



FOR IMMEDIATE RELEASE

From Stress to REST: TeleChoice and IMH Equip Youths with a Toolbox for Wellness

Recognising climate change's impact on mental well-being, the TeleChoice ESG Fund, with ST Telemedia as this year's main donor, supports "WELLNESS" initiatives to strengthen community resilience — a vital pillar for Singapore's sustainable progress and the Singapore Green Plan 2030:

- **REST FOR WELLNESS** — A practical "toolbox for life" to empower youths with crucial mental health literacy and resilience skills to actively contribute to Singapore's sustainable future
- **ART FOR WELLNESS** — Youth and community voices come alive in the Green Tunnel, the "Longest Art Tunnel Covered with Handwritten Ribbons" recognised by the Singapore Book of Records, and a vibrant 25-metre mural
- **GREEN FOR WELLNESS** — Tree planting ceremony at IMH to create calming spaces that benefit both minds and the environment

Singapore, 10 October 2025 – TeleChoice International Limited (超讯电信) ("TeleChoice") and the Institute of Mental Health (心理卫生学院) ("IMH") today marked World Mental Health Day and the second year of their strategic partnership in support of the Woodbridge Hospital Charity Fund (板桥医院慈善基金) ("WHCF"), a fund for the advocacy, development and provision of mental health-related services in Singapore.

This year's initiatives will focus on supporting youth mental health needs and environmental sustainability efforts in Singapore. The celebration event was graced by Dr Janil Puthucheary, Senior Minister of State, Ministry of Education and Ministry of Sustainability and the Environment, who delivered an address emphasising the importance of youth mental wellness and resilience in building a sustainable society.

Ms Pauline Wong, President and CEO (黄美心, 总裁兼首席执行官) of TeleChoice, said: "The hidden pain many young people carry stems from heavy expectations, academic pressures, and the constant need to appear 'okay' even when they are not. One youth described it this way:

‘I always smile to be polite and pleasant, but inside I am struggling. I know I am supposed to be strong, but no one ever taught me how.’

“Many of our youths are doing their best to cope, yet they often lack the tools to manage what they are going through. As a society, we can do better. By equipping youths with knowledge and support through programmes like REST (Resilience, Empathy, Support, and Total Wellness) for WELLness, we provide practical tools to help them navigate challenges, build meaningful connections and flourish, so they feel truly seen and empowered. In Singapore, we excel at building systems and infrastructure. It is time we bring that same commitment to mental well-being and give our youths what they need not just to survive, but to thrive.”

REST FOR WELLNESS: BUILDING RESILIENCE, EMPATHY, SUPPORT & TOTAL WELLNESS

ST Telemedia (新科电信媒体集团) is this year’s main donor of the TeleChoice ESG Fund. Through its Climate Action Plan (please refer to Annex), a framework that fund projects with environmental and social impact that is aligned with the Singapore Green Plan 2030, ST Telemedia will support the REST for WELLness programme for youths in Singapore. Increasing environmental stressors and the complexities of future challenges place significant psychological burdens on young people. The National Youth Mental Health Study conducted by IMH showed that one in three young people aged between 15 to 35 years in Singapore reported experiencing severe or extremely severe symptoms of depression, anxiety and/or stress¹. Such vulnerabilities reduce their capacity to contribute effectively to a resilient and sustainable society.

Mr Stephen Miller, President & Group Chief Executive Officer of ST Telemedia, said, “A mentally resilient population and a sustainable nation are deeply interconnected. The ST Telemedia Climate Action Plan recognises that the climate crisis is not only an environmental issue, but also a profound social challenge. Our support of the REST for WELLness for Singapore youths is the latest initiative under the Plan, reflecting our commitment to advancing both environmental and social impact in tangible ways. ST Telemedia is proud to collaborate with TeleChoice and IMH on this important effort. By equipping young people with resilience and confidence, we are nurturing future leaders who can actively steward Singapore’s sustainable development. This partnership is both a strategic investment in our shared future and a meaningful way to commemorate Singapore’s 60th birthday.”

REST for WELLness, a seven-module mental health literacy programme administered by Total Wellness Initiative Singapore (“**TWIS**”) since 2023, has been made accessible to youths aged 13–25 through schools, community organisations, and a network of volunteers (please refer to Annex). It equips them with practical skills to navigate academic pressures, social challenges, and environmental anxieties, while also fostering empathy, connectedness, and peer support.

