



Anxiety disorder talk 1 Apr 26 Dr X Live use of Mindline.sg 1 Apr 26 Dr X

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Mindline.Sg

- This is the most prominent anonymous platform. It uses clinically validated tools (like the PHQ-9 and GAD-7) to assess your stress levels and offers:
- **Anonymity as a Bridge:** By allowing users to explore resources without NRIC login, it lowers the "stigma barrier." This helps the 60% of Singaporeans with depression who previously did not seek help.
- **AI "Pocket Therapist":** Through its Singapore's partnership with Wysa
- **Seamless Escalation:** If the AI detects high-risk language or if self-assessments (PHQ-9/GAD-7) show severe symptoms, it provides a direct "warm link" to the 1771 national helpline or CHAT for young adults.

mindline.sg

self for youths at work

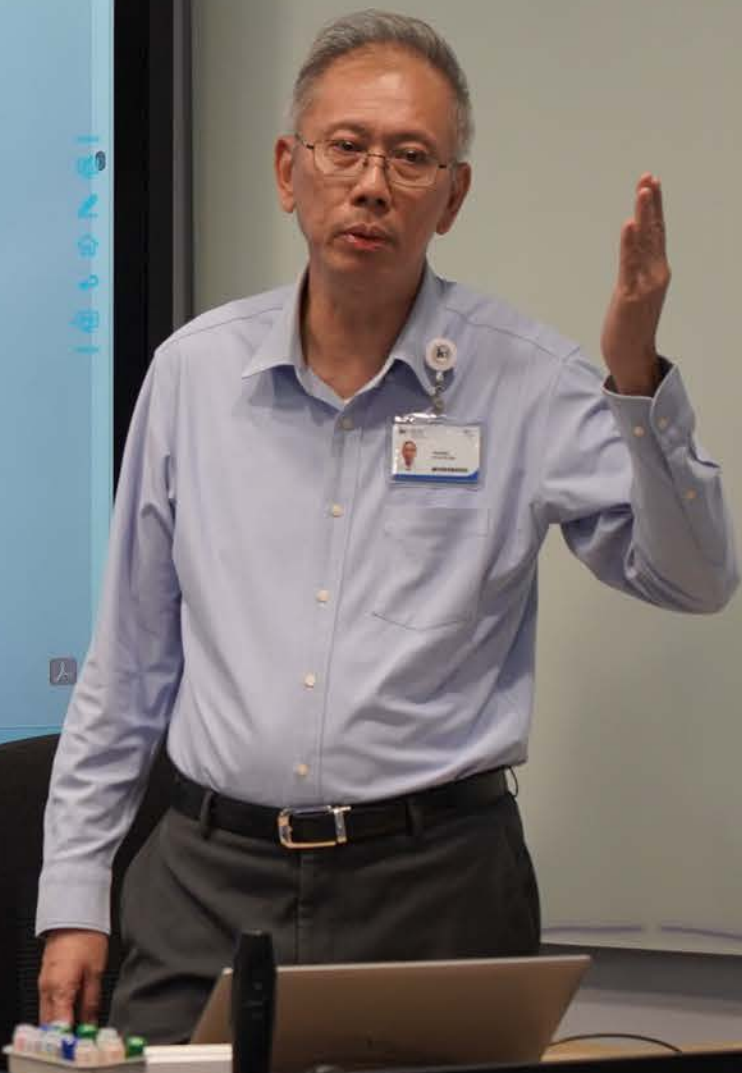
Welcome to mindline.sg, your trusted first stop for better mental health.

Let's explore

I'm new here.

NM 1771 WhatsApp Chat

32°C Partly sunny



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EXIT



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