

Limitless youth mental health centre Bishan opens: free help for ages 12-25

Description

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The Limitless youth mental health centre in Bishan opened on 21 November 2026, giving a charity that has spent about a decade meeting young people in void decks, cafes and schools its first permanent home. Limitless says its counselling and psychological services are free, and it works with youths aged 12 to 25. Here is what we can confirm, and what you will need to ask Limitless directly.

The Limitless youth mental health centre Bishan, explained

Senior Minister of State Tan Kiat How spoke at the opening, and the Ministry of Health published his speech the same day. He described the Bishan site as Limitlessâ??s permanent base in the community, after years of running outreach wherever young people already hang out. Asher Low, Limitlessâ??s Executive Director, and Bishan-Toa Payoh GRC MP Elysa Chen were also acknowledged.

Limitless began intervention services in 2017. Since then, the speech says, it has given counselling and psychotherapy to more than 6,000 young people. Its own description of its role is a "net below the net", meaning it aims to catch youths who might otherwise slip through the cracks.


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Source: Limitless

Services named at the opening

- **Counselling and psychotherapy:** the core service, offered since 2017.
- CREST-Youth: community outreach that connects young people who need more support to suitable services. The speech noted that building trust takes time.
- SAFEHOUSE: an online community with youth-friendly emotional support from trained befrienders, many of them volunteers.

On its website, Limitless lists free counselling and psychological services for issues such as relationships, trauma, mental health, self-image and behavioural challenges. It also runs programmes such as bouldering, aimed at building community and confidence.

How to reach Limitless for help

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You do not need to be sure you need therapy before you ask. Limitless says its social workers and counsellors can help you work out what you are going through, and they are reachable by phone, text or WhatsApp. These services are for people in Singapore only.

- Youths aged 12 to 25 can arrange a session through the Get Help page at limitless.sg.
- After you send a request, a team member reaches out within 3 working days.
- Parents and caregivers have a separate enquiry form on the same page, so you can ask on behalf of your child.
- SAFEHOUSE, the Discord community, is pitched at ages 13 to 25.

If you or someone you know needs to speak to someone right now, do not wait three days. Call the National Mindline on 1771, which MOH says provides round-the-clock mental health support.


SAFEHO

Source: Limitless

Why the parental consent question matters here

Tan Kiat How used the opening to talk about a barrier Limitless sees often. Young people may hold back because they fear judgement, worry about confidentiality or their parentsâ?? reactions, or are unsure whom to trust. MOH has drafted proposed guidelines on parental consent for youth mental health services, and the public can give feedback until 8 December.

According to the speech, the proposed approach is not one rigid rule. It would weigh the type of support, since basic emotional support differs from psychotherapy or medical treatment, along with the young personâ??s maturity, circumstances and safety. In some situations, support could be given without prior parental consent, while professionals still work towards involving parents unless that would put the young person at risk. The speech does not state age thresholds.

We broke down the consultation itself in our earlier piece on MOH mental health guidelines for young persons. For the bigger picture on who seeks help, see the National Population Health Survey 2025 findings. And if a friend is the one struggling, HPBâ??s CARE method gives you words to start with.

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What we could not confirm

Neither the MOH speech nor the Limitless website, when we checked on 22 November, gave the Bishan centreâ??s street address, opening hours or whether walk-ins are accepted. Do not turn up unannounced and assume a counsellor is free. Use the Get Help page or the phone, text or WhatsApp route first, and they will tell you where to go.

Date Created
22/11/2026
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