



**Total Wellness  
Initiative Singapore**

# **Impact Report**

**2022–2024**



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# INTRODUCTION

As we approach 5 years since the start of the global pandemic in 2020, the mental health space in Singapore continues to see dramatic change and growth. Our own story began in 2021, when the effects of COVID-19 were taking a severe toll on everyone's mental health. We saw a pressing need during this time to do something in this space to help everyone around us find better ways to take care of themselves and others. Even now, after 3 years of working with volunteers, communities, schools, and other organisations on mental health and wellness education and events, we still find that there is still much work to be done.

To start, our goal is to target three key issues in Singapore:

## Problem 1: Significant Mental Health Challenges for Singaporean Youths

Mental health (46%) and stress (35%) are the leading health concerns among Singaporeans & across the world, as per the IPSOS Global Health Service Monitor (2023).

**1 in 4 Youths**

considered self-harm in the past year

**1 in 2 Singaporeans**

reported that their daily lives are impacted by stress

Study and research by NUS and Duke-NUS Medical School also show worrying statistics:

**12.8% of youths**

exhibit symptoms of Anxiety

**11.7% of youths**

exhibit symptoms of Depression

**1 in 10 Youths**

suffers from a Mental Health Disorder

## Problem 2: Challenges in the Current System

### Education System

There is a lack of integrated wellness programmes within schools, which results in the following challenges:

- Gaps in early mental health intervention.
- Educators often lack the training and resources to effectively support students struggling with mental health issues.
- There are typically only 1-2 counsellors per school for all 1000+ students.

### Youth Transition to the Workplace

Youth transitioning from school to work face a host of challenges.

These include:

- Adjusting to inconsistent workplace feedback
- Navigating professional relationships
- Managing accountability

The workplace environment can exacerbate stress, particularly for those unprepared for the less structured and more demanding nature of corporate life.



### Problem 3: Youth and Workplace Wellness

#### Low Engagement with Wellness Programmes

Challenges persist in engaging employees, particularly younger generations, through existing well-being programmes.

**18% of employees**  
fail to utilise wellness benefits  
offered

These programmes typically focus on mental, physical, financial, and career well-being.

#### Youth are Less Engaged Compared to Older Generations

A Gallup survey revealed that

**68% of Gen Z and younger millennials**

report frequent stress, leading to burnout and higher job mobility.

These findings suggest the need for more personalised, high-impact benefits, such as support groups and development programmes tailored to the unique needs of younger workers.

As the demand and market for mental health solutions continues growing, we seek to meet these market demands and ensure that the youths and adults of today have the necessary resources, knowledge, and opportunities to maintain their well-being. What youths and adults need now are solutions--and not necessarily one-size-fits-all solutions. To that effect, we have prepared our first impact report, to reflect on how we have made a difference so far and how we can continue to tackle the challenges of the present and future.



# About TWIS

**Total Wellness Initiative Singapore (TWIS)** is a social enterprise with a ground-up arm that aims to promote and encourage people to take the first step towards being more intentional in caring about their well-being.

At TWIS, we believe that **education is an equaliser**—one that can reduce stigma and empower individuals to prioritise their well-being. By improving mental health education, we **equip people with the knowledge and skills to take proactive steps toward a healthier, more balanced, and happier life.**

To inform our approach to programmes, we developed a ten-dimensional wellness framework, combining NWI and WHO principles with data collected from focus groups. Based on the needs of Singaporeans, the framework includes the psychological, physical, spiritual, social, creative, intellectual, environmental, occupational, digital, and financial dimensions of wellness.



Image: The 10 Dimensions of Wellness

Through partnerships with organisations, schools, and community groups, we aim to **raise awareness of mental health and positive psychology, as well as foster the adoption of holistic and preventive wellness practices in Singapore.**

## Our Vision

**A world where wellness is a priority.**

## Our Mission

To **empower** people with **knowledge and skill sets** to better take care of themselves and the people around them.

## Our Principles

1. Proactiveness
2. Ownership
3. Commitment to Quality
4. Trust and Integrity
5. Teamwork



# A Message from Our CEO

Dear Stakeholders, Partners, and Supporters,

Reflecting on our journey with Total Wellness Initiative Singapore (TWIS) fills me with a profound sense of gratitude and pride. TWIS began as a response to the struggles I saw in my own community — friends and family members wrestling with mental health challenges, feeling isolated, and sometimes finding it difficult to access resources or even talk about their experiences. Witnessing these struggles firsthand shaped **my belief that wellness and its knowledge must be accessible, community-driven, and proactive**. TWIS has always sprouted from that belief, and it's been remarkable to see how far we've come together.

Since our founding, we have seen incredible success in our flagship programmes, including the REST for WellNess workshops. These workshops are spaces where students learn about wellness and mental health, discuss issues around mental health and develop practical skills that they carry into their everyday lives. Hearing a student say, "I never knew there were so many ways to take care of my mental health" was both humbling and inspiring. But we've also encountered challenges along the way. We noticed that while attendance was strong, engagement during some sessions was lower than anticipated. This feedback has pushed us to make workshops more interactive, emphasising relatable, hands-on practices over long presentations. Moving forward, we're also working closely with



educators to explore how we can better integrate wellness skills into the daily rhythm of students' lives, making it feel less like "another class" and more like a part of who they are.

I'm particularly excited about a new platform we are developing and piloting. We've designed it to make wellness accessible in the everyday routines of students and teachers at schools. With this platform, we hope to nudge users to take more wellness actions in their day-to-day and reduce screen time. The response has been promising with students who completed many activities. However, app engagement has also surfaced areas for growth—there are still some features that we hope to refine based on the feedback we've received. Our goal is to continue iterating until the platform not only serves our community but becomes a trusted partner in their wellness journey.



