



## Mindline At Work: Free Mental Health Tools For Singapore Workers

### Description



Mindline at work offers free personalised mental health tools and self-guided exercises for Singapore workers.

Mindline at work offers Singapore workers free personalised mental health tools, self-guided exercises and local support resources for stress, anxiety and workplace wellbeing.

### What The Platform Offers

- Mood check-ins with personalised resources.
- Learning bites for quick work and wellbeing tips.
- Wysa self-care activities and an AI chatbot available around the clock.
- More than 500 curated articles, videos and self-care exercises.

## When It Is Useful

It is best used before stress becomes unmanageable. Workers can check in on emotions, try short exercises and find local support resources without waiting for a formal workplace programme. Employers can also point teams to it as part of a broader wellness plan.

More details are available from [the official page](#).

For more Singapore reads, see our guides to [Singapore Garden Festival](#), [SkillsFuture support](#) and [new Changi eateries](#).

### Date Created

22/05/2026

### Author

nuraisyah

*default watermark*