

Free mental health self-assessment Singapore: 4 checks on MindSG

Description

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The year-end break is a good time to check in with yourself, and there is a free mental health self-assessment Singapore residents can take online. It sits inside MindSG, the self-care hub that the Health Promotion Board (HPB) runs on HealthHub. The questionnaires are not a diagnosis, but they give you a clearer picture before you decide whether to talk to someone.

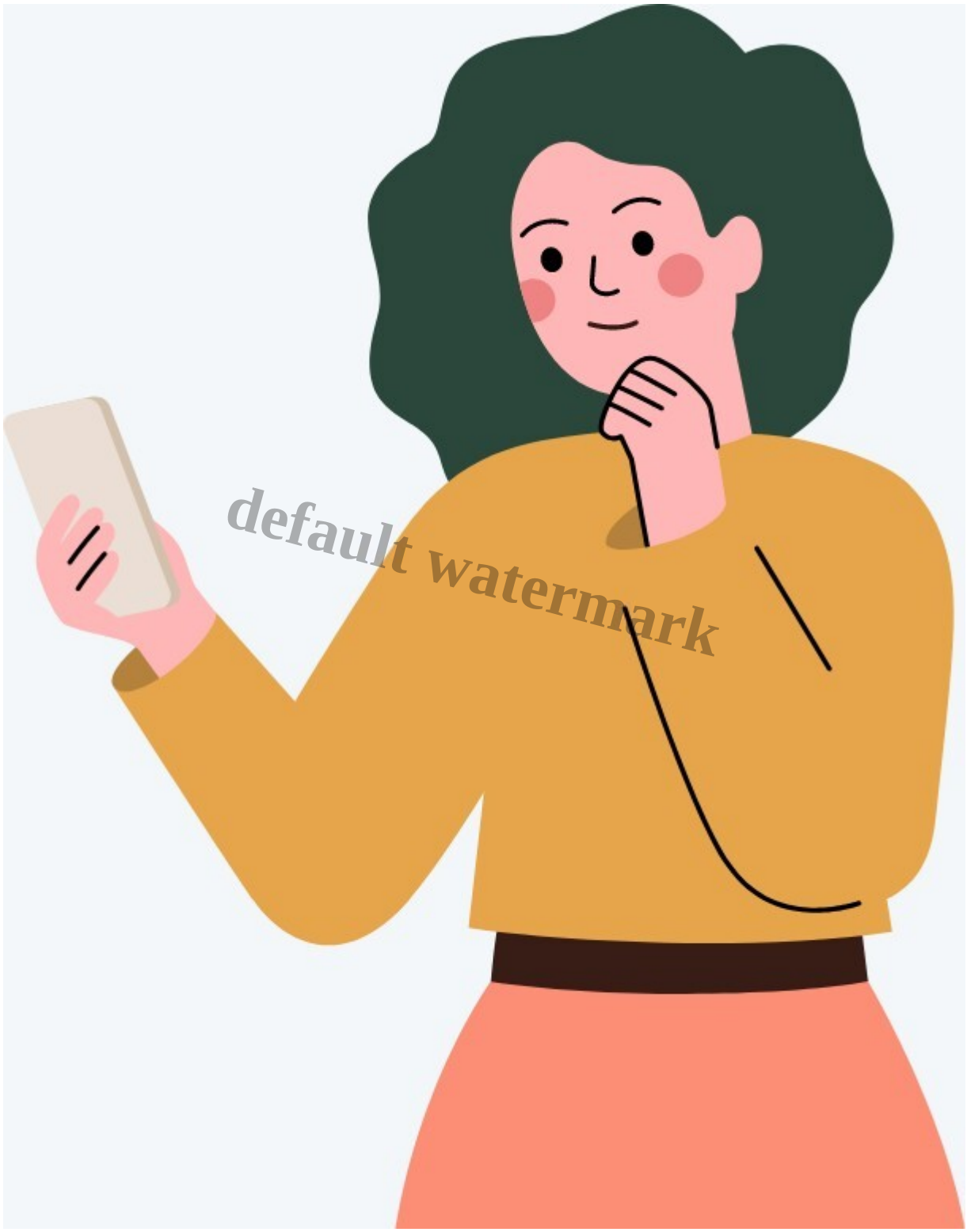
HPB lists MindSG as its main public resource for mental well-being, on a page it last updated on 15 May 2026. Here is what is actually in it.

Free mental health self-assessment Singapore: four checks, four timeframes

MindSG carries four questionnaires, and each one looks back over a set period. Pick the one that matches what you are feeling right now.

- Singapore Mental Wellbeing Scale: 16 questions for ages 18 and above, looking at the past 2 weeks.
- Stress (DASS subscale): 7 questions for ages 14 and above, looking at the past 7 days.
- Depression (PHQ-9): 9 questions for ages 12 and above, looking at the past 2 weeks.
- Anxiety (GAD-7): 7 questions for ages 12 and above, looking at the past 2 weeks.

HealthHub is clear that these are self-assessments and not medical diagnoses. Treat the result as a prompt, not a label. If the score worries you, that is a good reason to speak to a GP or a counsellor.



Source: HealthHub MindSG, Health Promotion Board

Audio guides and exercises for a rough week

If you would rather do something than fill in a form, MindSG has audio guides you can play on your phone. The breathing section covers deep breathing, guided imagery, mindfulness and progressive

muscle relaxation. HealthHub notes that children should be supervised for the mindfulness exercises.

Working adults get two workplace tracks, on managing anxiety at work and on recharging from burnout. For sleep, the hub points to three audio tracks through Mindline: Amazon Forest sleep sound, Drift to Sleep and Sleep Deeply. We covered the numbers side of rest in HPBâ??s sleep benchmark, and these tracks are the practical follow-up.

There are also featured reads on revenge bedtime procrastination, burnout and toxic positivity. The last one is worth a look if everyone around you keeps telling you to just stay positive.

Simple trackers you can use daily

MindSG has a Feelings Tracker, an Emotions Explorer and a Daily Mental Well-being Can-do List, which runs over two weeks. They are laid out as infographics rather than long articles. The idea is to put a name to what you are feeling before it piles up.

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Source: HealthHub MindSG, Health Promotion Board

When a free mental health self-assessment is not enough

A questionnaire cannot replace a conversation. MindSG lists 24-hour support, and these are the numbers it gives:

- National Mindline: call 1771, or WhatsApp 6669 1771.
- Samaritans of Singapore: call 1-767, or use their Care Text chat on sos.org.sg.
- CHAT, run by IMH: confidential support for ages 16 to 30 at chat.mentalhealth.sg.

For what happens when you dial the national line, read our explainer on Call 1771. If you want to help someone else instead, HPBâ??s CARE method for supporting a friend gives you the words to use.

What it costs to get help

MindSGâ??s financial support section says the Chronic Disease Management Programme covers conditions such as anxiety, bipolar disorder, major depression and schizophrenia, and Medisave can be used for outpatient costs. MediSave and MediShield Life cover some inpatient and outpatient psychiatric care, and CHAS gives subsidies at participating GP clinics for select chronic conditions, including mental health conditions. Ask the clinic what applies to you before you book.



Source: Health Promotion Board

A small plan for the next two weeks

Do one assessment today and note the score. Play one audio track on a night you cannot switch off. Try the Can-do List for its two weeks, then retake the same assessment and compare.

HPB also runs the Healthy 365 app, which it says about 900,000 adults use monthly. Open MindSG on HealthHub to start. If a result leaves you feeling worse, do not wait for the two weeks to end. Call 1771.

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