Our Design for Wellness (DFW) project is another initiative that brings wellness to the forefront in new ways. We've transformed public spaces, at seven libraries, into spaces with wellness checkpoints — where visitors can pause, learn, and be inspired to take new wellness actions. The artwork in these spaces was created alongside people from all walks of life in Singapore. At our second edition of the Design for Wellness event this year, a parent shared with me that the art pieces were helpful to serve as a powerful reminder for him to take care of himself, especially as a caregiver to his son who has a mental health condition. Hearing this reaffirmed our belief in making wellness visible, accessible, and part of our everyday surroundings.

This year, I've been so inspired and challenged as we grow and expand our reach. TWIS has been built by an extraordinary group of people — our dedicated team, volunteers, supportive partners, and resilient community members. To all of you, I want to say thank you.

And a special thank you to our key partners: the Institute of Mental Health (IMH), Woodbridge Hospital Charity Fund (WHCF), National Youth Council (NYC), National Library Board (NLB), and Care Corner. Your partnership and trust have been pivotal to our growth and impact, helping us reach new audiences and create meaningful, lasting change.

We know there is still work to be done, but we are committed to evolving, listening, and learning to ensure we are serving our community in the best ways possible.

In gratitude and partnership,



**Sharmain Chin**  
**Founder and CEO**  
**Total Wellness Initiative Singapore (TWIS)**

**Wellness and its  
knowledge must  
be accessible,  
community-driven,  
and proactive.**





# IMPACT SUMMARY

SINCE MARCH 2022

While the past few years have brought many unique challenges, TWIS successfully rolled out many mental health programmes to a growing number of youths.

**10270** Participants reached

**255** Volunteers mobilised

**116** Programmes and events organised

**70** Partners

**31** Schools

**41** Talks given

**39** Community events

Outreach

**650+** Pieces of wellness content shared

**5001** Combined social media and website reach

"This year, I've been so inspired and challenged as we grow and expand our reach."

– Sharmain Chin, Founder

# The TWIS

## Theory of Change

Key Initiatives	Areas of Focus	Short- & Medium-Term Impact	Long Term Impact
<p><b>Resilience, Empathy, &amp; Support Training (REST) for WellNess:</b> A complete introductory mental health literacy programme co-developed with the IMH and REACH.</p> <p><b>Other WellNess Programmes</b></p> <ul style="list-style-type: none"> <li>Wellness Planning</li> <li>Stress Management and Burnout</li> <li>Resilience</li> <li>Boundary Management</li> <li>Active Listening</li> </ul>	<ul style="list-style-type: none"> <li>Community and youth education</li> <li>Community initiatives</li> <li>Corporate initiatives</li> <li>Participation in marketing collaborations and campaigns for awareness</li> <li>Volunteer training and opportunities</li> <li>Partnerships and outreach</li> <li>Product development</li> </ul>	<p><b>Mental Health Awareness:</b> By raising awareness and equipping youth with mental health tools, REST for WellNess aims to reduce the stigma associated with mental health challenges in schools.</p> <p><b>Behavioural Change:</b> Through structured peer support programs, students will develop healthier habits and emotional coping mechanisms.</p> <p><b>Improved School Climate:</b> By embedding wellness into the school's culture, students are likely to experience a more supportive, inclusive, and resilient environment.</p> <p><b>Strengthened Peer Networks:</b> By encouraging PSLs to share their learning and skills with peers, the program creates a ripple effect, spreading wellness knowledge throughout the school and broader community.</p>	<p><b>Sustained Peer Support Systems:</b> The skills taught through these programs will contribute to a long-term culture of peer-led emotional support and resilience, reducing future mental health challenges.</p> <p><b>Life Skills Development:</b> Beyond school life, these workshops equip students with essential communication, leadership, and self-care skills that are transferable to personal and professional life.</p> <p><b>Youth Empowerment:</b> By teaching youths how to care for their own well-being, the programs foster self-empowerment, helping students take ownership of their mental and emotional health.</p> <p><b>Professional Growth:</b> Through workshops on communication and conflict resolution, youth will be better prepared for future workplace challenges, improving overall societal well-being as they transition into adulthood.</p>

