

MEDIA RELEASE

National Council of Social Service Launches 'grovve' Singapore's First Youth-Focused Integrated Wellness Centre for Mental Health

NCSS brings together Social Service Agencies and community partners to offer specialised mental health services for youths, transforming the way young people access Singapore's social services

SINGAPORE, 1 NOVEMBER 2025 – The National Council of Social Service (NCSS) today launched 'grovve', Singapore's first youth-focused integrated wellness centre. Located at *SCAPE in Orchard, 'grovve' provides a safe and accessible space for youths seeking professional support and early intervention for a range of mental health challenges.

2 Youths visiting 'grovve' can access a comprehensive range of services and general wellness activities, provided by four Social Service Agencies (SSAs) working collaboratively. Led by SHINE Children and Youth Services and supported by Brahm Centre, Limitless, and TOUCH Community Services, youths will benefit from specialised on-site support and intervention programmes. The centre also offers online services, including a Digital Wellness Concierge, and mental health screenings with e-resources, as well as private forums and chats for support. Refer to annex A to learn more about the integrated services.

3 The centre was set up in response to the increasing incidence of mental health challenges faced by youths in Singapore. Mental health conditions are among the top four leading causes of disease burden in Singapore¹. Findings from the NCSS 2025 Quality of Life Study revealed that as the severity of mental health symptoms increases, quality of life declines. The impact of mental health on youths was also studied in the report, with respondents aged 18-29 years old reporting a spectrum of depressive and anxiety symptoms. Within this age group, 32% reported mild symptoms, 31% moderate, and 11% severe, reinforcing the need for support across all stages of mental health needs.

4 NCSS therefore brought together Social Service Agencies and community partners with experience in offering mental health services to youths to establish this integrated wellness centre for youths to gain access to mental well-being resources and seek support. As part of the conceptualisation and design process for 'grovve', NCSS consulted with key stakeholders including Institute of Mental Health, Ministry of Health, and Ministry of Social and Family Development. The youths whom the centre serves were actively involved in shaping this space through design thinking workshops, co-developing the look, feel and experience at 'grovve'. The centre's name 'grovve' itself originated from the participants.

¹ Speech by Dr Koh Poh Koon, SMS, MOH at the Singapore Mental Health Conference 2025.

5 Response to the centre has been positive since its soft launch in April. To date, 'grovve' has engaged over 4,800 youths through their services and activities. With more than 80% of visitors aged between 17 and 25, 'grovve' is demonstrating its effectiveness in connecting with the youth demographic most in need of mental health support.

6 "We recognise the pressing need to fill gaps in mental health support for our young people, including emerging challenges like behavioural addictions. We are actively responding by opening services such as 'grovve' and increasing funding for mental health programmes, with Community Chest boosting support by close to 40% this year. By convening key partners in the mental health space under one roof, we have created a more accessible, coordinated and stigma-free ecosystem of care for our youths to be supported," said Ms Anita Fam, President of NCSS.

7 "Fragmented services often leave our service users feeling lost and unsure of where to seek help. Collaboration among social service agencies is essential to addressing such gaps and meeting the diverse and evolving needs of our youth. As the lead agency at 'grovve', SHINE plays a pivotal role in working alongside NCSS to drive collaboration and coordination, ensuring that services are delivered seamlessly to those who need them most," said Lee Seng Meng, Executive Director, SHINE Children and Youth Services.

8 "What I love about 'grovve' is how safe and genuine the space feels. I used to think therapy was intimidating, but here it became something natural and freeing. The free counselling at the centre taught me how to express myself clearly, de-escalate difficult conversations I am facing in my life, and build healthier boundaries. It's shown me that therapy is really about growth from within which then changes the way I confront my usual environment and connections. 'grovve' makes it possible for youths to access help even when financial or family barriers stand in the way," said a service user.

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Annex A: Overview of Integrated Services at 'grovve'

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About the National Council of Social Service (NCSS)

NCSS is the sector developer for social services in Singapore. Its mission is to develop a sustainable social service sector that improves quality of life, by driving partnerships, transformation and sustainability of social services. Community Chest and Social Service Institute (SSI) are part of NCSS. For more information visit www.ncss.gov.sg.

About 'grovve'

'grovve' is Singapore's first integrated wellness centre designed with youths for youths and their caregivers. It aims to serve as a youth-friendly space, where youths are empowered to navigate their mental wellness journey, and like-minded youths can form communities to be champions and supporters for mental well-being.

Initiated by NCSS and supported by dedicated and recognised organisations in the youth mental health and social services space, 'grovve' offers well-being activities, mental health screening, triage and intervention services.

Annex A: Overview Of Integrated Services At 'grovve'

Tier 1 - Wellness and Prevention (SHINE Children and Youth Services) The Wellness Concierge delivers non-clinical mental wellbeing activities, general wellness programmes, and interest-related sessions. This includes email and text-based engagement to complement digital platforms.
Tier 2 - Early Intervention (Brahm Centre) The Community Resource, Engagement & Support Team for Youths (CREST-Y) focuses on early identification and psychosocial intervention for youths showing emerging mental health concerns.
Tier 3 - Intensive Support (TOUCH Community Services) The Youth Integrated Team (YIT) provides comprehensive assessment, therapeutic intervention, and case management for youths requiring more intensive clinical support.
Digital Integration (Limitless) Safehouse operates as a Discord-based digital touchpoint, creating a safe online community space for youths seeking mental health support outside traditional service hours.