



TELUS Mental Health Index.

Singapore | June 2025

 **TELUS**® Health

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What you need to know for June 2025.



More than one-third of workers say their mental health is adversely impacting work productivity and feel anxious, three in ten feel isolated and depressed, and one in five do not have emergency savings to cover basic needs.

- At 63.5, the mental health of workers has improved modestly from March 2025 and is at the highest point since the launch of the Mental Health Index in April 2022
- 33 per cent of workers have a high mental health risk, 48 per cent have a moderate mental health risk, and 19 per cent have a low mental health risk
- All mental health sub-scores, apart from optimism, are unchanged or have improved from March
- Anxiety and work productivity have been the lowest mental health sub-scores for more than three years
- 35 per cent of workers say their mental health is impacting work productivity
- 34 per cent of workers feel anxious
- 31 per cent of workers feel isolated
- 30 per cent of workers feel depressed
- 21 per cent of workers do not have emergency savings for basic needs
- Managers continue to have a higher mental health score than non-managers
- Labourers have a lower mental health score than service industry and office workers

Only half of people leaders **feel equipped to address employee mental health issues**, and one-third say their organisation doesn't offer mental health leadership training.

- 39 per cent of people leaders are unsure, and 11 per cent would not know what to do if an employee was struggling with a mental health issue
- 33 per cent of people leaders say their organisation does not offer training on their role in supporting a mentally healthy workplace, and 11 per cent are unsure
- 27 per cent of people leaders say their organisation does not offer training in effective coaching or management techniques, and 11 per cent are unsure



Nearly three-quarters of workers fear that disclosure of mental health issues would limit their career options.

- 72 per cent of workers would be concerned about career options if they had a mental health issue and their workplace was aware
- 55 per cent of workers would feel negatively about themselves if they had a mental health issue

Nearly three in five workers report unclear or inconsistent communication about health and wellbeing programs; one in four say they rarely or never receive information about these programs.

- 36 per cent of workers say the information they receive on health and wellbeing programs is sometimes unclear or incomplete
- 18 per cent of workers say the information they receive is infrequent or confusing, and four per cent say the information is inconsistent
- Workers who say their organisation's communication is unclear are more than eight times as likely to be unaware of health and wellbeing programs
- 25 per cent of workers say they rarely or never receive information on health and wellbeing programs
- Non-unionised workers are more than three times as likely as unionised workers to say they rarely or never receive information about these programs
- 60 per cent of workers would prefer to receive information about health and wellbeing programs via email
- 30 per cent of workers would prefer to receive information about health and wellbeing programs in team meetings
- 54 per cent of workers say their manager has not communicated the availability of health and wellbeing programs to them



Managers are more likely to report difficulty managing stress, and younger workers are more likely to experience reduced productivity due to poor sleep.

- 25 per cent of workers are dissatisfied with the quality of their sleep
- 46 per cent of workers say that work stress is a leading factor contributing to poor sleep
- 38 per cent of workers say that financial worries are a leading factor contributing to poor sleep
- 34 per cent of workers say that mental health challenges (e.g., anxiety, depression) are a leading factor contributing to poor sleep; the mental health score of this group is 22 points lower than the national average
- Workers under 40 are twice as likely as workers over 50 to say that mental health challenges contribute to poor sleep
- 33 per cent of workers say that personal or family responsibilities are a leading factor contributing to poor sleep
- 53 per cent of workers say poor sleep quality has resulted in reduced concentration or focus at work
- 40 per cent of workers say poor sleep quality has resulted in decreased productivity
- 40 per cent of workers say poor sleep quality has resulted in increased irritability or mood changes
- 26 per cent of workers say poor sleep quality has resulted in difficulty managing stress

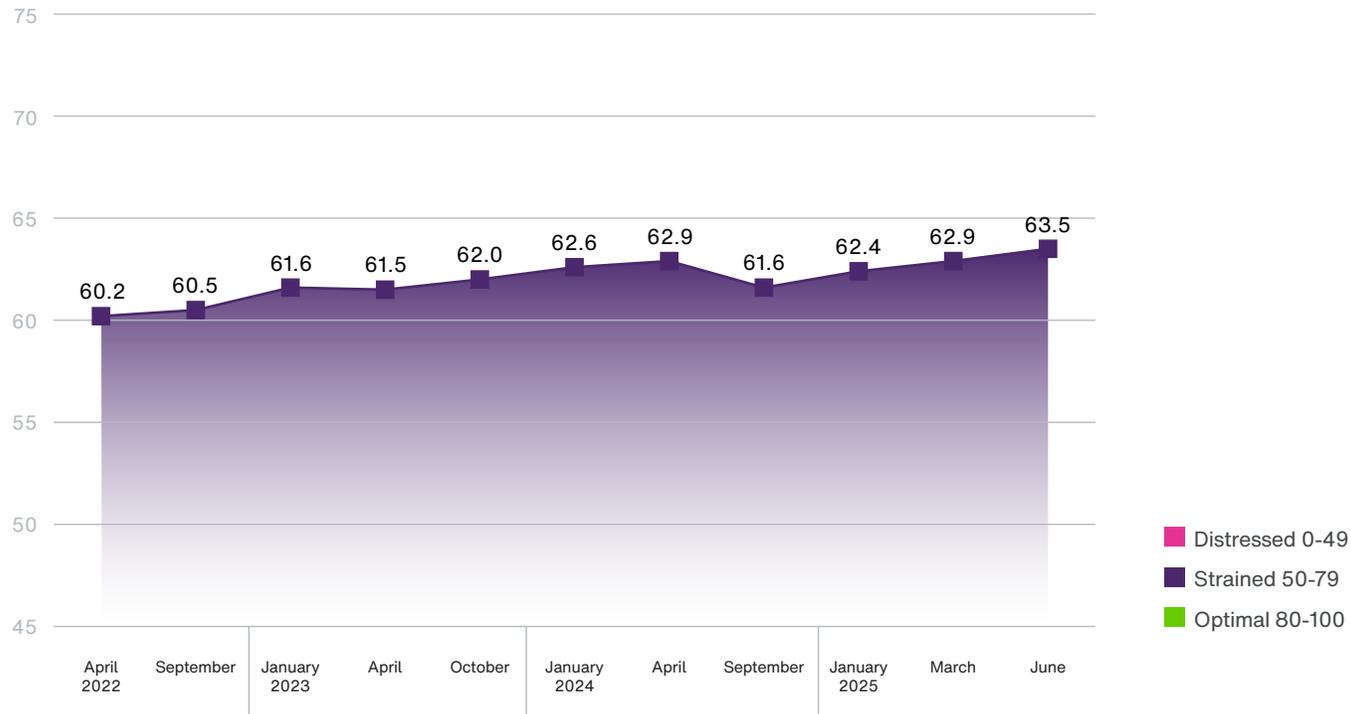
For the second consecutive period, finances are the leading source of personal stress, with three-quarters of workers lacking confidence in their financial future.

- 69 per cent of workers have cut back on their spending over the last two months because of financial concerns or economic uncertainty; 49 per cent have cut back a little, and 20 per cent have significantly reduced their spending
- 20 per cent have reduced their spending on health and wellness; the mental health score of this group is nearly 11 points lower than the national average
- 53 per cent of workers have some concerns about their financial future, 18 per cent of workers worry about financial instability, and five per cent feel financially vulnerable
- 51 per cent of workers can meet most of their everyday needs, but with some difficulty, 13 per cent often struggle to meet basic needs, and two per cent regularly cannot meet basic needs
- 22 per cent of workers say personal finances are their primary source of personal stress
- 20 per cent of workers say economic conditions are their primary source of personal stress

The Mental Health Index.

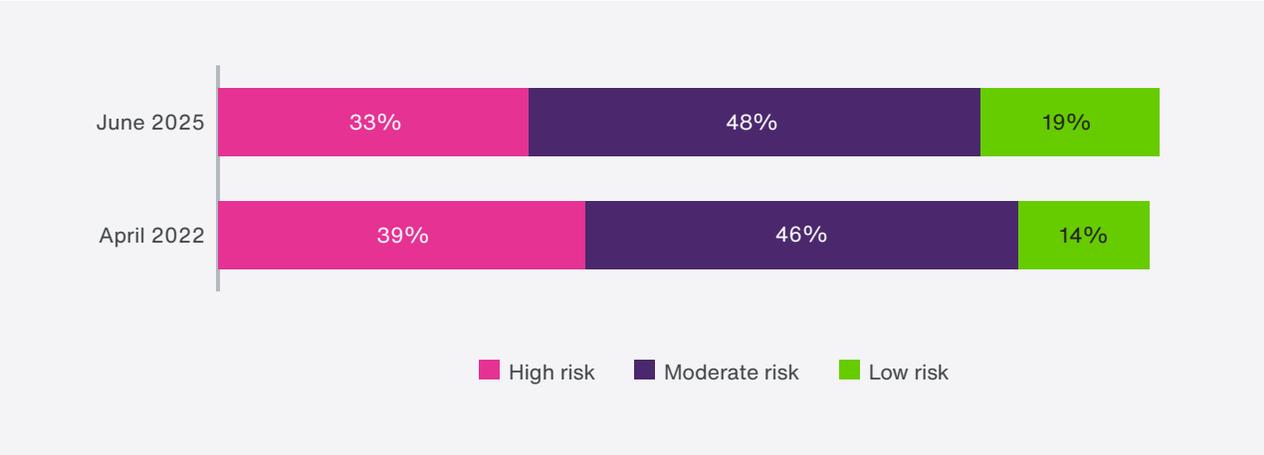
The overall Mental Health Index for June 2025 is **63.5**. The mental health of workers in Singapore has improved for the third consecutive period and is at the highest point since the launch of the Index in April 2022.

MHI Current Month June 2025	March 2025
63.5	62.9



Mental health risk.