Key Initiatives	Areas of Focus	Short- & Medium-Term Impact	Long Term Impact
<b>Design for Wellness:</b> A combined community, art, and wellness initiative that leverages the power of art and the Singaporean community's ideas of wellness to transform public spaces into wellness corners.	<ul style="list-style-type: none"> <li>Community and youth education</li> <li>Community initiatives</li> <li>Participation in marketing collaborations and campaigns for awareness</li> <li>Volunteer training and opportunities</li> <li>Partnerships and outreach</li> <li>Product development</li> </ul>	<p><b>Mental Health Awareness:</b> The participating artists learn more about wellness and what it means to them in order to submit designs, which decreases stigma among those around them.</p> <p><b>Behavioural Change:</b> Participating artists encourage their friends and family to submit designs and/or attend DFW workshops, improving social support networks and likelihood of attending community events</p> <p><b>Improved Climate:</b> Wellness content is embedded in public spaces, making it more welcoming for all.</p> <p><b>Passive Learning Reinforcement:</b> Library patrons learn about wellness in an unobtrusive way, receiving reminders to take care of themselves as they utilise the space.</p>	<p><b>Problem-solution Awareness:</b> With enough exposure, wellness content seen is internalised and may improve a person's response to life stressors.</p> <p><b>Community Engagement and Empowerment:</b> Library patrons and students interested in the artwork may look into it and be inspired to participate in future community events. Those experiencing life struggles know they are not alone.</p> <p><b>Community Change:</b> Increase in familiarity with wellness ideas inspires community members to make efforts to take care of others.</p>
<b>Community Education Booths, Workshops, and Talks</b>		<p><b>Knowledge and Skill Acquisition:</b> Attendees are better equipped to handle life stressors.</p> <p><b>Community Awareness</b> (schools, community, mental health space, general public)</p>	<p><b>Establishing Community Presence:</b> Our work is not limited to a specific constituency and spans across Singapore and SEA.</p> <p><b>Long-term Wellness Collaborations:</b> Well-being events and initiatives are long-term and/or recurring.</p>
<b>Product Development</b> <ul style="list-style-type: none"> <li>Card Games: PlotTWIS</li> <li>Wellness App</li> </ul>		<p><b>Incorporation of Wellness into Daily Life:</b> Exposure to wellness is not limited to work and school contexts, but takes place in the home as well.</p>	<p><b>Wellness Prioritisation:</b> Wellness will become a priority as more people make time for wellness in daily personal life.</p> <p><b>Improvement in Positive Mental Health Among Singaporeans</b></p>





# 1. REST for WELLness

## About the Programme

Since 2022, TWIS has worked closely with the **Institute of Mental Health (IMH)** and **REACH** to develop and deliver the REST (Resilience, Empathy, Support, and Total Wellness) for Wellness Programme, leveraging upstream principles and our experience on the ground.

REST for WELLness is a seven-module, 10-hour or 5-hour programme about mental health literacy catered to youths aged between 13 and 25. With a rising number of people facing mental health conditions in Singapore, there is a need for youths to better understand the importance of mental health and how they can better support themselves and others.

### The key areas covered in this programme and our approach are:

- Sharing the importance of a holistic perspective of wellness and wellbeing.
- Addressing stigmatising attitudes and behaviours students presently hold toward people with mental health conditions.
- Highlighting the need for appropriate and timely help-seeking behaviours.
- Educating students on basic mental health information, methods for coping with stress, and skills to support their peers.
- Employing a community building approach whereby each batch of students are able to participate in future cohorts as facilitators, with the hope of fostering a self-sustaining system within the school.

## How We Measure Our Impact

For each REST for WELLness programme group, we administer the same pre- and post-session survey, which asks 28 survey questions (sourced from the IMH and the NYC) on attendees' opinions on a wide range of mental-health-related topics, such as on people with mental health conditions, facilities available, and confidence in supporting peers experiencing mental health difficulties. Students rate each question on a Likert scale of 1-5 based on how much they agree with that particular statement. In addition, attendees also give us qualitative feedback on the programme itself, allowing us to continue to improve the student experience and learning outcomes.

## Key Findings

- On average, there was a **5% improvement** across 2023 and 2024 in sentiment towards mental health and wellness concepts.
- There was up to **12% improvement** in target sentiment for questions regarding participants' support and empathy for people with mental health challenges.
- **Over 90%** of students in the programme reported that:
  - They improved their knowledge of mental health and well-being.
  - Found that the skills taught were useful to their daily lives.

Delivered to:  
**19 schools & organisations;  
1030 students**

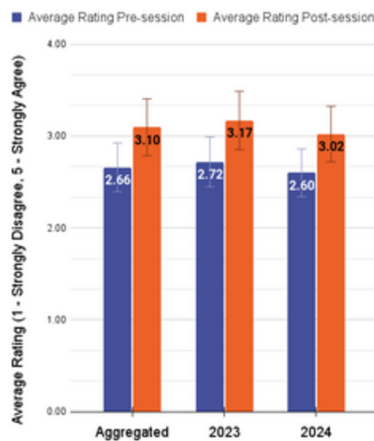
**Table 1: REST for WELLness Attendance Numbers, 2022-2024**

		2023	2024	Aggregated
<b>Attendance</b>	<b>Num Signed Up</b>	591	605	1196
	<b>Num Attended</b>	427	603	1030

In general, based on responses to the survey, the attendees' mental health literacy and confidence in their ability to help their peers improved after attending our programme. We have selected 6 questions to measure mental health literacy outcomes from the workshop. In the figures below, an increase in rating represents a positive outcome in question response.

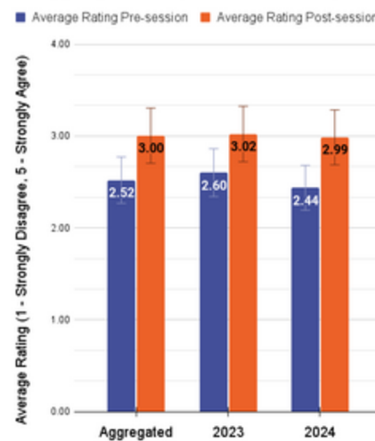
**Figure 1: Selected REST for WELLness Survey Results, 2022-2024**

**NYC1. I know how to identify symptoms of mental and emotional distress.**



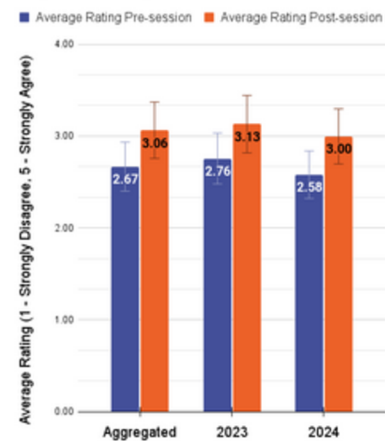
Average 11% increase in agreement with the above statement across 2 years.

