

# Global Mental Health in Asia

17 - 19 February 2025  
Singapore

EVENT BROCHURE

Regional Perspectives on Navigating  
Key Directions and Innovations

Organised by



GLOBAL HEALTH  
INSTITUTE



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The **SingHealth Duke-NUS Global Health Institute (SDGHI)** is pleased to announce the **Global Mental Health in Asia 2025 (GMH Asia 2025)** symposium, scheduled to take place in-person from 17 - 19 February 2025 in Singapore.

Bringing together senior mental health experts, practitioners, policymakers, researchers, advocates, and stakeholders from around the globe, join us as we tackle pressing issues and explore exciting opportunities in mental health across Asia.



### Join Us at GMH Asia 2025: Regional Perspectives on Navigating Key Directions and Innovations

Mental health is increasingly recognised as essential to overall well-being, yet awareness, support, and resources are still lacking in many parts of Asia.

#### A Vision for Change

On 17 - 19 February 2025, join us for a transformative event focused on the mental health priorities of Asia. We will identify gaps in services, tackle implementation challenges, and exchange best practices to collectively advance mental health across the region.

#### Keynote Speaker: Professor Vikram Patel

We are thrilled to welcome Professor Vikram Patel, the esteemed Paul Farmer Professor and Chair of Global Health and Social Medicine at Harvard Medical School, as our keynote speaker for the opening ceremony on 17 February 2025.



#### Professor Vikram Patel

Paul Farmer Professor  
Chair of Global Health and Social Medicine  
Department of Global Health and Social Medicine  
Blavatnik Institute  
Harvard Medical School



### Dive into Singapore’s Mental Health Strategy

In accordance with the unveiling of Singapore’s national mental health strategy in 2023, GMH Asia 2025 will include exclusive site visits and presentations that offer valuable insights into the country’s mental health landscape.

### Comprehensive and Interactive Agenda

Our two-day symposium is packed with engaging keynote presentations, dynamic panel discussions, immersive site visits, hands-on workshops, and unparalleled networking opportunities. Gain the relevant knowledge, forge collaborations, and take actionable steps to improve mental health outcomes in Asia and beyond.

### Post-Symposium Workshop: Climate Change and Mental Health

Extend your learning with our post-symposium workshop on 19 February, exploring the critical connection between climate change and mental health. Connect with experts working in this intersection and learn about innovative strategies to address these interconnected challenges.

### Be Part of the Conversation

Join us at GMH Asia 2025 to lead the charge in advancing mental health in Asia. Together, we can create a future where mental health support is accessible to all.



## GMH in Asia 2025 Highlights

Provide a platform for dialogue and collaboration among diverse stakeholders in the field of mental health across Asia

**Platform for dialogue and collaboration**

Share innovative research, practices, and policies aimed at improving mental health outcomes in Asia through an innovation and experiential fair featuring shortlisted posters from the region

**Identify opportunities for advancing mental health**

Identify challenges and opportunities for advancing mental health equity, access, and quality of care in Asia

**Foster partnerships and networks**

Foster partnerships and networks to support ongoing efforts in mental health promotion, prevention, and treatment in the region

**Share innovative research, practices and policies**

### Key Themes and Topics

- Trends shaping global mental health in Asia
- Regional approaches to effective mental health strategies
- Lived experiences shaping mental health needs in Asia
- Sustainability in mental health initiatives in Asia
- Pioneering innovations for mental health in Asia
- Role of the Mental Health Innovation Network
- Results from a landscape assessment of mental health innovations in Asia
- Philanthropic partnerships for fostering mental health solutions in Asia
- ASEAN perspectives on mental health challenges and solutions

### Workshop Themes

- Multi-sectoral advocacy
- Harnessing social media marketing
- Business and administration for scale-up
- Climate change and mental health
- Evaluation of mental health interventions
- Workplace mental health

### Site Visits

- Public hospital services
- Facilities for children’s and women’s mental health
- Government-led initiatives
- Grassroots initiatives



 **Programme at a Glance\***

Day 1: Monday, 17 Feb 2025 • SingHealth Academia	
08:00	Registration
	Opening Ceremony
09:00	Keynote Address
	Coffee Break • Innovation Fair
10:30	<b>Theme 1</b> <b>Regional Approaches to Effective Mental Health Strategies</b> Talks • Panel Discussion
12:20	Lunch • Innovation Fair
13:45	<b>Showcase</b> <b>Mental Health Film Festival Singapore</b> Screening • Discussion
14:30	<b>Theme 2</b> <b>Pioneering Innovations for Mental Health in Asia</b> Talks • Case Sharing • Panel Discussion
16:35	Coffee Break • Innovation Fair
17:05	<b>Theme 3</b> <b>Gathering ASEAN Perspectives to Advance Global Mental Health in the Region</b> Panel Discussion
17:50	Closing Remarks
	Networking Dinner

