CLARITY
SINGAPORE

IMPACT REPORT 2025

Empowering lives for 15 years



ABOUT

Clarity Singapore is a mental health charity that empowers individuals to lead meaningful lives.

Partners

aic agency for integrated care

Caritas SINGAPORE
God's Love in Action

NCSS
National Council of Social Service

Institute of Mental Health
NHG Health

Khoo Teck Puat Hospital
NHG Health

Vision

A Catholic charity that serves persons with mental health issues to live meaningful lives through support, therapy, acceptance and recovery.

Mission

Rebuilding lives, renewing hopes for mental wellness

Executive Director’s Message



Ms Anne Pillai

> This growth signals a **new chapter of organisational maturity** and affirms Clarity’s role as a leader in community mental health.”

The past year has been a milestone for Clarity Singapore.

As we marked our 15th anniversary, we achieved our highest impact to date across our clinical interventions and community programmes. This growth signals a new chapter of organisational maturity and affirms Clarity’s role as a leader in community mental health.

Approximately 75% of our clients are young adults aged 18 to 35. This life stage marked by transitions in education, work, relationships and identity creates unique mental health vulnerabilities, along with the financial “sandwich” of caring for both children and parents.

To address this, we have refined our approach to provide **fully subsidised clinical care for all.** By combining free services with advocacy, we remain steadfast in our commitment to accessible care, early intervention, awareness and mental health literacy.

This proactive approach is reflected in Clarity’s key specialisations: Maternal Mental Health (MMH) and Obsessive-Compulsive Disorder (OCD).

Through **#ClarityforMoms**, we launched the “Birth of a Mother” vodcast. It drew over 10,000 views in its first month and was named a top women’s podcast by Channel News Asia. Our MMH client intake has since doubled, and we have expanded
our scope to support fathers and couples facing sub-fertility or pregnancy loss.

#ClarityforOCD addressed Singapore’s third most common mental health condition through a pilot OCD screening of 584 students across six universities, identifying needs before they reach a crisis point.

None of this would be possible without the incredible generosity of our donors and partners. Together, grounded in faith and strengthened by partnership, we are empowering a brighter future where every individual has the support they need to thrive.

A Landmark Year for Impact

2025 was a record year

Community Programmes

2,583 Minds Enriched

98% Participants Gained New Mental Health Knowledge

Clinical Therapy

1,636 Clients Supported

964 New Clients

82% Achieved Clinical Improvement (GAF*)

*Global Assessment of Functioning

Advocacy & Influence

13 Media Mentions

30% Increase in Referrals

Clinical Intervention Impact

Our clinical data reflects a year of deepening impact amid evolving community needs. These figures provide a transparent look at the diverse lives we touch and the progress we are making

IMPACT IN NUMBERS



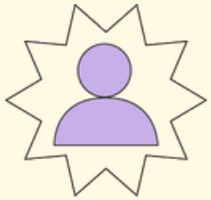
1,973
Enquiries

↑34 %*



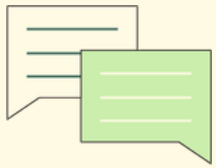
1,636
Clients Supported

↑ 14 %*



964
New Clients

↑ 38 %*



8,037
Sessions Conducted

↑ 17 %*

*Growth from 2024

When Care Shows Up in Our Community



Photo: Saint Max

Dr Christopher Cheok

Founding Board Member (since 2010)
Board Chairman (2017-2021)
Chief and Senior Consultant,
Dept of Forensic Psychiatry
Director, National Mindline 1771,
Institute of Mental Health

Bridging Clinical Excellence and Community Access

"In Singapore, roughly 10% of our population will face a mental health disorder in their lifetime. Knowing that the vast majority may be uncomfortable seeing a psychiatrist, Clarity was a great initiative by the church to make help accessible. We started from scratch, building up a space from a plain void deck into a professional counselling centre in the heart of the community.

At IMH, our psychology department values Clarity, recognising its high clinical standards. Clarity serves as our partner in the community to continue the treatment we have started in the hospital.

The name "Clarity" came from the idea that distress often leaves the mind muddled, and we wanted to help people regain that clarity of thought to live better. While our services are secular, our heart is 'faith in action'. Providing treatments at no cost to the client breaks down one huge barrier to seeking help."

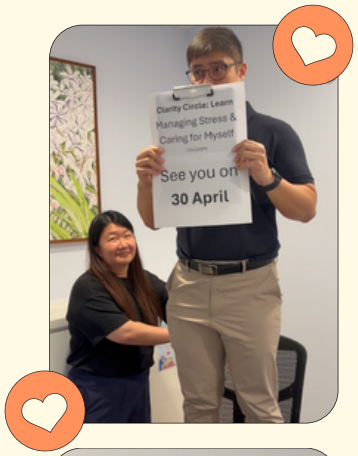
> "Clarity serves as our **partner in the community** to continue the treatment we have started in the hospital."