**NYC2. I am able to support those struggling mentally and emotionally.**



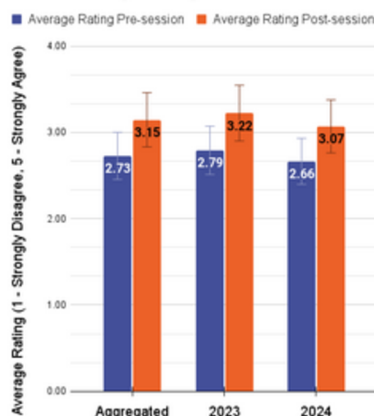
Average 12% increase in agreement with the above statement across 2 years.

**NYC3. I know how I can manage negative thoughts and emotions.**



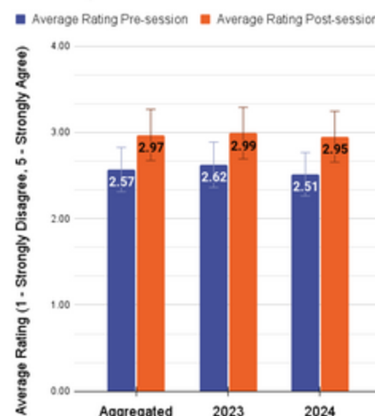
Average 10% increase in agreement with the above statement across 2 years.

**NYC4. I know where to seek help when I have distressing thoughts and emotions beyond my control.**



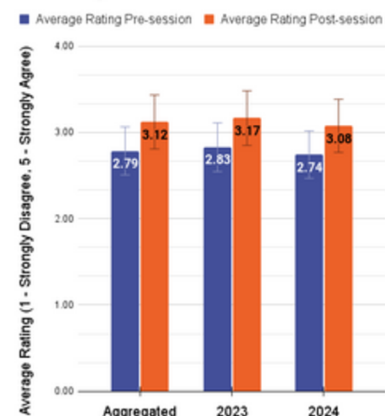
Average 10% increase in agreement with the above statement across 2 years.

**NYC5. If I have distressing thoughts and emotions beyond my control, I would seek help.**



Average 10% increase in agreement with the above statement across 2 years.

**AMI-SG9. 'People with mental illness are not as dangerous as most people think they are'.**



Average 8% increase in agreement with the above statement across 2 years.

See Appendix 1 for the full report. The chart data represents the improvement in survey question response.

As the programme approaches its third year, we will continue to use a data-driven approach and look towards our feedback for improvement.

## Selected feedback from 2023 and 2024

**"Now I understand how to respond when a friend tells me about their problems."**

"I learnt more about mental health behaviours and how much others with mental illnesses could be struggling, so we should be open and not exclude anyone with mental illness."

"The duration was slightly lengthy but it was a very informative workshop."

"I was able to differentiate [being] distressed in daily life and mental illnesses."

"I find it useful that they touch on common illnesses found in Singapore and clarify several important things that have been commonly misrepresented and show us ways on how to be supportive."

"I learnt more about treatment for mental illnesses, for example CBT therapy. I also learnt that mental illnesses occur when there is something wrong with the brain signalling. I never really knew what mental illnesses was."

"Everything was useful."

"I learnt more about treatment for mental illnesses, for example CBT therapy. I also learnt that mental illnesses occur when there is something wrong with the brain signalling. I never really knew what mental illnesses [were]."

"Being able to know that anyone mentally ill or not is still human at the end of the day [was helpful]."

**"I was able to find a use for all the modules, be it my own knowledge or learning how to be a better leader."**

"I found that it really taught me on how to spot signs of mental illnesses and that people with mental illness are just like everyone else and they should be taken as seriously as everyone else."

"I learned to deal with confidentiality when seeking help."

"The workshop is very informative and intricate in the content presented. The structure of the presentation is also very good."

"I feel like it was very informative, good for beginners so not much improvement needed."

**"I hope there are more workshops like this in future."**

"Being able to view stress as something helpful is a game changer, learning how we can have productive conversations was also helpful."

"Very thorough and multi-faceted approach to mental wellness and literacy...Touched upon major concerns youth may face with mental health issues and provided actionable strategies and tips to combat stigma, improve communication and seek help."

## 2. Design for WELLness

### In 2022:

- 1 Library
- **Fully Online Initiative**
- 90 Design Submissions
- 350 Decals Printed and Installed

### In 2023–2024:

- 7 Libraries
- 16 DFW Art Workshops
- 329 Workshop Participants
- 257 Design Submissions
- 1500 Decals Printed and Installed

### About this Initiative



Image: 2023 DFW Heart Collage

Our first Design for WELLness (DFW) project was in collaboration with the Woodlands Regional Library (and funded by the Majurity Trust), where we invited the community in Singapore to join and co-create designs that were used to transform spaces in the library into physical checkpoints. We received digital submissions of over 90 unique designs, which were then transformed into

350 decals. These decals are displayed around the library to serve as reminders of the importance of a consistent and proactive approach towards well-being.

The first DFW exhibition was successfully launched on 17th May 2022, with Minister of State Ms. Sun Xueling gracing the event, and was attended by over 160 participants, including leaders from healthcare, mental healthcare, and social service organisations (e.g., Institute of Mental Health, Care Corner Singapore, The Majurity Trust, Fei Yue Family Service Centre, etc.).

