

Tiered Care Model for Mental Health Care Delivery

	Tier 1 Mental Well-being Promotion	Tier 2 Low Intensity Services	Tier 3 Moderate Intensity Services	Tier 4 High Intensity Services
Who will benefit?	Healthy individuals (i.e., coping well, no or minimal symptoms of mental health conditions)	Individuals with low mental health needs (e.g., some difficulties coping, mild symptoms of mental health conditions)	Individuals with moderate mental health needs (e.g., difficulties coping, moderate symptoms of mental health conditions)	Individuals with high mental health needs (e.g., major difficulties coping, showing severe symptoms of mental health conditions)
Objective	Promote and maintain mental well-being for all individuals, and prevent development of mental health conditions	Facilitate coping and prevent the escalation of symptoms	Reduce the severity of symptoms	Stabilise chronic mental health conditions
Examples of interventions/ resources provided	<ul style="list-style-type: none"> • School curriculum to build mental well-being and resilience • Public education and self-help (e.g. MindSG, SG Mental Well-Being Network) • Parenting/ Peer/ Community support • Workplace mental well-being support 	<ul style="list-style-type: none"> • Mental health needs detection • Counselling • Stress and anxiety management, social skills training, behaviour management 	<ul style="list-style-type: none"> • Mental health assessment • Psychotherapy (e.g. Cognitive Behavioural Therapy) • Medical treatment 	<ul style="list-style-type: none"> • Psychiatric assessment and diagnosis • Specialised and longer-term psychological interventions • Medical treatment • Emergency services