Mindline At Work: Free Mental Health Tools For Singapore Workers

Description

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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.

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