We hope that by transforming community spaces around Singapore into wellness checkpoints, the decals will be able to encourage and normalise conversations around wellness as well as encourage individuals to take action and care for their well-being.





Image: 2024 DFW Exhibition

In 2023 and 2024, we expanded the Design for WELLness initiative to a nationwide effort to encourage people to be more intentional in caring about their well-being.

In collaboration with seven NLB libraries around Singapore, we invited people from all walks of life to join this initiative and co-create designs to transform library spaces into physical wellness checkpoints. Over the three months that the submission period was open, we have conducted 16 workshops and received 257 unique submissions, which will be transformed into 1500 decals displayed across the seven libraries.

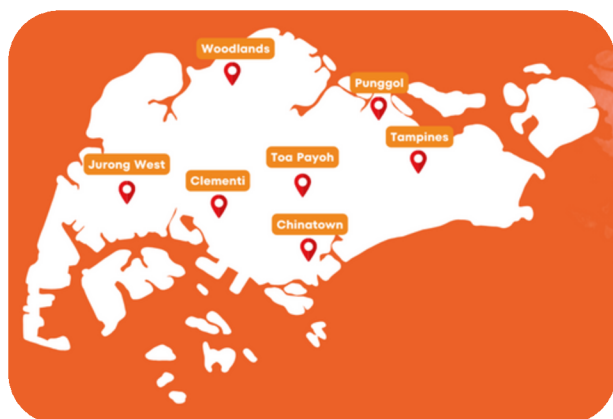


Image: Map of Libraries

These wellness checkpoints will serve as visual and artistic reminders of the importance of consistent and proactive maintenance of well-being. Using a co-creation approach, the project also provides the public greater involvement in and ownership of shared community

spaces. The seven libraries are located in Punggol, Woodlands, Tampines, Clementi, Jurong West, Chinatown, and Toa Payoh.

The artwork that has been displayed contains holistic wellness tips and information on simple ways people can care for themselves. These displays will also provide a non-intrusive way to reduce stigma towards mental health and ease the load on mental health professionals by providing preventive knowledge.

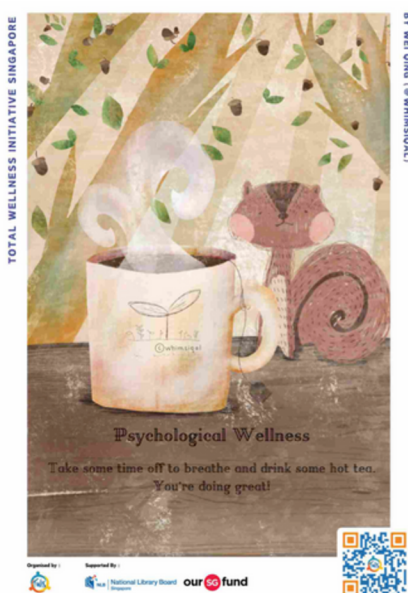
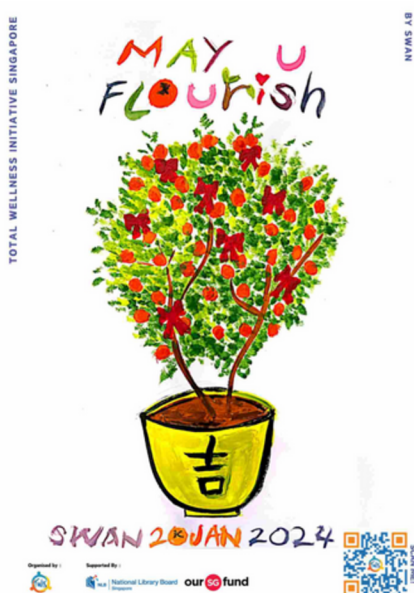
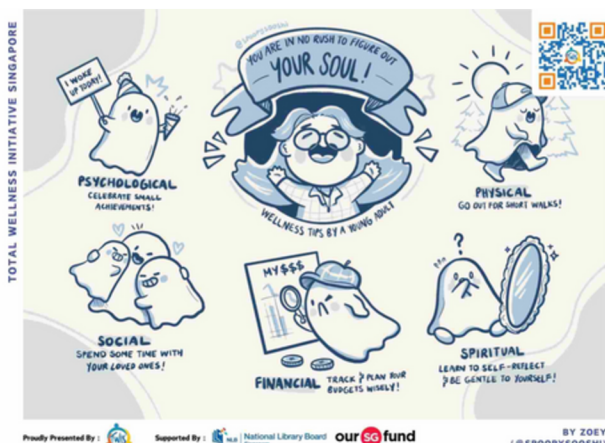
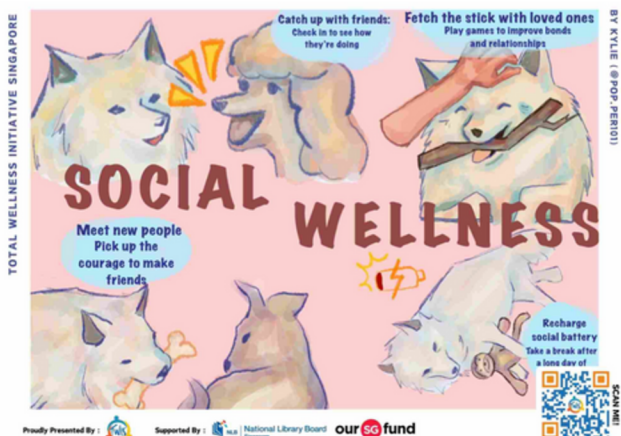