In June 2025, 33 per cent of workers have a high mental health risk, 48 per cent have a moderate mental health risk, and 19 per cent have a low mental health risk. More than three years after the launch of the Mental Health Index in April 2022, the proportion of workers in the high-risk group has decreased by six per cent.



Twenty-four per cent of workers in the high-risk group report a mental health condition or issue, six per cent report a mental health condition or issue in the moderate-risk group, and two per cent of workers in the low-risk group report a mental health condition or issue.

Mental Health Index sub-scores.

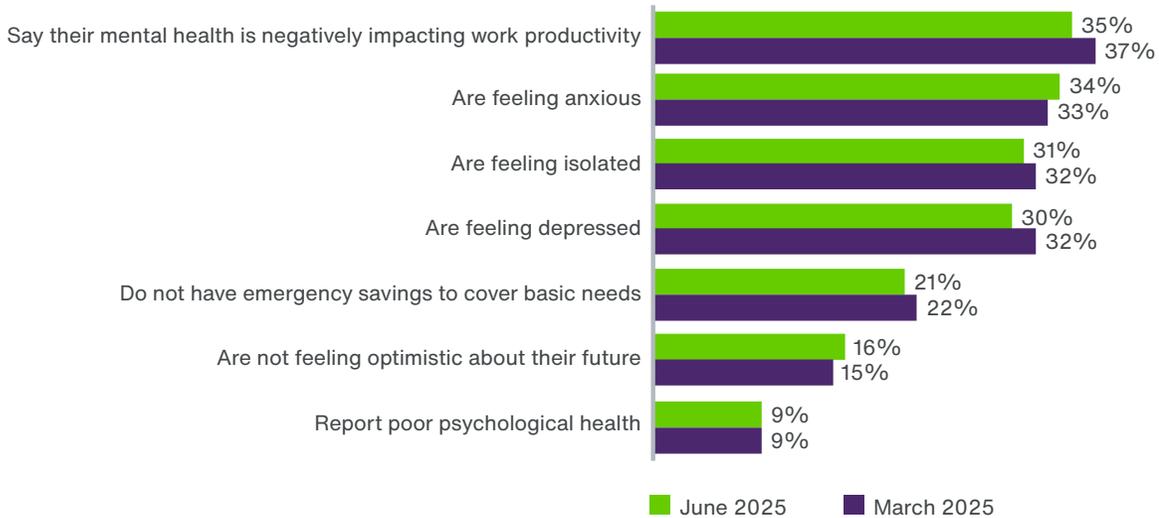
For more than three years, anxiety (55.7) has been the lowest Mental Health Index sub-score. Work productivity (57.4), depression (58.3), isolation (58.3), optimism (64.9), and general psychological health (71.7) follow. Financial risk (74.9) continues to be the most favourable mental health measure in June 2025.

- All mental health sub-scores, apart from optimism, are unchanged or have improved from March
- Anxiety and work productivity have been the lowest mental health sub-scores for more than three years
- With a 2.1-point increase, the work productivity score has shown the most significant improvement from the previous period.

More than one-third (35 per cent) of workers say their mental health is negatively impacting work productivity, 34 per cent feel anxious, 31 per cent feel isolated, 30 per cent feel depressed, 21 per cent do not have emergency savings for basic needs, 16 per cent do not feel optimistic about their future, and nine per cent of workers cite poor psychological health.

Mental Health Index Sub-scores	June 2025	March 2025
Anxiety	55.7	55.7
Work productivity	57.4	55.3
Depression	58.3	57.1
Isolation	58.3	56.6
Optimism	64.9	65.1
Psychological health	71.7	71.1
Financial risk	74.9	74.6

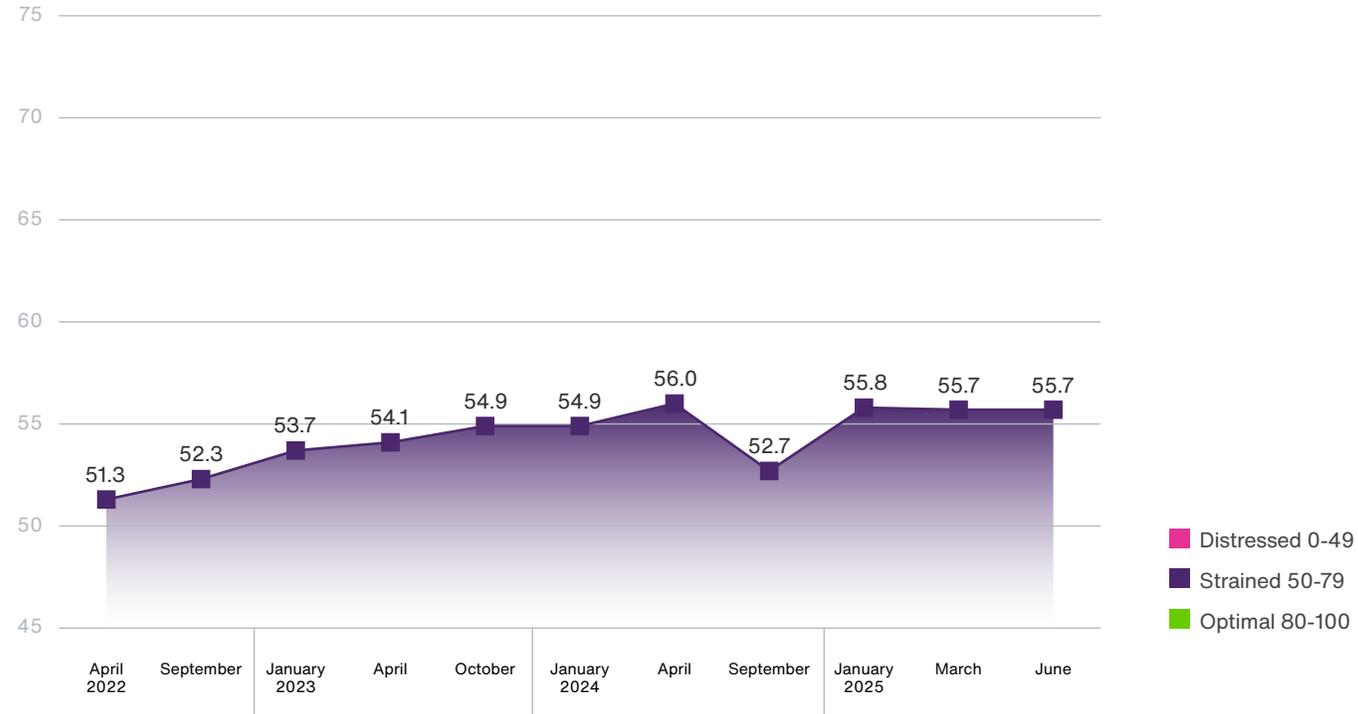
Percentage at risk by MHI sub-score



Anxiety

In June 2025, 34 per cent of workers say they often feel unsettled and nervous.

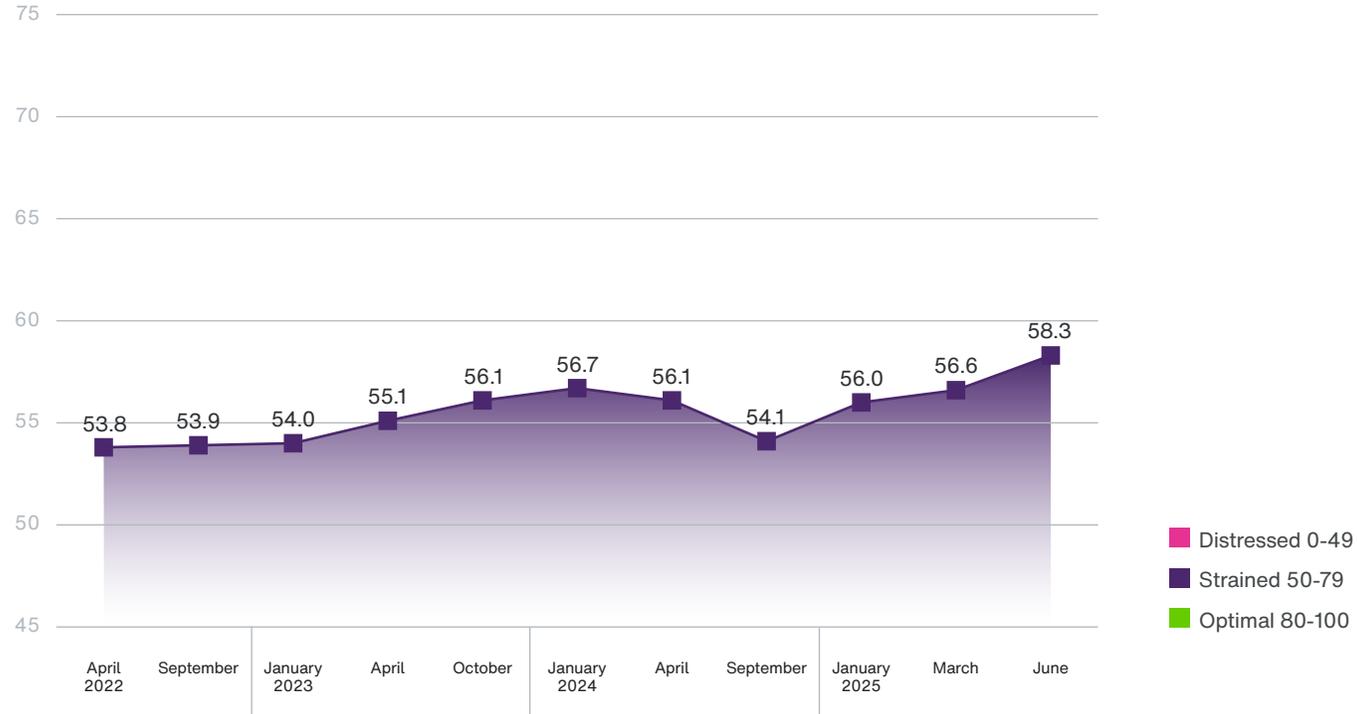
The anxiety sub-score declined significantly in September 2024 but has shown overall improvement since the launch of the MHI in April 2022. From January 2025 through June 2025, the score remains unchanged and is the lowest among all mental health sub-scores.