¹ Source: IMH’s National Youth Mental Health Study: imh.com.sg/Newsroom/News-Releases/Documents/NYMHS_Press_Release_FINAL19Sep2024.pdf

ART FOR WELLNESS: SHOWCASING YOUTH AND THE COMMUNITY VOICES

This year's initiatives brought Art Wellness to life through two creative installations. The Green Tunnel, featuring 1,010 ribbons, was recognised by the Singapore Book of Records as the "Longest Art Tunnel Covered with Handwritten Ribbons" in celebration of World Mental Health Day on 10 October 2025. It transforms IMH's spiral staircase into an immersive display, showcasing handwritten messages from IMH staff, TeleChoice, corporate partners, patients, and the public, alongside artwork by IMH patients and donated pieces.

Complementing the tunnel, the "Journey Through Time: Mental Health Heritage and The Future of Care" mural, a 25-metre digitally-created artwork by the Nanyang Academy of Fine Arts ("NAFA"), illustrates Singapore's mental healthcare evolution through a continuous tree motif. Each flower species represents a distinct period in mental health development, tracing the journey from Woodbridge Hospital to modern community-based services and future care models. Together, the tunnel and mural exemplify the energy, creativity, and collective spirit of youth and the community in advancing mental wellness.

GREEN FOR WELLNESS: GROWING TREES, NURTURING MINDS

Building on the IMH Green Plan's focus on holistic well-being, a tree-planting initiative has been launched to develop and sustain a green hospital environment that benefits both residents and the broader community. Research shows that interaction with nature and greenery can reduce anxiety, depression, and stress, while fostering mindfulness and encouraging sustainable behaviours². Under the TeleChoice ESG Fund, 70 trees will be planted within IMH's compound. This initiative not only contributes to a restorative, nature-rich environment to support mental wellness, but also helps to reduce our carbon footprint.

TELECHOICE ESG FUND: DRIVING LASTING SOCIAL AND COMMUNITY IMPACT

Established through a Memorandum of Understanding ("MOU") signed in October 2024, the TeleChoice ESG Fund channels support into WHCF for ESG-related initiatives that promote mental health education and sustainability. Over the next three years of the five-year MOU, the TeleChoice-IMH partnership will continue to bring ESG principles to life, promoting mental health literacy, building resilience, and driving community engagement through innovative and sustainability-focused initiatives. The aim is clear: translate corporate responsibility into meaningful impact for both mental wellbeing and the environment.

Associate Professor Daniel Fung, Chief Executive Officer of IMH (冯舜圣副教授, 心理卫生学院院长), said, "On World Mental Health Day, we are reminded that accessibility is the foundation of equity. True accessibility in mental health involves removing barriers of stigma, affordability, and awareness, which requires the strengthening of mental health literacy in schools, workplaces,

² Source: National Library of Medicine "Interactions with Nature, Good for the Mind and Body: A Narrative Review" <https://pmc.ncbi.nlm.nih.gov/articles/PMC10970260/>

and communities so they can become the first line of support. The Institute of Mental Health is committed to partnering with schools, employers, and grassroots organisations to bring care closer to where people live, learn, and work. We are grateful to TeleChoice for their partnership through the TeleChoice ESG Fund. By building a system that empowers individuals and communities at every tier, Singapore can create a future where mental wellness is within everyone's reach.”

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About TeleChoice International Limited (TeleChoice)

TeleChoice is a regional diversified provider and enabler of innovative info-communications products and services. It is a portfolio company of [ST Telemedia](#), a strategic investor focused on communications and media, data centers and infrastructure technology businesses across Asia, the US and Europe.

Incorporated in Singapore on 28 April 1998 and listed on the Mainboard of the Singapore Exchange Securities Trading Limited on 25 June 2004, TeleChoice offers a comprehensive suite of infocommunications services and solutions under three business divisions, Personal Communications Solutions Services (PCS), Info-Communications Technology Services (ICT) and Network Engineering Services (NES). For more information, please visit our website at www.telechoice.com.sg

About the Institute of Mental Health (IMH)

The Institute of Mental Health (IMH), a member of NHG Health, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The 2,000-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19 years), adults and the elderly. Besides providing clinical services, IMH dedicates resources to carry out mental health promotion and raise mental health literacy. IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, please visit www.imh.com.sg.

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About ST Telemedia (STT)

ST Telemedia (STT) is a strategic investor specialising in communications, data centres, and infrastructure technology businesses across Asia, the US and Europe. As an active investor committed to sustainable, long-term value creation, we are driven to Ignite Enduring Change that

unlocks potential and creates lasting value for all our stakeholders. We take a proactive approach towards balancing business, social and environmental priorities to build a more equitable and sustainable world for future generations. For more information, please visit www.sttelemedia.com.