Image: 2024 DFW Heart Collage

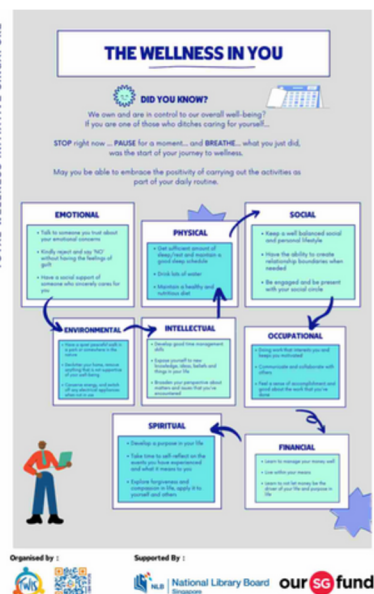
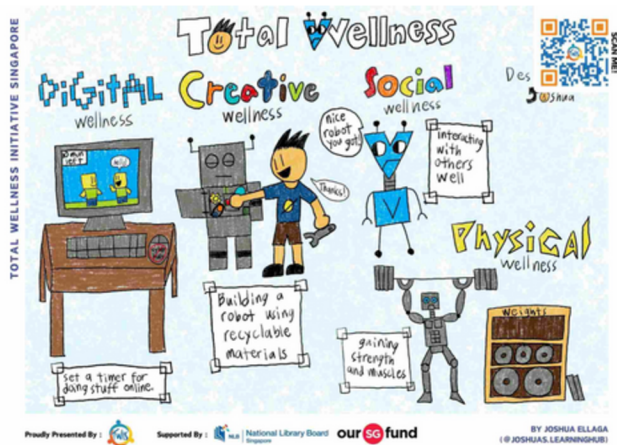
This project is also a testament to how government bodies and citizens of Singapore are able to come together and collaborate at a national level to improve the well-being of our people. We are very fortunate to partner with the National Library Board (NLB) and the Health Promotion Board (HPB) in this project. Their support has been immensely valuable for the success of this initiative.

## Selected Works from 2024

This is just a handful of all the wonderful submissions we received from the community. You can see more at one of the seven libraries or online!







# 3. Talks, Booths, and Workshops

## Key Numbers

- 41 Talks and Panels
- 701 Workshop Attendees\*
- 37 Community Events
- 255 Volunteers Mobilised

Along with the REST for Wellness programme and Design for Wellness initiative, we also work one-on-one with community groups, organisations, and schools to share tools and strategies for wellness, to inspire the engagement with holistic well-being in daily life. TWIS has delivered talks and workshops ranging from school-wide assembly talks, to working with SG Courts, to speaking at Govtech or SIA Engineering's Health and Safety Week. Our team has also participated in mental-health-related panels at key events, such as the Singapore Mental Health Film Festival and the Well-being 2.0 Conference. At each and every one of these talks and panels, we aim to **provide actionable strategies and realistic advice that people can continue to use in their daily lives, while engaging and understanding with the mental health landscape at large.**

In addition to giving talks, we have also participated in numerous community events with Youth Networks (YNs), Residents' Networks (RNs), and Residents' Committees (RCs) across Singapore, running booths and workshops at events like Nee Soon South's Family Fest and Bukit Batok East's Active Ageing Wellness Day.

Through each event, we are able to gain a deeper understanding of the current issues and concerns of people in each community and adjust our work to reflect the needs of Singaporeans. We hope all participants and visitors gain a deeper understanding of how wellness relates to their lives.

We are proud to have engaged with the community on the ground through these events, and as of 2024, have built up our offering so as to be able to run a wide range of workshops on topics such as:

- Terrarium Workshops for Mindfulness
- Journalling Workshops
- Art-related Activities (Eg: Painting, Weaving, etc.)
- Candle Wellness Workshop
- Cyber Wellness
- Active Mindfulness Workshops
  - Yoga
  - Hiking
- Wellness Workshops and Programmes
  - Digital/Cyber Wellness and Safety Online
  - Wellness Planning
- Peer Support Workshops
  - Active Listening
  - Approaching Peers in Need
- Managing Life Difficulties
  - Life Transitions & Stress
  - Stress & Resilience
  - Burnout and Boundary Management
- Family and Communication – Parent Support

\*Separate from the DFW workshop attendee count.



## Testimonials



Both [the stress management and terrarium] workshops from TWIS helped me to understand more about how to take care of myself, be it from the physical or mental aspects of my health. As someone who struggles from chronic and mental health illness, this workshop has helped me to find more ways that can manage my stress better.

**- Shermin (Dreamcatchers)**



"We are honoured to have Sharmain to share with us about the different types of wellness. It was a very informative workshop where we learnt strategies and tools to cope with triggers and how to better apply them in our daily lives."

**- Chia Pei Tan, GovTech**



## Testimonials



I had the pleasure of attending and organising both the stress management and terrarium workshops conducted by Sharmain from TWIS for our Dreamcatchers, a youth chronic support group. I must say, they have been invaluable. The stress management workshop provided valuable insights and practical techniques to navigate life's challenges with a sense of calm and resilience. [We were] equipped with useful worksheets and [the] reminder that stress can be managed.

On the other hand, the terrarium workshop was a delightful escape into the world of creativity and nature. Crafting my own little green oasis was not only therapeutic but also incredibly fun. The hands-on experience and expert guidance from TWIS instructors made it an unforgettable and relaxing day. I'm grateful to TWIS for offering these enriching workshops that promote well being and creativity. They have undoubtedly made a positive impact on our youths, and I wholeheartedly recommend them to anyone looking to reduce stress and explore their creative side.

