



Singapore
Psychological
Society
(Established 1979)

4 APRIL 2020

Update on COVID-19

Yesterday's announcement raised concerns about continuity of mental health care because mental health services, particularly in the private sector, was not explicitly stated under essential services. Ministry of Health, Singapore has confirmed on the 4th of April 2020 that psychological services has been considered a non-essential service at this time with sessions to be held remotely.

Singapore Psychological Society has raised concerns and fully supports Mental Health being an essential service during this time of need. We acknowledge the limitations to delivering psychological services on an online platform and the risks this policy has on *vulnerable* populations. We have raised these concerns to the relevant authorities and will continue to appeal for reconsideration of this decision and represent the needs of our profession and the population we serve.

If you are a business owner of a psychological practice, we strongly encourage you to apply for exemption via this website <https://covid.gobusiness.gov.sg/> as soon as possible.

As a practising psychologist, we encourage you to discuss alternative treatment and crisis support options with your clients.