Day 2: Tuesday, 18 Feb 2025 • INSEAD Campus										
08:00	Registration									
08:30	INSEAD Welcome Address									
09:00	<b>Workshop Session 1</b>									
	<table border="1"> <tr> <td>Co-creation and cultural adaptation for digital mental health interventions</td> <td>Workplace wellbeing: exploring impact versus programmes</td> <td>Programme evaluation</td> <td>Strategy for mental health sustainability [by INSEAD]</td> <td>Financing and Investments in mental health [by INSEAD]</td> </tr> </table>	Co-creation and cultural adaptation for digital mental health interventions	Workplace wellbeing: exploring impact versus programmes	Programme evaluation	Strategy for mental health sustainability [by INSEAD]	Financing and Investments in mental health [by INSEAD]				
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11:00	Coffee Break									
11:30	<b>Workshop Session 2</b>									
	<table border="1"> <tr> <td>Leadership considerations for workplace mental health [by INSEAD]</td> <td>Climate change and mental health</td> <td>Harnessing social media marketing</td> <td>Finding purpose &amp; meaning in mental health work [by INSEAD]</td> <td>Social entrepreneurship &amp; non-profit landscape [by INSEAD]</td> </tr> </table>	Leadership considerations for workplace mental health [by INSEAD]	Climate change and mental health	Harnessing social media marketing	Finding purpose & meaning in mental health work [by INSEAD]	Social entrepreneurship & non-profit landscape [by INSEAD]				
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13:00	Lunch									
14:15	Depart for site visits									
14:45	<b>Site Visits • Workshops</b>									
	<table border="1"> <tr> <td>Site Visit: The Greenhouse</td> <td>Site Visit: Institute of Mental Health</td> <td>Site Visit: KKH Youth Mental Health Services Transformation</td> <td>Site Visit: MOH Office for Healthcare Transformation</td> <td>Site Visit: National Gallery Singapore</td> </tr> <tr> <td>Site Visit: NUS Health and Well-being</td> <td>Site Visit: Resilience Collective</td> <td>Site Visit: Silver Ribbon Singapore</td> <td>Workshop: Hush TeaBar Experience</td> <td>Workshop by INSEAD [TBC]</td> </tr> </table>	Site Visit: The Greenhouse	Site Visit: Institute of Mental Health	Site Visit: KKH Youth Mental Health Services Transformation	Site Visit: MOH Office for Healthcare Transformation	Site Visit: National Gallery Singapore	Site Visit: NUS Health and Well-being	Site Visit: Resilience Collective	Site Visit: Silver Ribbon Singapore	Workshop: Hush TeaBar Experience
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Day 3: Wednesday, 19 Feb 2025 • National Cancer Centre Singapore				
08:00	Registration			
08:30	Welcome Ceremony			
	Keynote Address			
09:30	<b>Research and Evidence to Advance the New Agenda</b>			
	Panel Discussion			
	Coffee Break			
11:00	<b>Centering Communities and People with Lived Experience</b>			
	Panel Discussion			
12:15	Lunch			
13:15	Meditation and Mindfulness			
	<b>Deep Dives</b>			
13:30	Deep Dive 1: Faith, religion, climate, and mental health	Deep Dive 2: Digital technology interventions for climate and mental health	Deep Dive 3: Coping strategies for emotional impacts of climate change	Deep Dive 4: Youth advocacy for climate and mental health: struggles and learning across regions
14:30	Coffee Break • Networking			
15:45	<b>Advocacy for Policy and Practice Change</b>			
	Panel Discussion			
17:00	Closing Ceremony			

The programme is tentative and subject to change\*



### Get in Touch

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### About the SingHealth Duke-NUS Global Health Institute (SDGHI)

A joint institute between SingHealth and Duke-NUS Medical School, SDGHI has been appointed the host of the **Asia Hub for the Mental Health Innovation Network (MHIN)**.

The MHIN Asia Hub, in close collaboration with World Health Organization (WHO) Southeast Asia and Western Pacific regional offices, serves as a regional platform and gateway for innovators, policymakers, service providers and other mental health experts to exchange knowledge, foster connections and create impactful collaborations. The GMH Asia 2025 symposium will mark the official launch of MHIN Asia and we welcome you to be part of this momentous event.