Isolation

In June 2025, 31 per cent of workers say they often feel alone.

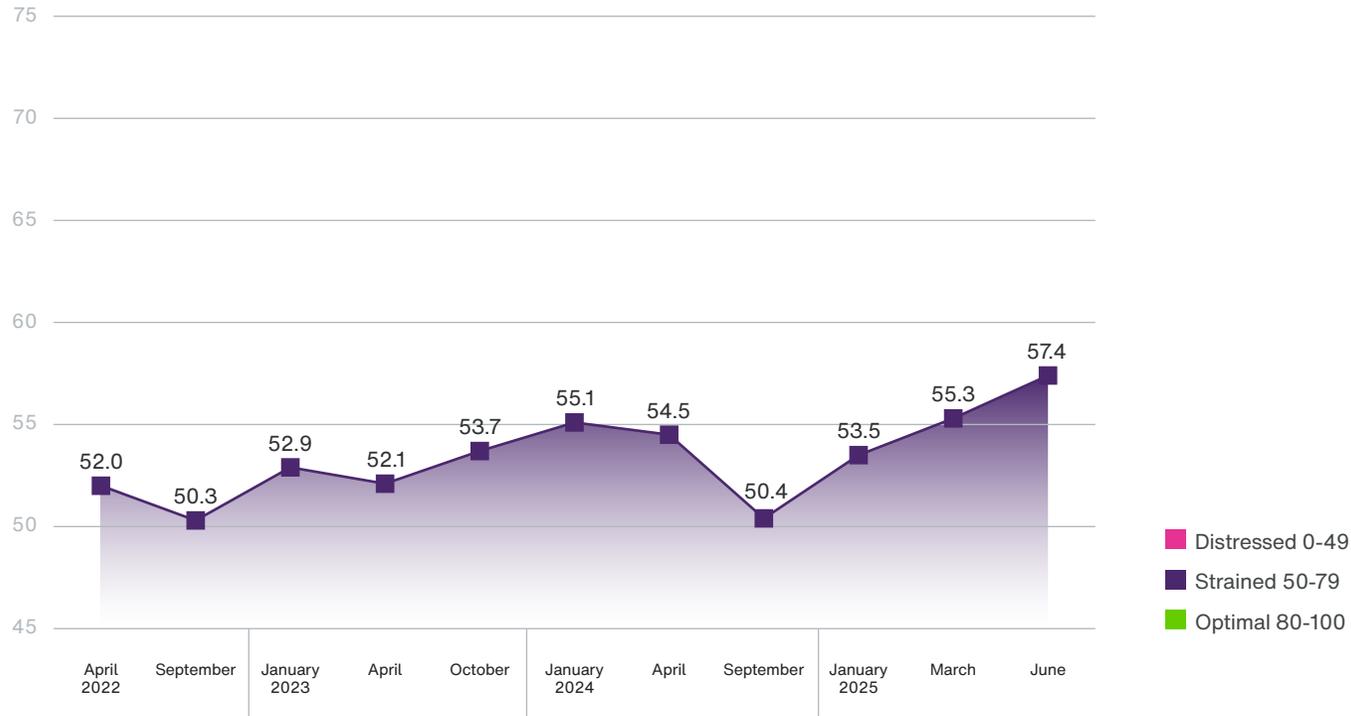
The isolation sub-score has shown gradual improvement since the launch of the MHI in April 2022. Following a sharp decline in September 2024, the isolation score has improved for three consecutive periods, reaching its highest point in June 2025.



Work productivity

In June 2025, 35 per cent of workers say their mental health is negatively impacting their work productivity and goals.

The work productivity sub-score declined from January to September 2024 but showed a strong recovery through June 2025, reaching its highest level since the Index was launched in April 2022. Despite a substantial 2.1-point increase in June, work productivity remains the second lowest among all mental health sub-scores.



Mental health by gender and age.

- Since April 2023, women have had a lower mental health score than men; however, in June 2025, the mental health score of women (63.5) is equal to that of men (63.5)
- Since April 2022, mental health scores have generally improved with age

Mental health by employment status.

- Overall, three per cent of respondents are unemployed¹ and nine per cent report reduced hours or reduced salary
- Workers reporting fewer hours than the previous month have the lowest mental health score (58.5), followed by workers reporting reduced salary than the last month (59.6), respondents not currently employed (61.4), and workers with no change to salary or hours (62.2)
- Labourers have a lower mental health score (58.1) than service industry (60.9) and office workers (64.9)
- Managers have a higher mental health score (64.8) than non-managers (61.9)
- Respondents working for companies with 1,001-5,000 employees have the highest mental health score (65.4)
- Respondents working for companies with 501-1,000 employees have the lowest mental health score (61.7)



Emergency savings

- Workers without emergency savings continue to experience a lower mental health score (36.2) than the overall group (63.5). Workers with emergency savings have a mental score of 73.2

¹ MHI respondents who have been employed in the past six months are included in the poll.

Employment status	June 2025	March 2025
Employed (no change in hours/salary)	64.0	63.6
Employed (fewer hours compared to last month)	58.5	57.5
Employed (reduced salary compared to last month)	59.6	50.1
Not currently employed	61.4	66.1

Age group	June 2025	March 2025
Age 20-29	55.6	54.9
Age 30-39	61.6	61.8
Age 40-49	62.4	61.1
Age 50-59	64.9	66.1
Age 60-69	74.8	70.8

Number of children	June 2025	March 2025
No children in household	63.3	62.3
1 child	62.9	64.8
2 children	63.4	61.6
3 children or more	75.8	64.3

Gender	June 2025	March 2025
Men	63.5	63.5
Women	63.5	62.3

Household income/annum	June 2025	March 2025
<S\$50K	59.4	59.0
S\$50K to <S\$100K	60.3	61.1
S\$100k to <S\$150K	66.2	64.5
S\$150K to S\$200K	65.8	66.0
S\$200K and over	67.9	66.1

Employer size	June 2025	March 2025
Self-employed/sole proprietor	62.7	63.8
2-50 employees	63.7	63.9
51-100 employees	64.7	62.4
101-500 employees	63.0	62.8
501-1,000 employees	61.7	61.7
1,001-5,000 employees	65.4	63.4
5,001-10,000 employees	61.9	62.7
More than 10,000 employees	63.9	62.3

Manager	June 2025	March 2025
Manager	64.8	65.3
Non-manager	61.9	59.8

Work environment	June 2025	March 2025
Labour	58.1	59.7
Office/desk	64.9	63.9
Service	60.9	60.6

Numbers highlighted in pink are the lowest/worst scores in the group.
Numbers highlighted in green are the highest/best scores in the group.

The Mental Health Index by industry.

Workers in Public Administration and Defence have the lowest mental health score (51.7), followed by workers in Accommodation and Food Service Activities (57.1), and Health and Social Services (59.9).

Workers in Construction (69.3), Manufacturing (67.4), and Professional, Scientific and Technical Activities (65.7) have the highest mental health scores in June.



Industry	June 2025	March 2025	Change
Other Service Activities	63.9	59.2	4.7
Transportation and Storage	65.4	61.4	4.0
Financial and Insurance Activities	62.9	59.9	3.0
Construction	69.3	66.5	2.8
Education	64.2	61.7	2.5
Administrative and Support Service Activities	62.8	61.2	1.6
Manufacturing	67.4	66.2	1.2
Health and Social Services	59.9	58.9	1.0
Professional, Scientific and Technical Activities	65.7	67.1	-1.4
Real Estate Activities	64.7	67.3	-2.6
Accommodation and Food Service Activities	57.1	60.1	-3.0
Wholesale and Retail Trade	60.9	64.9	-4.0
Public Administration and Defence	51.7	55.9	-4.2

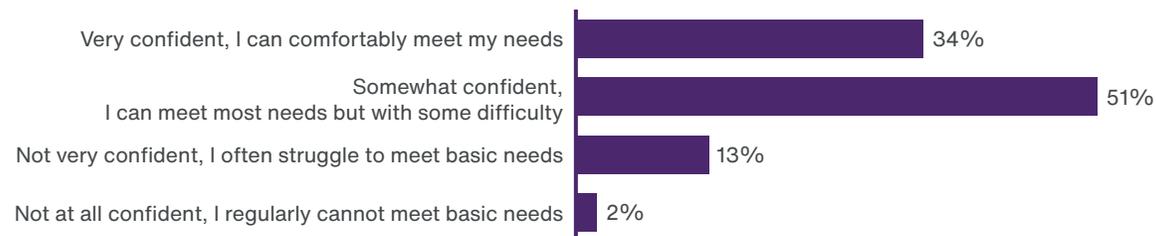
Spotlight

Financial wellbeing

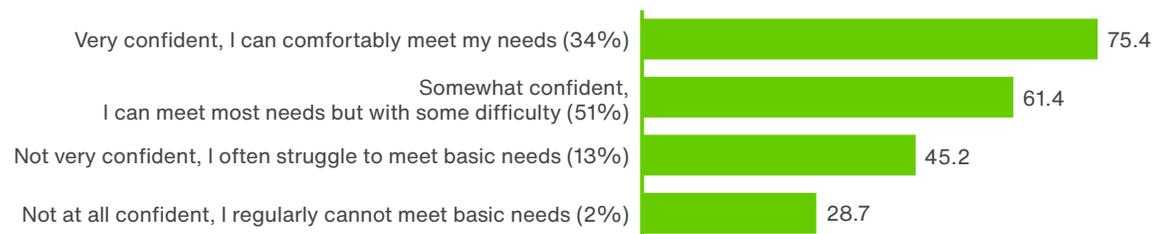
Two-thirds of workers are concerned about not being able to financially support their everyday needs.

