

Grow Well SG Secondary 1 and 2: the teen mental health plan from 2027

Description

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The Grow Well SG Secondary 1 and 2 rollout starts early in 2027, with 20 secondary schools going first and every secondary school covered in 2028. It extends the health plan that Primary 1 to 3 pupils already get, but this time the focus is resilience and talking about mental health. Health Minister Ong Ye Kung has described ages 13 and 14 as the years when children are most vulnerable.



Source: Health Promotion Board

What the Grow Well SG Secondary 1 and 2 expansion covers

MOH, MOE and MSF will extend Grow Well SG to Secondary 1 and 2 students, Mr Ong said at a systemic family therapy conference on 22 October 2026. Each student is to get a personalised health plan drawn up with healthcare professionals. The secondary version leans on resilience and on making conversations about mental health feel normal.

At SingHealthâ??s population health conference on 23 November, he repeated that the programme will extend progressively to students aged 13 and 14. His reason was simple: the transition years into secondary school are when young people are most exposed.

- Early 2027: 20 secondary schools begin
- 2028: all secondary schools
- Who: Secondary 1 and 2 students, mostly aged 13 and 14
- Partners: MOH, MOE and MSF, with parents named as key partners at home

MOH has not yet published which 20 schools are in the first batch, so ask your childâ??s school rather than guessing.

Why the focus is on teens

The numbers behind this are stark. About one in three young people aged 10 to 18 reported symptoms such as depression and anxiety in the 2023 Singapore YEAR study. Yet 70 per cent of young people with symptoms did not seek professional support, according to the 2024 National Youth Mental Health Study.

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MOH also notes that roughly one-third of people who develop a mental health condition do so before 14. That is why the ministry wants to catch problems at the start of secondary school, not after exam stress has piled on.



Source: Health Promotion Board

How it builds on the primary school plan

Grow Well SG began with children up to 12. Personalised Health Plans started with Primary 1 to 3 pupils and are delivered through HPBâ??s annual school health screening. Each plan carries a lifestyle prescription, screening and vaccination records, referrals to public healthcare institutions where needed, and materials for the family.

The Secondary 1 and 2 plan is expected to follow that model, although MOH has not detailed its contents. There is also no fee stated for the primary programme, and none has been announced for the secondary one.

What parents can do before 2027

- Check with your childâ??s school whether it is among the first 20.
- Start low-pressure chats about sleep, screens and stress, since parents are meant to carry the habits home.
- Know where help already sits: National Mindline 1771 runs 24 hours, and family doctors can now manage depression and anxiety under Healthier SG care protocols.
- Have a look at MOHâ??s separate consultation on young personsâ?? access to mental health services, open until 8 December 2026.

The schools programme sits alongside the new HealthierMind SG network, which merges community mental health teams under one framework; we explained it in our HealthierMind SG report. On the consent question, see our note on the MOH guidelines for young persons. If your teen needs someone to talk to tonight, our guide to dialling 1771 explains what happens on the call.

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Details may shift before the pilot starts, as the plan so far comes from ministerial speeches and not a full programme guide. We will update when MOH or MOE publishes the school list.

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