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ANNEX

About the ST Telemedia Climate Action Plan

Launched in 2024, the ST Telemedia Climate Action Plan (the Plan) was established to demonstrate our commitment to the environment and society. The Plan supports environmental and social initiatives that deliver measurable, sustainable, and positive impact on climate mitigation, adaptation, and resilience, all of which are key pillars of the Singapore Green Plan 2030.

To date, the Plan has supported three initiatives in partnership with World Wide Fund for Nature (WWF) Singapore, National Parks Board (NParks), and Edible Garden City. Please see below for more details on the initiatives.

Initiatives Supported to Date

Nurturing Young Sustainability Leaders through WWF-Singapore's Eco-School Programme (August 2024)

- Set up hydroponics gardens in eight schools using AutoPot® Systems.
- Over 210 students and teachers participated; close to 2,000 crops harvested.
- Raised students' awareness of environmental issues and equipped them with hydroponics skills, empowering them to actively contribute to Singapore's Green Plan '30 by 30' food security target while reflecting ST Telemedia's commitment to a climate-resilient future.



Driving Marine Conversation with NParks' 100k Corals Initiative (May 2025)

- Contributed towards the 100k Corals Initiative, Singapore's most extensive coral restoration effort to date, leveraging technology and research to plant 100,000 corals in Singapore's waters by 2030.
- Through the sponsorship, ST Telemedia aims to play a part in the preservation of Singapore's marine ecosystems and inspiring collective action for sustainability.

Healing and Connection for Communities with Edible Garden City (October 2025)

- Partnered with Edible Garden City to create therapeutic gardens in two social service agencies.
- **Jamiyah Halfway House:** Helps 98 residents in recovery build resilience and confidence through a shared healing space.
- **Lions Home for the Elders (Bishan):** “Garden of Memories” for 45 dementia residents promotes well-being and memory recall.
- Beyond sustainability, the sponsorship reflects ST Telemedia’s commitment to empowering vulnerable groups in our society with dignity, purpose, and care.

Additional longer-term Mental Wellness and Health Programmes

Going beyond the ST Telemedia Climate Action Plan, we have been supporting mental wellness and health programmes developed by ST Telemedia’s long-term community partners:

Counselling and therapy for residents of Children’s Aid Society’s (CAS) Melrose Home

- Since 2020, ST Telemedia has supported CAS by subsidising or sponsoring therapy sessions, as well as psychological assessment and intervention services.
- The sessions are provided to residents of CAS’ Melrose Home, as well as other children, youth and families.

Empowering Children with SEL skills at Morning Star Community Services (MSCS)

- Since the programme’s inception in 2023, ST Telemedia has donated towards MSCS’ EXSEL® initiative.
- The workshops equip children who have socio-emotional learning issues, and who are from lower-income households, with Social and Emotional Learning (SEL) skills to develop healthy identities, confidence and resilience.

About the Resilience, Empathy, Support, and Total Wellness (REST) for WellNess Programme

The Resilience, Empathy, Support, and Total Wellness (REST) for WellNess programme is developed by the Total Wellness Initiative Singapore (TWIS), a social enterprise with a ground-up arm that aims to promote and encourage people to take the first step towards being more intentional in caring about their well-being.

Since 2022, TWIS has worked closely with the Institute of Mental Health (IMH) and its **R**esponse, **E**arly intervention and **A**ssessment in **C**ommunity mental **H**ealth (REACH) programme – a mental healthcare service, set up to work closely with schools, social service agencies, and general practitioners, to help students with emotional, social and/or behavioural issues within the community – to develop and deliver the REST for WellNess programme.

The 7-module REST for WellNess mental health literacy programme is catered to youths aged between 13 and 25.

The key areas covered in this programme and approach are:

- Sharing the importance of a holistic perspective of wellness and wellbeing.
- Addressing stigmatising attitudes and behaviours students presently hold towards persons with mental health conditions.
- Highlighting the need for appropriate and timely help-seeking behaviours.
- Educating students on basic mental health information, methods for coping with stress, and skills to support their peers.
- Employing a community building approach whereby each batch of students are able to participate in future cohorts as facilitators, with the hope of fostering a self-sustaining system within the school.

From Jan 2023 to December 2024, TWIS has delivered the REST for WellNess programme to 19 schools and organisations, reaching out to 1,030 participants. For each group, participants will complete a pre- and post-session survey. Findings from the surveys showed:

- On average, there was a 5% improvement across 2023 and 2024 in sentiment towards mental health and wellness concepts.
- There was up to 12% improvement in target sentiment for questions regarding their support and empathy for persons with mental health challenges.
- Over 90% of participants reported an improvement in their knowledge of mental health and well-being; and found the skills taught to be useful in their daily lives.