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Exploring the Digital Frontier of Mental Health: Singapore's First Exhibition on Digital Mental Health Tools and their Impact

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MAELabÂ•: First-of-its-kind showcase in Singapore immerses in the future of mental healthcare, featuring over different types of digital solutions for different life and age cycles from AI therapy chatbots to wearables predicting burnout before symptoms show up.



(From left to right) Associate Professor John Wong, Centre Director; Yeo Boon Khim Mind Science Centre; Dr Della Lee, Prof Leo Tan, Emeritus Professor, Art Science Council Chairman

Mental health is no longer a silent struggle. There are rising mental health needs with a reported 1 in 7 adults with mood disorders (IMH), while 12% of teens (14–16) meet criteria for a mental health condition (NUHS-NUS YBK Mind Science Centre, 2024). With 1 in 3 Singaporeans facing mental health challenges (IMH) in their lifetime and a global surge in digital wellness adoption, the exhibition confronts urgent questions: *Can AI truly replace human therapists? Who owns our mental health data? Are these tools widening or bridging care gaps? Is digital a lifeline? With Stigma and therapist shortages limiting access, do digital tools become the lifeline, offering scalable, 24/7 and stigma-free support?*

“Exploring the Digital Frontier of Mental Health” is presented by the Yeo Boon Khim Mind Science Centre at the D.S. Lee Foundation Mind Art Experiential Lab (MAELab). This interactive exhibition explores the dynamic and evolving role of digital technology in shaping mental wellbeing.

Framed around the mental health continuum, from optimising everyday wellness to meeting complex clinical needs, this curation highlights how digital tools can empower individuals across different life stages. With a focus on anxiety, depression, memory, and attention, the experience aims to illuminate the range of digital mental health innovations and inspire meaningful adoption. This first-of-its-kind showcase in Singapore immerses visitors in the future of mental healthcare, featuring different digital solutions for different life stages and ages —from AI empowered mental health professional training to wearables predicting burnout before symptoms strike, over FIVE different thematic zones.

The exhibition is organised into 5 thematic zones.

Introductory Zone explores the digital mental health landscape, showcasing an overview of the digital mental health ecosystem, featuring a curated selection of digital tools currently available on the market.

Digital Biomarkers – Digital Tools for Screening, Monitoring and Training explores how physiological and behavioural signals captured by digital tools can support early screening, continuous monitoring, and cognitive training.

- **Wonder Tech** uses AI voice analysis to detect signs of depression through speech. A deep learning-based model for detecting depression in senior population.
- **Neurowyzr** developed the Digital Brain Function Screen (DBFS), a web-based medical assessment tool to detect early cognitive decline. Comparison of DBFS with MoCA and MMSE tools for MCI screening.
- **MOXO** is an innovative solution for diagnosing ADHD and attention profiling, used by clinicians worldwide. MOXO Continuous Performance Test (CPT) provides a 15-minute brain profiling test.
- **Neeuro** is a Singapore-based company specialising in non-invasive Brain-Computer Interface (BCI) technology to enhance cognitive performance. EEG games and dual-task training programme on the exercise bike and iPad, using the EEG device.

Digital Tools Shaping Mental Well-being

Upskilling Mental Health Responders with AI

mindline.sg is the nation's digital first-stop for mental health, offering tools, knowledge and self-help resources. Experience the AI training simulation by selecting a help-seeking persona.

Take a moment to reflect: What role should AI play in mental health? Share your thoughts via the QR code.

Explore the five key features of mindline.sg, including self-assessment, service wayfinding, and live chat.

Using Digital Expression as a Form of Therapeutics

Discover youth perspectives on mental health through digital and multimedia artworks by students from **Cerebral Palsy Alliance Singapore (CPAS)** and **Nanyang Academy of Fine Arts (NAFA)**.

Experience interactive multimedia artworks titled 'Fractal Immersion, 'Nature Ambient Lightscape', and 'Through the Stillness' by NAFA students. Each runs for 2-6 minutes.

Digital Therapeutics shows how digital tools are changing the way we support mental health through interventions designed to be personalised, evidence-based, and accessible anytime, anywhere.

- **Gheorg** is a mobile application designed to build resilience and emotional intelligence in children through evidence-based psychological interventions that are accessible and scalable across diverse global populations.
- **Rejoyn** is a prescription digital therapeutic for Major Depressive Disorder (MDD) that complements medication with cognitive training exercises and CBT-based video lessons.
- **Nostos Health** provides therapeutic group programme modules to help people overcome technological addictions.

5. **The Future of Digital Mental Health** prompts reflection on the ethical dimensions of digital mental health innovation. It encourages visitors to consider how each of us can contribute to shaping a responsible digital future.

The exhibition was graced by Chief Executive of NUHS, Professor Yeoh Khay Guan and Dr Della Suantio Lee, Founder and Chairperson of the D.S. Lee Foundation. Associate Professor John Wong Chee Meng, Centre Director of MSC also delivered an address to some 80 attendees from stakeholders, partners and youth participants of this curation.

Onsite coverage by Hithaishi Bhaskar