- The highest mental health score (75.4) is among 34 per cent of workers who can comfortably meet their needs, 12 points higher than the national average (63.5)
- Workers with a yearly household income greater than S\$150,000 are 70 per cent more likely than workers with an annual household income lower than S\$150,000 to feel confident they can comfortably meet their needs
- Workers over 50 are 50 per cent more likely than workers under 40 to feel confident they can comfortably meet their needs
- The lowest mental health score (28.7) is among two per cent of workers who regularly cannot meet basic needs, almost 47 points lower than workers who can comfortably meet their needs (75.4) and nearly 35 points lower than the national average (63.5)
- Workers without emergency savings and workers with an annual household income lower than S\$150,000 are more likely to report not being regularly able to meet basic needs

How confident are you that you can financially support your everyday needs?



MHI score by “How confident are you that you can financially support your everyday needs?”

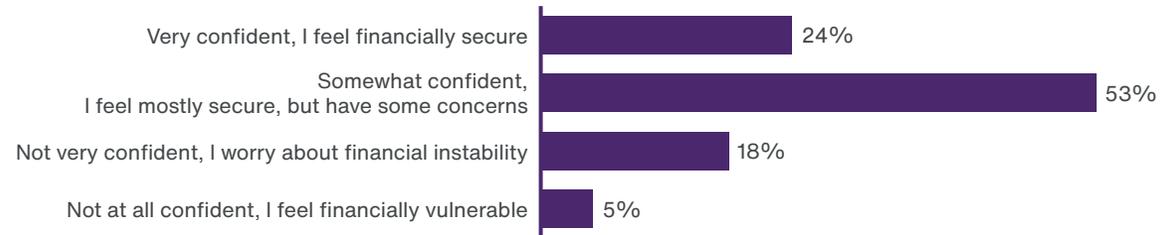


Three-quarters of workers lack confidence in their financial future.

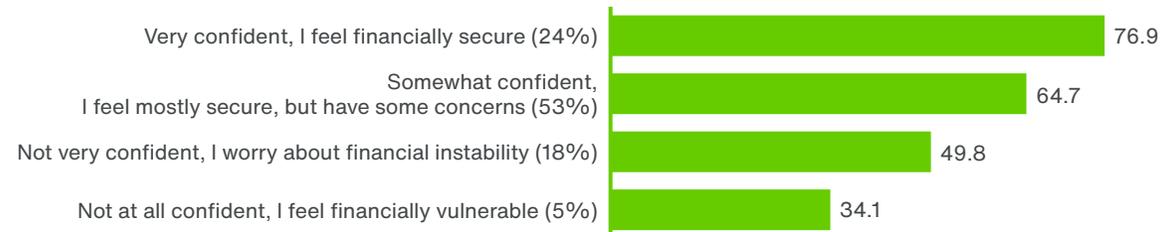
- The highest mental health score (76.9) is among 24 per cent of workers who are very confident in their financial future, more than 13 points higher than the national average (63.5)
- Managers are 60 per cent more likely than non-managers to feel financially secure
- Workers over 50 are 50 per cent more likely than workers under 40 to feel financially secure
- The lowest mental health score (34.1) is among five per cent of workers who feel financially vulnerable and not at all confident in their financial future, nearly 43 points lower than workers who feel financially secure (76.9), and more than 29 points lower than the national average (63.5)
- Workers with a yearly household income lower than S\$150,000 are three and a half times more likely than workers with an annual household income greater than S\$150,000 to feel financially vulnerable
- Non-parents are twice as likely as parents to feel financially vulnerable



Thinking about the next 6 months, how confident are you in your financial future?



MHI score by “Thinking about the next 6 months, how confident are you in your financial future?”

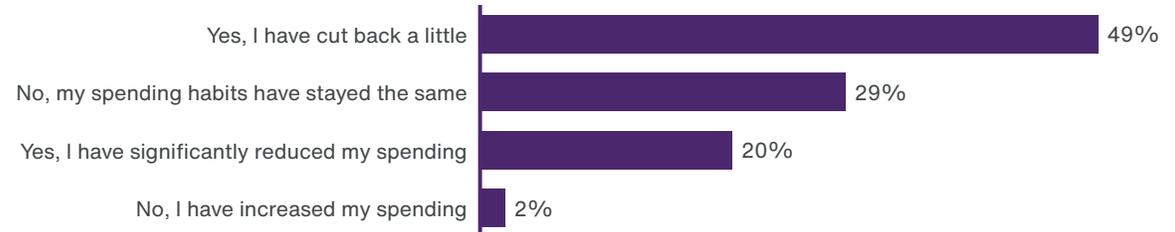




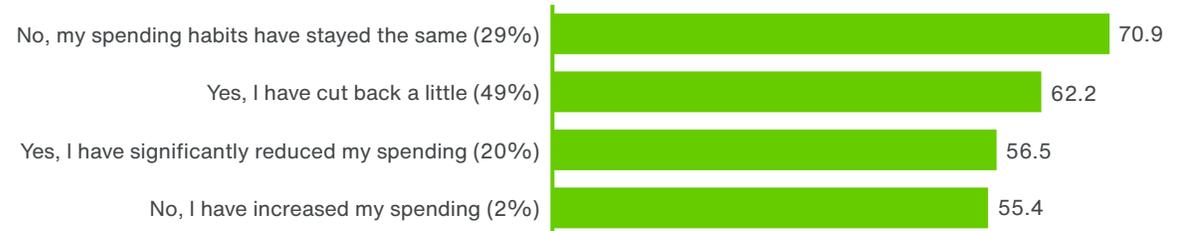
Seven in ten workers have reduced their spending over the last two months due to financial concerns or economic uncertainty.

- The highest mental health score (70.9) is among 29 per cent of workers reporting their spending habits have remained the same over the last two months, more than seven points higher than the national average (63.5)
- One in five (20 per cent) workers have significantly reduced their spending over the last two months. This group has a mental health score (56.5) more than 14 points lower than workers who have made no changes (70.9), and seven points lower than the national average (63.5)
- Workers with an annual household income less than S\$150,000 and workers without emergency savings are at least 60 per cent more likely to have significantly reduced their spending

Have you changed your spending habits in the past 2 months because of financial concerns or economic uncertainty?



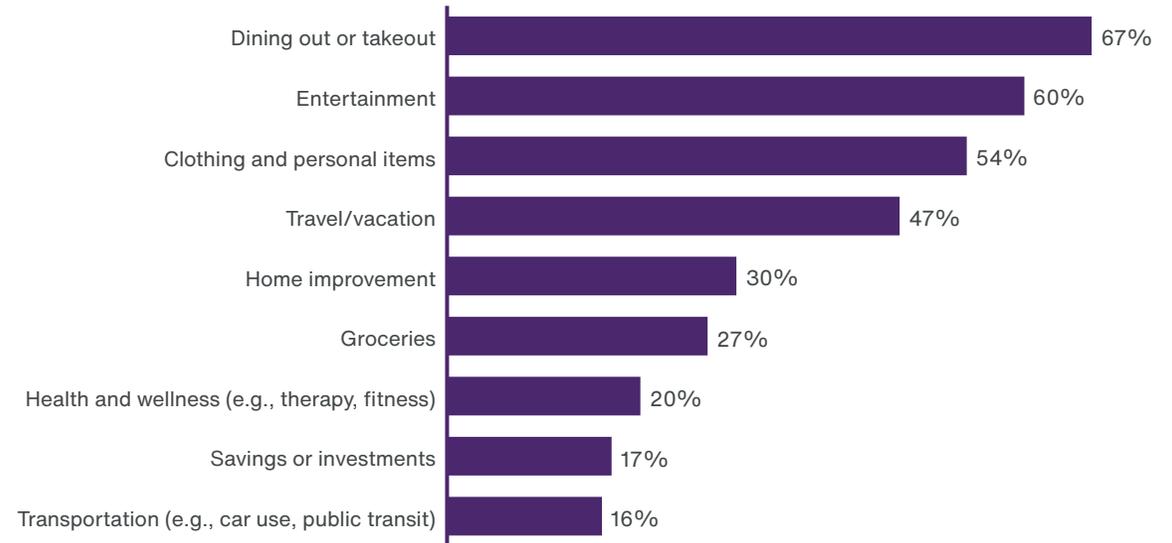
MHI score by “Have you changed your spending habits in the past 2 months because of financial concerns or economic uncertainty?”



One in five workers has reduced their spending on health and wellness.

