

Workplace wellness centre CBD: TOUCHpoint@Capital Tower, Level 9

Description

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If you work in the Tanjong Pagar and Robinson Road area, there is now a workplace wellness centre CBD employees can walk into on a lunch break. TOUCHpoint@Capital Tower, run by TOUCH Community Services with CapitaLand, officially opened on 15 September 2026. It is billed as the first integrated centre in the CBD that combines mental, physical and digital well-being support under one roof.

It sits on Level 9 of Capital Tower, 168 Robinson Road, Singapore 068912. Services are by appointment, and select programmes accept walk-ins.



Source: TOUCH Community Services and CapitaLand

Why a workplace wellness centre CBD workers can reach matters

The launch release leans on two numbers. A 2025 National Council of Social Service Quality of Life study found about 26 per cent of Singapore adults have mild depressive or anxiety symptoms. A 2024 Telus Health survey of 1,000 Singapore workers found 67 per cent reported at least one of three burnout indicators.

The pitch is simple: support that sits downstairs from your desk is more likely to get used than a clinic across the island. We have covered the national picture before, including the Mindline 1771 campaign. TOUCHpoint is the in-person, office-district version of that idea.

What TOUCHpoint@Capital Tower offers

The centre is split between two partner providers, plus a digital layer.

- MIND Concierge handles mental well-being: drop-in mindfulness clinics, one-to-one, couples and family counselling on stress, resilience and relationships, and art therapy, including parent-child sessions at lunch hours.
- MIND Concierge also lists psychological assessments for ADHD, an employee assistance programme, on-site crisis management after workplace incidents, and customised corporate workshops.
- Kinesse runs a musculoskeletal clinic with physiotherapy for pain, sports and activity injuries, joint and muscle conditions, and post-injury rehabilitation.
- An AI-enabled screening tool tracks your physical and range-of-motion readings for a more personalised assessment.

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The opening was officiated by Mr Foo Cexiang, Minister of State for Manpower and Trade and Industry, with more than 100 guests from corporate and community partners. TOUCH Community Services CEO Mr James Tan pointed to small, practical formats such as a 15-minute mindfulness reset and lunchtime art therapy. That is the realistic use case for most office workers: a short, scheduled break rather than a long clinic visit.



Source: TOUCH Community Services and CapitaLand

Who it is for, and what it might cost

TOUCH describes the audience as working adults moving into work, people struggling with digital or mental wellness, parents of young children and teenagers, couples seeking relationship support, and caregivers. It also lists people with pain, injuries or chronic musculoskeletal conditions. There are workplace talks for employees, including working parents and caregivers, and enrichment programmes for children and youths.

Pricing is not published on the centreâ??s page or in the launch release. If you want to know the fee for counselling or physiotherapy, ask before you book. Companies can also approach the team about talks and workshops.

CapitaLand Hope Foundation, CapitaLandâ??s philanthropic arm, will fund wellness programmes for working adults, caregivers and families across digital, emotional, social, intellectual and financial well-being. No funding amount has been disclosed.

How to book and what to do first

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Source: TOUCH Community Services and CapitaLand

- TOUCHpoint general enquiries: touchpoint@touch.org.sg
- MIND Concierge (counselling, ADHD assessments, corporate programmes): contactus@mindconcierge.com
- Kinesse (physiotherapy): kinesse@touch.org.sg, or WhatsApp +65 6550 9479

Opening hours were not listed, so confirm a slot by email or WhatsApp before heading down. Check whether your companyâ??s health benefits or employee assistance programme can cover any fees.

None of this replaces urgent help. If you or someone you know is in distress, the national Mindline 1771 line runs 24/7, and our guide on how to support a friend through a hard time is a good starting point for colleagues too.

Date Created
28/11/2026
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