**- Hwee Hwee Loo (Art Therapist, NUH)**







# Conclusion & Future Plans

As we reflect on our journey, we're filled with gratitude and a renewed sense of purpose to bring wellness to the forefront for everyone. At Total Wellness Initiative Singapore (TWIS), we are excited about the road ahead and eager to take the next steps in empowering individuals and communities.

In the coming months, we're looking to grow our partnerships with more organisations and communities, not just in Singapore but regionally. These collaborations will enable us to extend our reach and support more people in adopting holistic wellness practices.

To ensure the quality and impact of our programmes, we're focused on growing and developing a team of highly skilled trainers. By equipping them with the tools and knowledge they need, we can deliver programmes that are both meaningful and transformative.

We also want to better serve youths, teachers, and professionals by deepening our understanding of their needs. Through thoughtful market research and open dialogue, we aim to design initiatives that are practical, relevant, and supportive of their wellness journeys.

Additionally, we're working on new programmes and an innovative digital platform to help individuals integrate wellness into their daily lives. These efforts reflect our commitment to inspiring proactive and positive changes, one small step at a time.

If our mission resonates with you, we invite you to join us in putting the We back into Wellness. Your support – whether through funding, sponsorship of spaces, or other forms of collaboration – can help us scale our impact and reach more communities. Together, we can create a future where wellness is truly a priority for all.

We'd love to hear from you! Let's explore how we can work together to make a lasting difference.



# Acknowledgements

We would like to once again extend a warm and heartfelt thank you to all of our partners—the volunteers, staff, schools, and organisations that make what we do possible. As a social enterprise, TWIS would be nothing without our community, and you all enable us to exist, act, and support each other.

## Thank you!

### Community and Seniors (Charities and Community Partners)



### Parents and Working Adults (Corporates)




### Youths (Schools, Learning Institutes, Youth Networks/Partners)



### Key Partners



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## Appendix 1: REST for Wellness Survey Data

Question	Average Rating (1 – Strongly Agree, 5 – Strongly Disagree)	Aggregated (2023 and 2024)	2023	2024
NYC1. I know how to identify symptoms of mental and emotional distress.	Average Rating Pre-session	2.34	2.28	2.40
	Average Rating Post-session	1.90	1.83	1.98
	Difference	0.44	0.45	0.42
	Percent Change	10.91%	11.27%	10.54%
NYC2. I am able to support those struggling mentally and emotionally.	Average Rating Pre-session	2.48	2.40	2.56
	Average Rating Post-session	2.00	1.98	2.01
	Difference	0.48	0.42	0.55
	Percent Positive Change	12.10%	10.50%	13.70%
NYC3. I know how I can manage negative thoughts and emotions.	Average Rating Pre-session	2.33	2.24	2.42
	Average Rating Post-session	1.94	1.87	2.00
	Difference	0.40	0.37	0.42
	Percent Positive Change	9.89%	9.35%	10.43%
NYC4. I know where to seek help when I have distressing thoughts and emotions beyond my control.	Average Rating Pre-session	2.27	2.21	2.34
	Average Rating Post-session	1.85	1.78	1.93
	Difference	0.42	0.43	0.40
	Percent Positive Change	10.44%	10.78%	10.11%
NYC5. If I have distressing thoughts and emotions beyond my control, I would seek help.	Average Rating Pre-session	2.43	2.38	2.49
	Average Rating Post-session	2.03	2.01	2.05
	Difference	0.40	0.37	0.43
	Percent Positive Change	10.02%	9.17%	10.87%
NYC6. I respect the opinions of others, even if I do not agree with it.	Average Rating Pre-session	1.87	1.76	1.98
	Average Rating Post-session	1.77	1.67	1.87
	Difference	0.09	0.09	0.10
	Percent Positive Change	2.35%	2.15%	2.55%
NYC7. I respect the values and beliefs of people who are of a different background from me.	Average Rating Pre-session	1.73	1.66	1.79
	Average Rating Post-session	1.69	1.60	1.79
	Difference	0.03	0.06	0.01
	Percent Positive Change	0.85%	1.56%	0.14%
NYC8. I put myself in the shoes of others to understand how they feel.	Average Rating Pre-session	1.93	1.89	1.98
	Average Rating Post-session	1.81	1.71	1.91
	Difference	0.12	0.17	0.06
	Percent Positive Change	2.96%	4.31%	1.60%
AMI-SG1. Having mental health facilities in a residential area downgrades the neighborhood.	Average Rating Pre-session	3.70	3.69	3.71
	Average Rating Post-session	3.79	3.87	3.71
	Difference	0.09	0.18	0.01
	Percent Positive Change	2.30%	4.41%	0.19%
AMI-SG2. It is frightening to think of people with mental problems living in our neighborhoods.	Average Rating Pre-session	3.63	3.70	3.55
	Average Rating Post-session	3.75	3.87	3.64
	Difference	0.13	0.17	0.09
	Percent Positive Change	3.19%	4.25%	2.14%
AMI-SG3. I would not want to live next door to someone who has been mentally ill.	Average Rating Pre-session	3.60	3.69	3.51
	Average Rating Post-session	3.71	3.85	3.57
	Difference	0.11	0.15	0.06
	Percent Positive Change	2.68%	3.87%	1.50%
AMI-SG4. We have a responsibility to provide the best possible care for people with mental illness.	Average Rating Pre-session	2.15	2.06	2.24
	Average Rating Post-session	2.04	1.99	2.10
	Difference	0.11	0.07	0.15
	Percent Positive Change	2.71%	1.77%	3.65%
AMI-SG5. Anyone can become mentally ill.	Average Rating Pre-session	1.77	1.72	1.83
	Average Rating Post-session	1.78	1.76	1.80
	Difference	-0.01	-0.04	0.03
	Percent Positive Change	-0.21%	-1.09%	0.67%
AMI-SG6. Increased spending on mental health services is a waste of money.	Average Rating Pre-session	3.81	3.84	3.78
	Average Rating Post-session	3.95	4.06	3.83
	Difference	0.13	0.22	0.05
	Percent Positive Change	3.37%	5.49%	1.25%
AMI-SG7. We need to adopt a more tolerant attitude toward people with mental illness in our society.	Average Rating Pre-session	1.97	1.89	2.05
	Average Rating Post-session	1.78	1.73	1.84
	Difference	0.19	0.16	0.22
	Percent Positive Change	4.69%	3.96%	5.43%