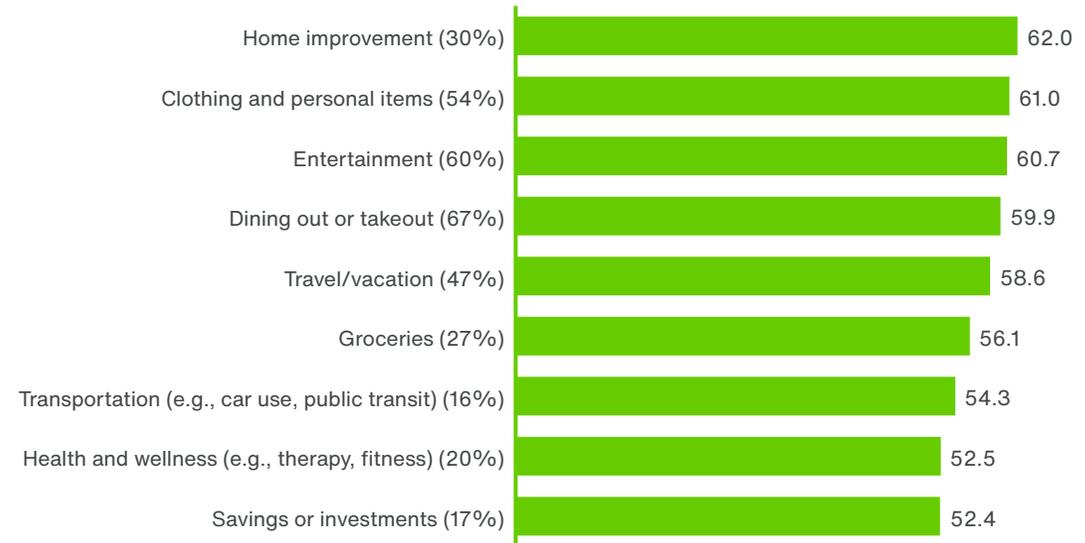
- Two-thirds (67 per cent) of workers have reduced spending on dining out or takeout, 60 per cent have cut back on entertainment, 54 per cent have reduced spending on clothing and personal items, 47 per cent have cut back on travel/vacation, 30 per cent are spending less on home improvement, and 27 per cent have reduced spending on groceries

In which areas have you reduced your spending?



- One in five (20 per cent) have reduced their spending on health and wellness; this group has a mental health score (52.5) 11 points lower than the national average (63.5)

MHI score by “In which areas have you reduced your spending?”



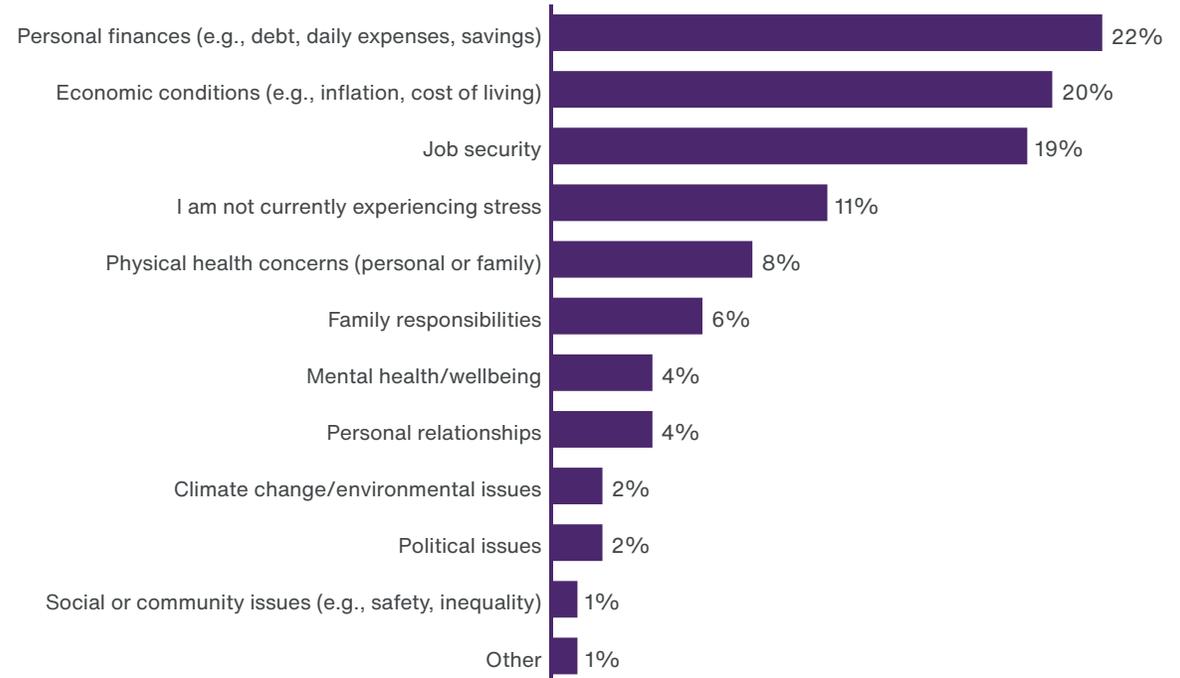
Personal stressors

More than two in five workers say finances or economic conditions are their primary sources of personal stress.

- Workers over 50 are nearly three times more likely than workers under 40 to report not experiencing personal stress
- Workers with an annual household income greater than S\$150,000 are twice as likely as workers with a yearly household income less than S\$150,000 to report not experiencing personal stress
- Men are 60 per cent more likely than women to say mental health/wellbeing is their primary source of personal stress
- Workers without emergency savings are 70 per cent more likely than workers with emergency savings to report personal finances as their primary stressor



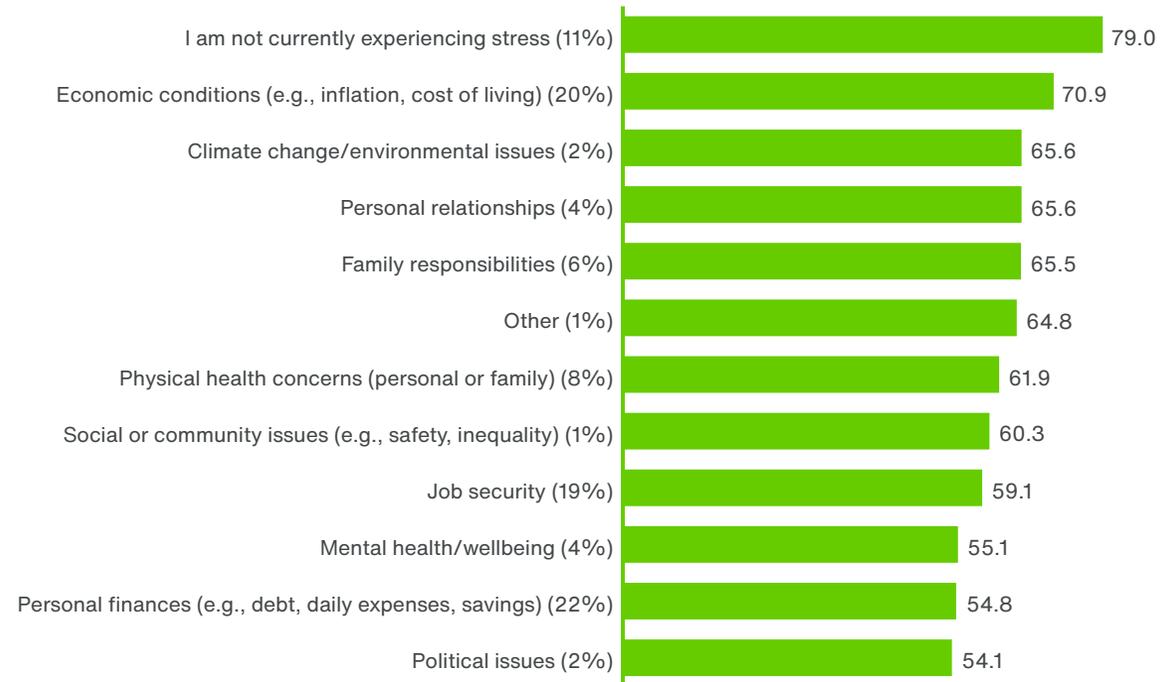
What is your primary source of personal stress right now?



- The highest mental health score (79.0) is among 11 per cent of workers not experiencing personal stress, more than 15 points higher than the national average (63.5)
- Four per cent of workers report mental health/wellbeing as their primary source of personal stress; this group has a mental health score (55.1) 24 points lower than workers not experiencing personal stress (79.0), and more than eight points lower than the national average (63.5)



MHI score by “What is your primary source of personal stress right now?”

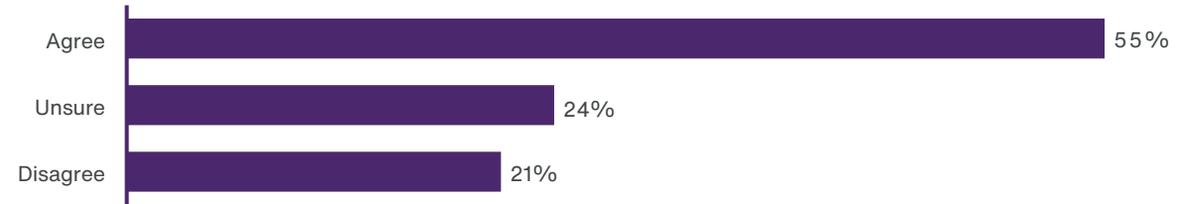


Mental health stigma.

More than half of workers would feel negatively about themselves if they had a mental health issue.

- More than one in five (21 per cent) workers would not feel negatively about themselves if they had a mental health issue; this group has the highest mental health score (75.5), 12 points higher than the national average (63.5)
- Over half (55 per cent) of workers would feel negatively about themselves if they had a mental health issue; this group has the lowest mental health score (57.9), nearly 18 points lower than workers who would not feel negatively about themselves (75.5) and nearly six points lower than the national average (63.5)

I would feel negatively about myself if I had a mental health issue



MHI score by “I would feel negatively about myself if I had a mental health issue”



Nearly three-quarters of workers would be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware.

- More than seven in 10 (72 per cent) workers would be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware; this group has the lowest mental health score (61.3) 14 points lower than workers who would not be concerned (75.2) and more than two points lower than the national average (63.5)
- Just over one in 10 (11 per cent) would not be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware; this group has the highest mental health score (75.2), nearly 12 points higher than the national average (63.5)

I would be concerned that my career options would be limited if I had a mental health issue and my workplace was aware



MHI score by “I would be concerned that my career options would be limited if I had a mental health issue and my workplace was aware”



Manager support for wellbeing.

