



HPB Mental Well-Being Design Guide: What Providers And Families Should Notice

Description

The Health Promotion Board has launched the Design Guide for Tier 1 Mental Well-Being Programmes. It is aimed first at service providers and organisations, but the impact is meant to show up in everyday settings such as workplaces, schools and community programmes.

Tier 1 refers to upstream support for people who are coping well or have minimal symptoms. In plain terms, this is about building skills before stress becomes a deeper care issue.

That makes the guide useful beyond the health sector. Anyone buying or approving a wellness workshop can use it to ask whether a programme teaches concrete skills, names its audience and measures more than attendance.

What The Guide Covers

HPB says the guide is intended to raise the quality, consistency and impact of preventive mental well-being programmes. It focuses on knowledge and skills such as coping, emotional regulation, relaxation, positive thinking, communication and help-seeking.

The MindSG page also frames the pledge as a commitment by providers to deliver evidence-informed programmes for residents who are coping well with little or no symptoms.

- Launched: 15 May 2026, with HPB newsroom publication dated 21 May 2026.
- 27 organisations had pledged adoption as of 14 May 2026.
- The guide is public through MindSG and go.gov.sg/mwb-designguide.



The guide focuses on upstream skills for mental well-being.

Why Readers Should Care

For families, employees and students, the guide is not a therapy directory. Its value is in making mental well-being workshops less vague and more skills-based. A stronger programme should state what participants will learn, how it supports resilience and when to seek more support.

For HR teams, schools and community groups, this gives a checklist for choosing vendors. Programmes should have clear objectives, target populations, delivery design and evaluation questions.

- HPB newsroom: [Design Guide launch](#).
- MindSG page: [Design Guide for Mental Well-Being Programmes](#).
- Related reads: [Health & Wellness](#).



Providers can use the guide to shape preventive mental well-being programmes.



The MindSG page explains how organisations can pledge to adopt the guide.

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