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Intellect offers free access to healthcare workers

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Intellect offers free access to healthcare workers to support mental well-being during surge in healthcare demand



Singapore-based mental health platform Intellect is providing three-month premium access to healthcare workers in Singapore at no cost, aiming to help maintain their mental well-being. The self-care app company recognizes the importance of managing the psychological stress of frontline health workers who have been stretched throughout the COVID-19 pandemic.

1,080 healthcare workers out of more than 60,000 made use of counselling and support services in the past year, resulting in a utilisation rate of not more than 1.8%. To further increase this, Intellect wants to support them with free access to a readily available self-care app to tackle their time or energy restraints when engaging with an external provider.

Utilizing cognitive-behavioral therapy (CBT) technology, Intellect is developed by leading psychologists and behavioral health experts, the app will help users to better manage their personal and work life, and is not just for the clinically distressed. The app provides a quick Rescue Session, which can address a range of unsettling feelings such as burnout, frustration, and lack of motivation.