Only half of managers would know what to do if they suspected an employee was struggling with a mental health issue.

- The highest mental health score (69.5) is among 50 per cent of managers who would know what to do if they suspected an employee was struggling with a mental health issue, six points higher than the national average (63.5)
- Two in five (39 per cent) managers are unsure and an additional 11 per cent would not know what to do if they suspected an employee was struggling with a mental health issue; the mental health scores of these groups (60.1 and 60.2, respectively) are more than nine points lower than the mental health of score managers who would know what to do (69.5) and more than three points lower than the national average (63.5)



If you suspected an employee was struggling with a mental health issue, would you know what to do?



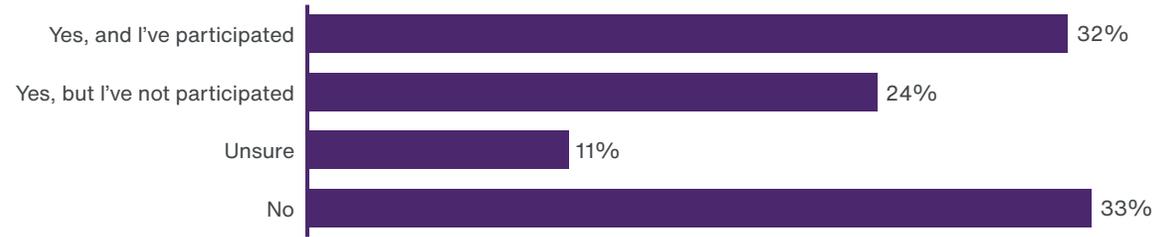
MHI score by “If you suspected an employee was struggling with a mental health issue, would you know what to do?”



More than two in five managers are unsure or say their organisation does not offer training on their role in supporting a mentally healthy workplace.

- The highest mental health score (68.1) is among 32 per cent of managers who have participated in training on their role in supporting a mentally healthy workplace, nearly five points higher than the national average (63.5)
- The lowest mental health score (61.3) is among 11 per cent of managers who are unsure whether their organisation offers training for people leaders on their role in supporting a mentally healthy workplace, nearly seven points lower than managers who have participated in training (68.1) and more than two points lower than the national average (63.5)

Does your organisation offer training for people leaders on their role in supporting a mentally healthy workplace?



MHI score by “Does your organisation offer training for people leaders on their role in supporting a mentally healthy workplace?”

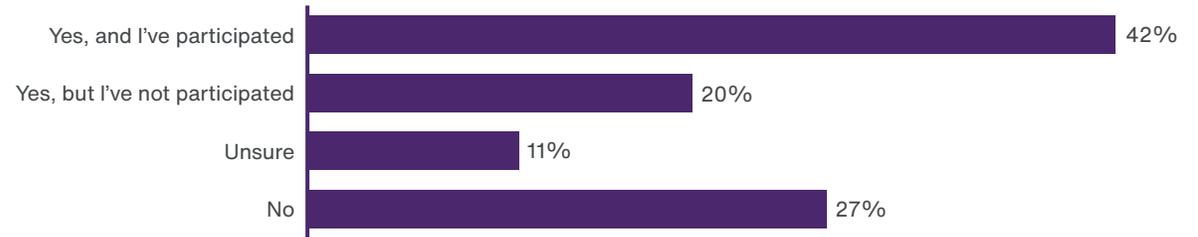


Nearly two in five managers are unsure or say their organisation does not offer training for people leaders on effective coaching/management techniques.

- The highest mental health score (69.5) is among 42 per cent of managers who have participated in training on effective coaching/management techniques, six points higher than the national average (63.5)
- The lowest mental health score (59.9) is among 20 per cent of managers who report their organisation offers training, but they have not participated, nearly 10 points lower than managers who have participated (69.5) and nearly four points lower than the national average (63.5)



Does your organisation offer training for people leaders on effective coaching/management techniques?



MHI score by “Does your organisation offer training for people leaders on effective coaching/management techniques?”

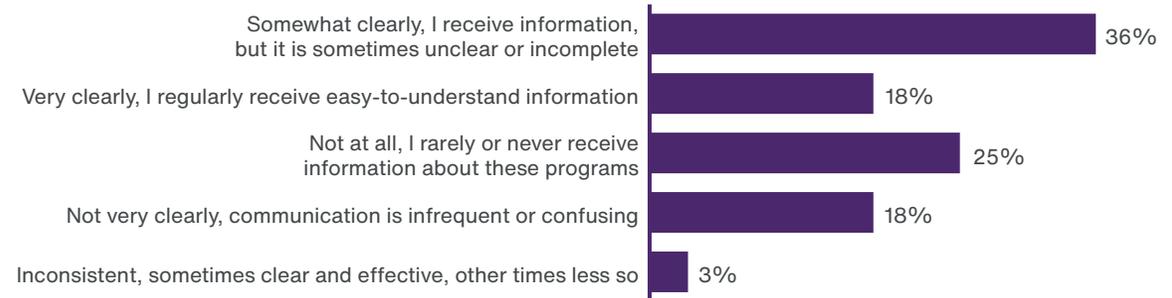


Communication about health and wellbeing programs.

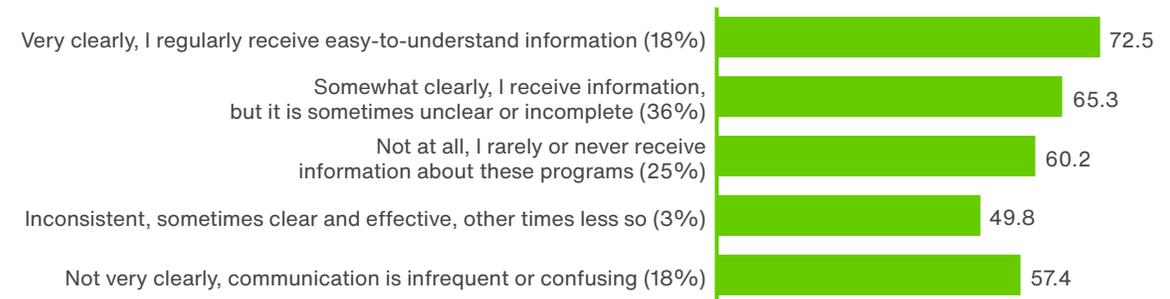
More than eight in 10 workers say their organisation’s communication about health and wellbeing programs is unclear or inconsistent.

- The highest mental health score (72.5) is among 18 per cent of workers who say their organisation communicates very clearly about health and wellbeing programs, nine points higher than the national average (63.5)
- The lowest mental health score (49.8) is among three per cent of workers who say their organisation’s communication about health and wellbeing programs is inconsistent, nearly 23 points lower than workers who say communication is very clear (72.5) and nearly 14 points lower than the national average (63.5)
- Non-unionised workers are more than three times as likely as unionised workers to say they rarely or never receive information about these programs
- Non-parents are two and a half times more likely than parents to say they rarely or never receive information about these programs
- Non-managers are nearly twice as likely as managers to say they rarely or never receive information about these programs
- Workers over 50 are 80 per cent more likely than workers under 40 to say they rarely or never receive information about these programs

How well does your organisation communicate information about health and wellbeing programs?



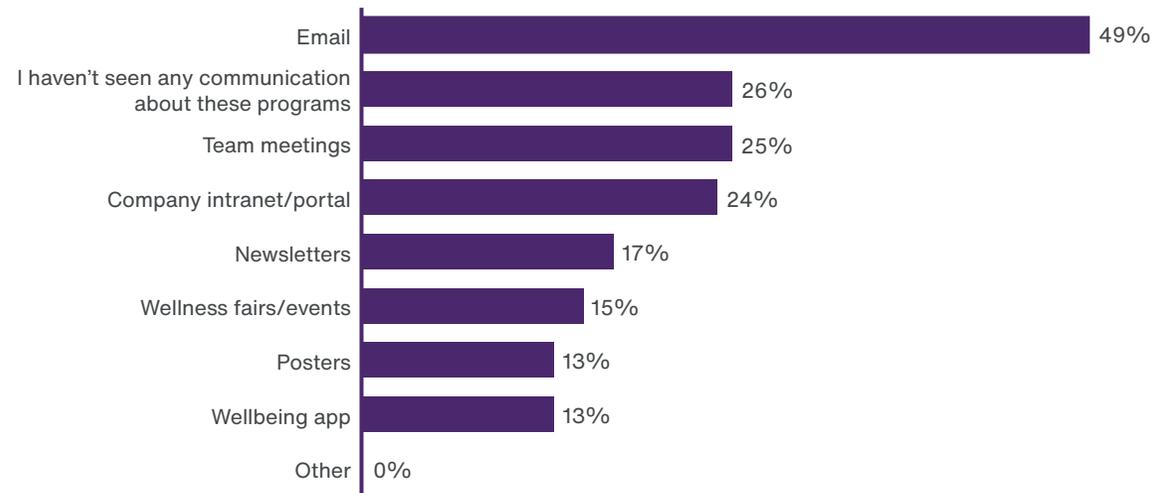
MHI score by “How well does your organisation communicate information about health and wellbeing programs?”



