Annex 1 Tiered care model for mental healthcare¹

Tier 4: Severe

e.g. schizophrenia, bipolar disorder

Tier 3: Moderate

e.g. anxiety or depressive disorder

Tier 2: Mild

e.g. significant stress from being bullied, insomnia due to academic stress, psychosomatic symptoms due to difficulty coping with family conflict

Tier 1: Minimal or no mental health symptoms

e.g. performance anxiety during class presentations, bedtime procrastination, excessive recreational screen time

Severity of mental health symptoms

High intensity services

e.g. specialised psychiatric care

Moderate intensity service

e.g. psychotherapy, medical treatment

Low intensity interventions

e.g. counselling, social work interventions, transdiagnostic psychological interventions

Mental health literacy

e.g. school/community programmes

Type of interventions/resources

¹ MOH Singapore and the Interagency Taskforce on Mental Health and Well-being.