



MEDIA RELEASE

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CLUB HEAL CHARITY GOLF RAISES MORE THAN \$200,000 IN SUPPORT OF MENTAL HEALTH RECOVERY

1. Club HEAL, a non-profit organisation dedicated to empowering individuals with mental health conditions and supporting their reintegration back into the community, held its Charity Golf 2026 today at Warren Golf & Country Club. The event was graced by Guest-of-Honour Mr Zaqy Mohamad, Acting Minister-in-charge of Muslim Affairs and Senior Minister of State for Defence, who is also a Patron of Club HEAL.
2. This year's Charity Golf adopted a refreshed format, with an afternoon of golf followed by a cocktail networking session. The event brought together corporate partners, sponsors, donors and advocates who share a commitment to advancing mental health and building more inclusive communities.
3. A total of 112 golfers across 28 flights participated in this year's tournament, an increase from 104 golfers across 26 flights last year. The event raised more than \$200,000 through the sale of golf flights, sponsorships and donations. Proceeds will support Club HEAL's programmes and services for individuals with mental health conditions and their families, helping them build confidence, strengthen resilience and work towards meaningful participation in the community.
4. The event was made possible through the generous contributions of corporate donors and sponsors, including Sheng Siong Group Ltd, BinjaiTree, Laura S Y Haww Community Fund, Nunchi Marine and Woh Hup.
5. The continued support for Club HEAL's Charity Golf reflects the growing recognition of the importance of mental health and the role that the wider community can play in supporting recovery. Beyond raising funds, the event provided an opportunity for individuals and



organisations to come together and champion greater understanding and acceptance of mental health.

6. Reflecting on the significance of the event, Mr Zaqy Mohamad said, “Mental health affects all of us, whether directly or through someone we know. We all have a part to play in reducing stigma and creating a community where those facing mental health challenges feel safe to seek help. Partnerships like Club HEAL’s Charity Golf bring people together around this important cause, giving hope and support to individuals and families on their recovery journey.”

7. Club HEAL President, Dr Khairul Hazwan Suhairi said, “For more than 14 years, Club HEAL has journeyed alongside individuals and families affected by mental health conditions, supporting them to rebuild confidence, discover their strengths and participate meaningfully in the community. This year’s Charity Golf reflects the growing community of people who believe in and support this journey. Every contribution, whether through participation, sponsorship or giving, enables us to continue creating opportunities for recovery and reminding individuals and families that they do not have to walk this journey alone.”

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About Club HEAL

Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental health conditions regain confidence in themselves and work towards community reintegration. Club HEAL also supports and enables their families to provide better



care during their recovery journey. We promote healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Our services include day recovery activities, counselling, home visits, public education, support groups and volunteer training. We are a full member of the National Council of Social Service (NCSS), and a part of the community mental health teams developed under the Community Mental Health Masterplan driven by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH).

Fact Sheet on Club HEAL's Programmes

1. Community Intervention Team (COMIT)

The Community Intervention Team provides comprehensive support through assessment, psychotherapy and psychosocial interventions such as cognitive behavioural therapy and psychoeducation support for individuals with mental health conditions and dementia, as well as their caregivers. COMIT works closely with general practitioners, polyclinics, hospitals and other community partners to provide collaborative and coordinated care to clients and caregivers in the community.

2. Community Outreach Team (CREST)

The Community Outreach Team serves as a mental health first-stop touchpoint. CREST promotes early identification of at-risk individuals and provides psychosocial intervention to support those with mental health needs and their caregivers in the community. CREST works with other community partners to improve mental health and dementia literacy as well as conducting preventive activities to reduce the risk of mental health and dementia issues, such as cognitive stimulation activities.

3. Caregiver Support Network Community Outreach Team (CREST-CSN)

The Caregiver Support Network Community Outreach Team focuses on caregivers who are caring for persons with mental health issues and/ or dementia, and who have or are at risk of developing depression, anxiety and burnout themselves due to their caregiving role. The team increases public awareness of caregiving concerns and promotes early identification of caregiver needs.

4. Youth Integrated Team (YIT)

The Youth Integrated Team (YIT) Club HEAL @ Bukit Panjang provides community-based mental health assessment, therapeutic intervention and case management for youths with mild mental health conditions, while monitoring and checking in with the youth client before, during and after intervention has been provided. The team also facilitates the formation of supportive relationships



between the youths and their families, and works actively with other youth agencies, schools and community partners to provide holistic case management.

5. Recovery Wellness Programme (RWP)

In the Recovery Wellness Programme, clients embark on a journey of recovery to unlock their full potential. They acquire essential coping strategies to overcome life's setbacks, fostering personal growth in a safe and supportive environment. Through a range of engaging activities including therapeutic art sessions like pottery and crafts, poetry, culinary endeavours such as cooking and baking, and inspiring motivational talks, clients regain their self-confidence, build their self-esteem and develop resilience.

6. Dementia Wellness Programme (DWP)

The Dementia Wellness Programme provides a safe space where people with dementia can be engaged holistically and meaningfully. We harness their existing strengths and introduce opportunities for them to learn new skills, while providing social support to them and their caregivers. We ensure that their overall well-being is addressed so that they can age gracefully. Activities are conducted to meet their physical, cognitive, psycho-social and spiritual needs.

7. Back-to-Work Programme (BTW)

The Back-to-Work Programme prepares our clients to reintegrate into the community and the workforce, allowing them to put their skills and capabilities into practice and earn an income for themselves. Our Employment Support Officers (ESOs) play a crucial role in facilitating this programme. They offer training in communication, resume building, and interview preparation to help beneficiaries enter the job market, and provide ongoing support for up to six months after gaining employment.

8. Our HEALing Voice Programme (OHV)

Our HEALing Voice Programme builds a peer support group and network that nurture the peers' sense of acceptance, coping skills, resilience and confidence. By providing a well-structured platform, OHV enables participants to acquire valuable skills and harness their lived experiences as individuals in recovery from mental health challenges to share their inspiring journeys of recovery. They gain first-hand experience in serving as peer mentors to fellow clients of Club HEAL.

9. Madrasah Counselling

Funded by MUIS, our Madrasah counsellors provide counselling and casework services to students at all six full-time madrasahs in Singapore as well as conduct mental health talks and training for teachers and parents.