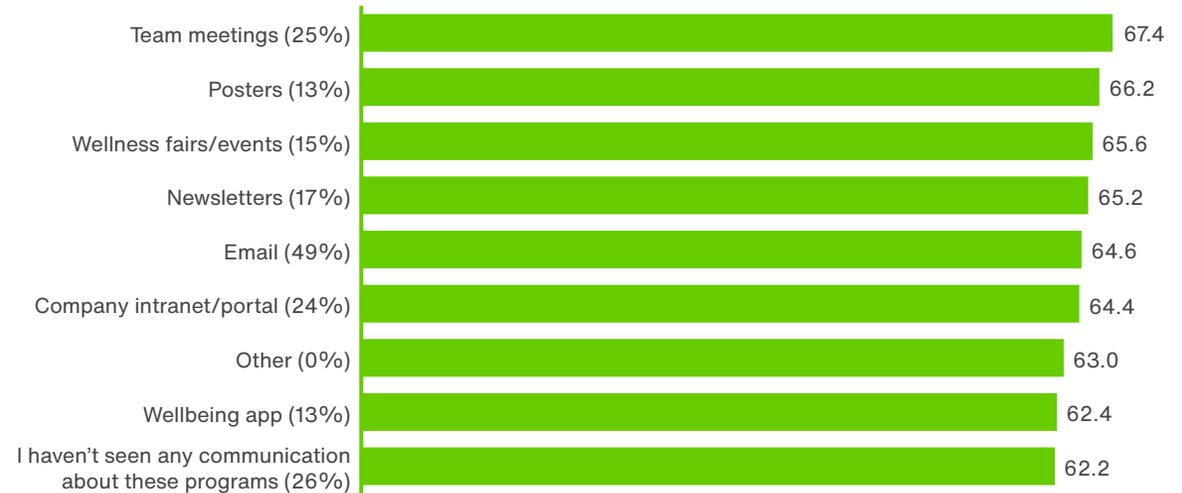
One-quarter of workers say they haven't seen any communication about their organisation's health and wellbeing programs.

- Half (49 per cent) of organisations use email to communicate health and wellbeing programs, 25 per cent communicate programs during team meetings, 24 per cent use their company's intranet/portal, 17 per cent communicate programs via newsletters, 15 percent communicate health and wellness programs during wellness fairs/events, 13 per cent use posters, and 13 per cent communicate through a wellbeing app
- Slightly more than one-quarter (26 per cent) of workers haven't seen any communication about health and wellbeing programs; this group has the lowest mental health score (62.2), modestly lower than the national average (63.5)

Which methods does your organisation use to communicate health and wellbeing programs?



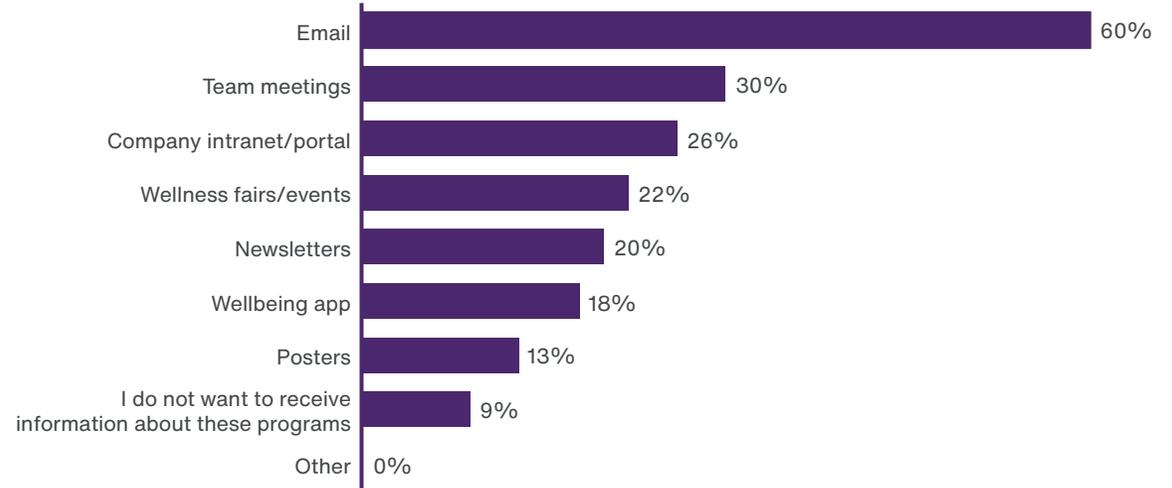
MHI score by "Which methods does your organisation use to communicate health and wellbeing programs?"



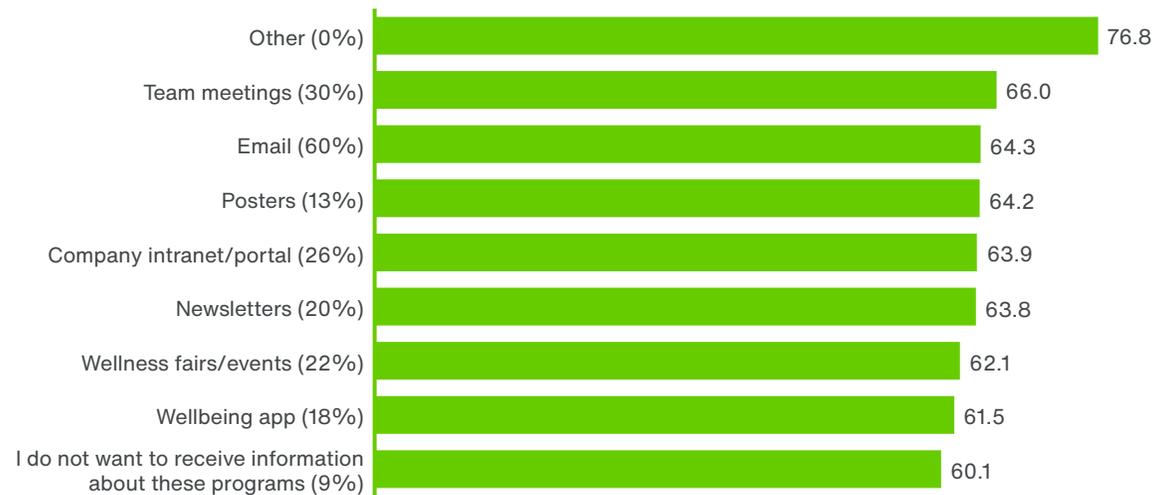
Three in five workers would prefer to receive information about their organisation's health and wellbeing programs via email.



How would you prefer to receive information about health and wellbeing programs from your organisation?



MHI score by “How would you prefer to receive information about health and wellbeing programs from your organisation?”



More than half of workers say their manager has not informed them about available health and wellbeing programs.

- The highest mental health score (66.6) is among 37 per cent of workers who say their manager has communicated the availability of health and wellbeing programs, three points higher than the national average (63.5)
- More than half (54 per cent) of workers say their manager has not communicated the availability of health and wellbeing programs to them. This group has a mental health score (61.8), nearly five points lower than workers who say their manager has communicated this information (66.6) and nearly two points lower than the national average (63.5)



Has your manager communicated the availability of health and wellbeing programs to you?



MHI score by "Has your manager communicated the availability of health and wellbeing programs to you?"



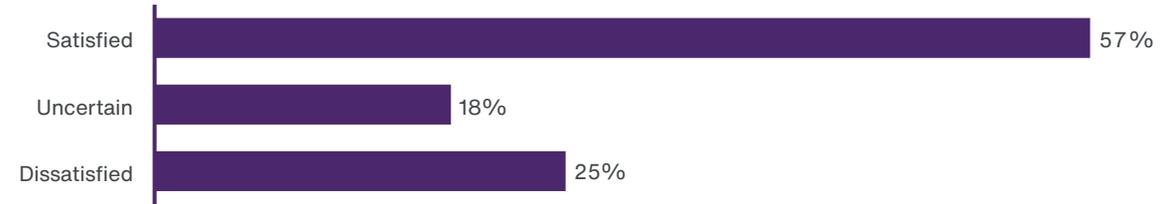
Sleep quality

One-quarter of workers are dissatisfied with the quality of their sleep.

- The highest mental health score (69.8) is among 57 per cent of workers satisfied with the quality of their sleep, more than six points higher than the national average (63.5)
- The lowest mental health score (52.8) is among 25 per cent of workers dissatisfied with the quality of their sleep, 17 points lower than workers who are satisfied with their sleep quality (69.8) and almost 11 points lower than the national average (63.5)



Overall, how satisfied are you with the quality of sleep you get?



MHI score by “Overall, how satisfied are you with the quality of sleep you get?”

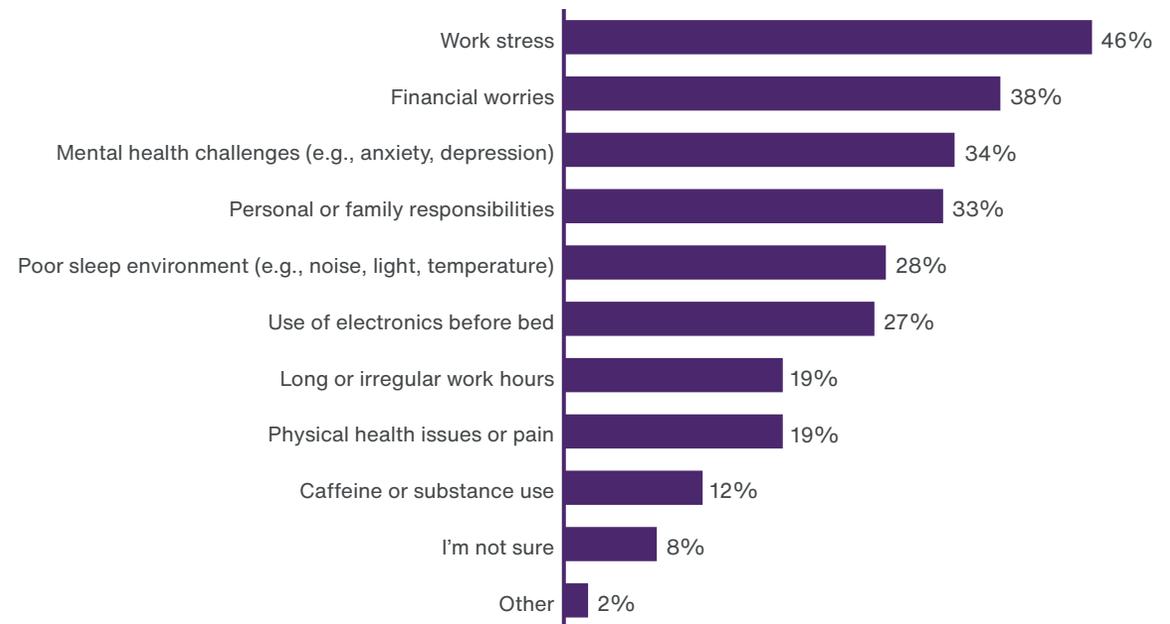


Work stress, financial worries, mental health challenges, and personal or family responsibilities are the leading factors contributing to poor sleep quality.

