navigate the challenges of their condition through a holistic approach that includes counselling, therapy, assessment, psychoeducation support, and case management.

## 5. Substance abuse

Substance abuse is a complex issue that often intersects with other mental health concerns. Whether it's alcohol, drugs, or prescription medications, substance abuse can have devastating effects on an individual's health, relationships, and overall well-being. It's often a coping mechanism for underlying issues like depression or anxiety, which can lead to a vicious cycle of dependence and worsening mental health.

Substance abuse is sometimes viewed as a moral failing rather than a health issue, which can hinder people from seeking help. However, it's essential to approach substance abuse as a treatable condition. Mental health services focus on providing comprehensive support for individuals struggling with substance abuse. By working alongside healthcare and community partners, as well as other services within the agency, Allkin supports individuals on their journey to recovery, addressing both substance use and underlying mental health concerns.

### **Mental health as a collective responsibility**

While it's crucial to address specific mental health conditions, it's equally important to recognise that mental health is not just a concern for those diagnosed with these conditions – it's relevant to everyone. Mental health includes our emotional, psychological, and social well-being, affecting how we think, feel, and act. Everyone can benefit from maintaining good mental health, and this isn't something that should be approached in isolation.

Whether through fostering open conversations, providing accessible resources, or simply being there for each other, we can all play a part in building a more supportive environment. In doing so, we create a society where mental well-being is prioritised, and individuals feel encouraged to seek help and support others in their mental health journeys.

### **Conclusion**

Mental health is a vital aspect of our overall well-being, and it's time we start treating it with the importance it deserves. The five common mental health concerns affecting Singaporeans are challenges that many people face, often in silence. But it doesn't have to be this way. By fostering open conversations and reducing stigma, we can create a society where mental health is openly discussed and supported. Allkin Singapore's Mental Health Service is here to journey alongside individuals facing mental health challenges, providing the resources and support needed to navigate these difficult times.



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