Question	Average Rating (1 – Strongly Agree, 5 – Strongly Disagree)	Aggregated (2023 and 2024)	2023	2024
AMI-SG8. As far as possible, mental health services should be provided through community based facilities such as polyclinics, GPs and family counselling services.	Average Rating Pre-session	2.00	1.91	2.08
	Average Rating Post-session	1.80	1.74	1.86
	Difference	0.19	0.17	0.22
	Percent Positive Change	4.85%	4.28%	5.42%
AMI-SG9. 'People with mental illness are not as dangerous as most people think they are'.	Average Rating Pre-session	2.21	2.17	2.26
	Average Rating Post-session	1.88	1.83	1.92
	Difference	0.34	0.34	0.33
	Percent Positive Change	8.39%	8.42%	8.36%
AMI-SG10. The best therapy for many people with mental illness is to be part of a community.	Average Rating Pre-session	2.29	2.19	2.39
	Average Rating Post-session	2.05	2.00	2.10
	Difference	0.24	0.19	0.29
	Percent Positive Change	6.02%	4.72%	7.31%
AMI-SG11. Residents should not be afraid of visiting mental health services in their neighborhood.	Average Rating Pre-session	1.89	1.78	1.99
	Average Rating Post-session	1.73	1.63	1.82
	Difference	0.16	0.15	0.17
	Percent Positive Change	4.03%	3.68%	4.37%
AMI-SG12. No-one has the right to exclude people with mental illness from their neighborhood.	Average Rating Pre-session	1.82	1.72	1.93
	Average Rating Post-session	1.69	1.62	1.76
	Difference	0.13	0.09	0.17
	Percent Positive Change	3.27%	2.37%	4.17%
AMI-SG13. Anyone with a history of mental problems should be excluded from the public/civil service.	Average Rating Pre-session	3.75	3.84	3.66
	Average Rating Post-session	3.91	4.09	3.72
	Difference	0.15	0.25	0.06
	Percent Positive Change	3.81%	6.16%	1.46%
AMI-SG14. People with mental illness should not be given any responsibility.	Average Rating Pre-session	3.92	4.05	3.80
	Average Rating Post-session	3.95	4.10	3.80
	Difference	0.03	0.06	0.00
	Percent Positive Change	0.74%	1.38%	0.11%
AMI-SG15. People with mental illness are a burden on society.	Average Rating Pre-session	4.10	4.22	3.98
	Average Rating Post-session	4.11	4.31	3.92
	Difference	0.01	0.09	-0.06
	Percent Positive Change	0.31%	2.14%	-1.52%
AMI-SG16. As soon as a person shows signs of mental disturbance, they should be hospitalized.	Average Rating Pre-session	3.78	3.82	3.73
	Average Rating Post-session	3.88	3.95	3.81
	Difference	0.10	0.13	0.08
	Percent Positive Change	2.53%	3.15%	1.92%
AMI-SG17. Mental hospitals are the only means of treating people with mental illnesses.	Average Rating Pre-session	3.69	3.71	3.67
	Average Rating Post-session	3.75	3.81	3.70
	Difference	0.06	0.10	0.02
	Percent Positive Change	1.51%	2.41%	0.62%
AMI-SG18. There are sufficient existing services for people with mental illness.	Average Rating Pre-session	2.91	2.91	2.92
	Average Rating Post-session	2.71	2.78	2.64
	Difference	0.20	0.12	0.27
	Percent Positive Change	4.97%	3.10%	6.85%
AMI-SG19. One of the main causes of mental illness is a lack of self-discipline and will-power.	Average Rating Pre-session	3.39	3.39	3.38
	Average Rating Post-session	3.57	3.64	3.50
	Difference	0.18	0.24	0.12
	Percent Positive Change	4.54%	6.11%	2.97%
AMI-SG20. There is something about people with mental illness that makes it easy to identify them from normal people.	Average Rating Pre-session	3.13	3.17	3.10
	Average Rating Post-session	3.30	3.39	3.20
	Difference	0.16	0.22	0.10
	Percent Positive Change	4.12%	5.62%	2.62%
Average Difference		0.18	0.19	0.17
Average Percent Change in Sentiment		4.55%	4.83%	4.26%

**Note on Data:** The above table represents the survey data collected across two years of the REST programme along with key statistics. While the original answer scale ranges from 1 to 5, with 1 representing “Strongly Agree” and 5 representing “Strongly Disagree,” the answers to the survey questions are inconsistent as to whether an increase in score indicates a positive or negative improvement. Thus, the “Difference” and “Percent Change” are standardised such that a positive number indicates a positive outcome for the change in sentiment. The bar chart data on pages 12–13 have been transformed to reflect these numbers.



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