- Workers under 40 are twice as likely as workers over 50 to report that mental health challenges contribute to their poor sleep quality
- Parents are 80 per cent more likely than non-parents to say personal or family responsibilities are the primary factor contributing to their poor sleep quality
- Workers with an annual household income less than S\$150,000 and workers without emergency savings are 80 per cent more likely to say financial worries are the leading factor contributing to poor sleep quality
- Managers are 60 per cent more likely than non-managers to say that work stress contributes to poor sleep quality



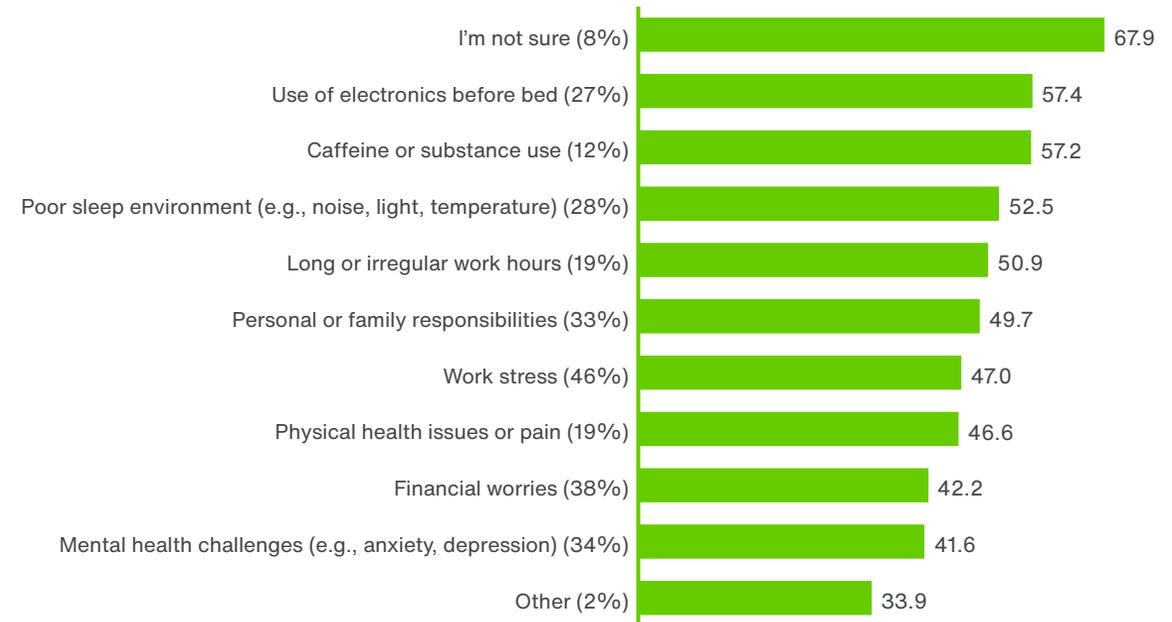
What do you believe are the main factors contributing to your poor sleep quality?



- More than one-third (34 per cent) of workers report mental health challenges contribute to their poor sleep quality; this group has a mental health score (41.6) 22 points lower than the national average (63.5)



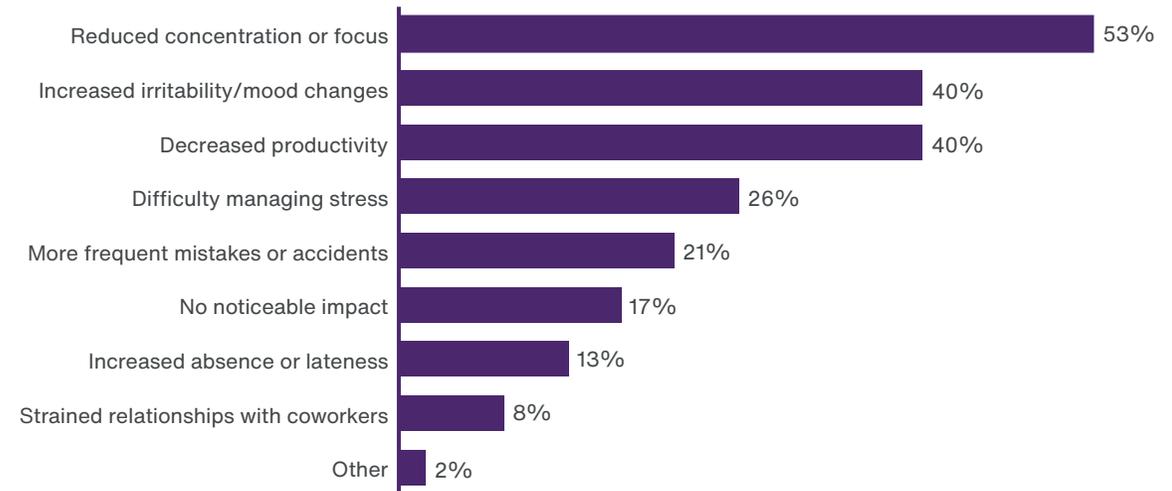
MHI score by “What do you believe are the main factors contributing to your poor sleep quality?”



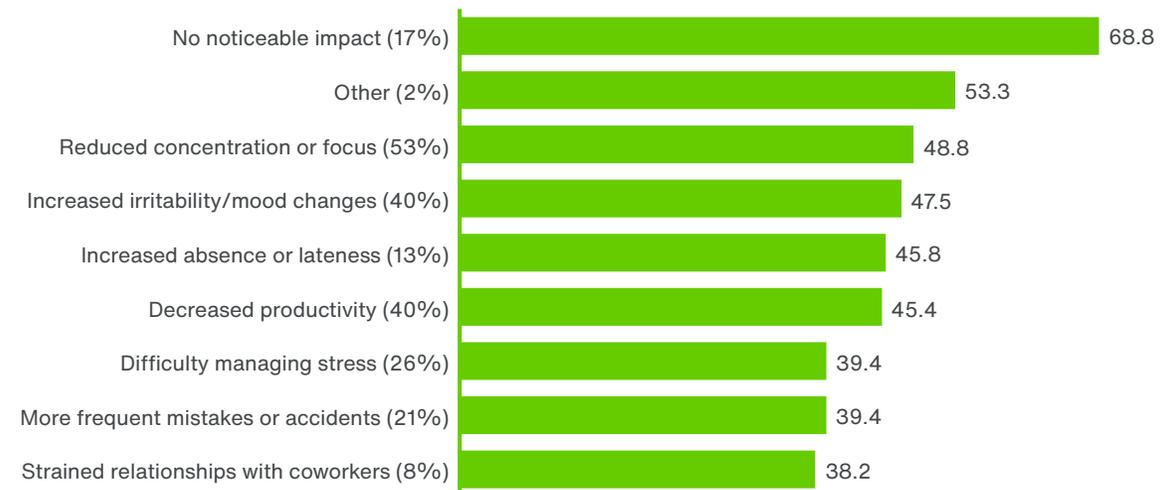
Managers are more likely to report difficulty managing stress, and younger workers are more likely to report decreased productivity due to poor sleep quality.

- The highest mental health score (68.8) is among 17 per cent of workers reporting no noticeable impact at work, more than five points higher than the national average (63.5)
- Workers over 50 are three times more likely than workers under 40 to report no noticeable impact at work due to poor sleep quality
- The lowest mental health score (38.2) is among eight per cent of workers who say poor sleep quality results in strained relationships with coworkers, nearly 31 points lower than workers reporting no noticeable impact (68.8) and more than 25 points lower than the national average (63.5)
- Workers under 40 are more than twice as likely as workers over 50 to report decreased productivity at work due to poor sleep quality
- Managers are 60 per cent more likely than non-managers to report difficulty managing stress at work due to poor sleep quality

How has your poor sleep quality affected your work?



MHI score by “How has your poor sleep quality affected your work?”



Overview of the TELUS Mental Health Index.

The mental health and wellbeing of a population are essential to overall health and work productivity. The Mental Health Index measures the current mental health status of employed adults. Increases and decreases in the MHI are intended to predict cost and productivity risks, informing the need for investment in mental health support by businesses and governments.

The Mental Health Index report has two parts:

1. The overall Mental Health Index (MHI).
2. A spotlight section that reflects the specific impact of current issues in the community.

Methodology

Data for this report is collected through an online survey of 1,000 people who live in Singapore and are currently employed or who were employed within the previous six months. Participants are selected to represent the age, gender, industry, and geographic distribution in Singapore. Respondents are asked to consider the last two weeks when answering each question. Data for the current report was collected between June 10 and June 27, 2025.

Calculations

A scoring system, which assigns point values to individual responses, is used to create the Mental Health Index. Higher point values are associated with better mental health and less mental health risk. The sum of scores is divided by the total number of possible points to generate a score out of 100. The raw score is the mathematical mean of the individual scores. The distribution of scores is defined according to the following scale:

Distressed 0 - 49 **Strained** 50-79 **Optimal** 80 - 100

Additional data and analyses.

Demographic breakdowns of sub-scores and specific cross-correlational and custom analyses are available upon request. Benchmarking against the national results or any subgroup is available upon request.

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