Community Programmes

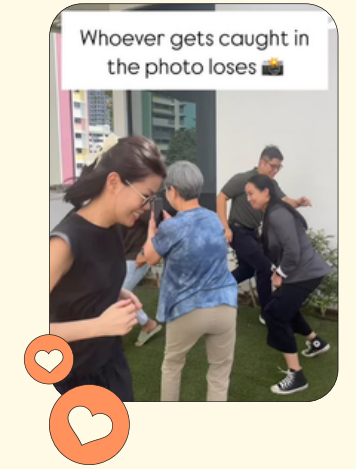
In 2025, we set out to make mental health conversations more accessible, relevant, and preventative, focusing on awareness before challenges escalate.

We leaned into social media to engage proactively with our audience and co-create programmes



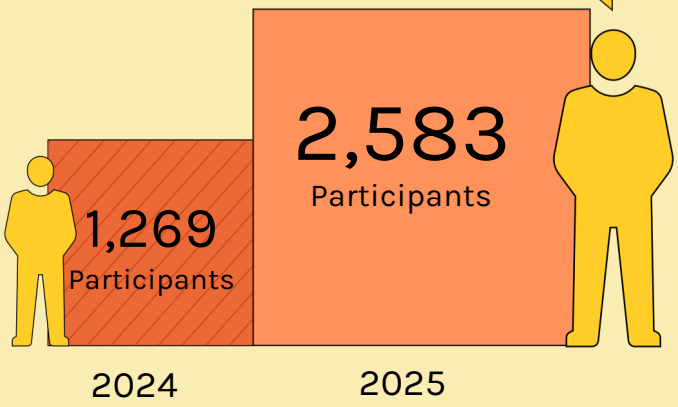




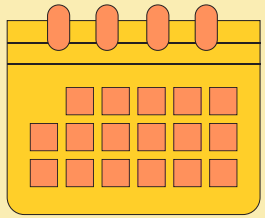


IMPACT IN NUMBERS

↑110%
Increase in Participants



40
Events



#ClarityforMoms Leading the Conversation

Increasingly recognised as a leader in Maternal Mental Health (MMH), we recently expanded our clinical scope to also support families through sub-fertility and pregnancy loss.

To make expert-led literacy accessible to mummies on-the-go, we launched the vodcast “The Birth of a Mother”. This outreach contributed to a doubling of MMH clients in 2025, and monthly help-seekers rose from an average of 3 to 8.

✶ The series garnered over **10,000 YouTube views** within the first month of launch.





Hosted by Clarity’s Clinical Psychologist Janice Quek, the vodcast features candid accounts from mothers Audrey Tay and Bernadette Shrimpton, alongside insights from Dr. Gillian Lim (IMH).

IMPACT AT A GLANCE

Views

20,000+

YouTube views from April to Oct 2025

Growth in Care

2x

Our maternal mental health client base doubled

Father’s Mental Health

Initiated paternal mental health support, averaging one new case per month in 2025

Expanded Scope

Widened clinical support to include fathers, sub-fertility and pregnancy loss

When Care Shows Up For Mothers & Families



Image is for illustrative purposes only.

Ken
Father and Husband

A Journey Through Post Natal Depression

“After 10 years of marriage and a long IVF journey, our son’s arrival was a dream come true. However, the joy we longed for didn’t arrive. My wife started crying for no reason and became moody, anxious, and withdrawn.

I was devastated. I eventually took a one-month unpaid sabbatical to manage the household but I still couldn’t “fix” her. The turning point came when she broke down one day and asked, “What if I can’t recover?”

I called the hospital, but the two-month wait was time we didn’t have. Thankfully, a friend recommended Clarity. Within days, we had an appointment. They even provided home visits, and I knew things were turning around when I heard laughter during one of her therapy sessions at our home.

As a charity, Clarity offers subsidised rates so we felt supported without financial strain. Today, our son is three, and we are functioning well.

Post-Natal Depression (PPD) doesn’t discriminate; it can affect anyone. MMH needs to be talked about more, and husbands need to step up and be present.

By being open, we ensure more people get the help they deserve. It is okay to not be okay.”

> “Maternal mental health **needs to be talked about more**, and husbands need to step up and be present.”

#ClarityforOCD

Clarity Singapore remains at the forefront of OCD support in the community, driven by our growing expertise in the field.

SINGAPORE'S MOST COMMON MENTAL DISORDERS:

1ST	Major Depressive Disorder
2ND	Alcohol Abuse
3RD	OCD

Considered the "OCD capital of the world", Singapore's 3% prevalence rate ranks OCD among our top three most common mental disorders. However, the treatment gap remains a hurdle, with an average 11-year delay in seeking help. Since intervention within the first two years is critical for recovery success, we shifted our focus upstream this year to reach at-risk individuals sooner.

We expanded our outreach through both education and early detection, including launching a screening pilot for 584 students and providing free clinical assessments to 14 individuals across six universities.

By catching symptoms early and correcting misconceptions, we are breaking the cycle of silent struggle and providing a direct path to evidence-based healing.



Clarity: A Trusted Leader in OCD Support

Strategic Partnerships:
We have built partnerships with the **OCD Clinic at the Institute of Mental Health (IMH).**

Clinical Excellence:
Our therapists are trained to assess for OCD, and provide **Exposure and Response Prevention (ERP)**—the global gold standard for breaking the OCD cycle.

2025 Upstream Impact Education:
Guest lectures at NTU and SUSS to **build awareness of OCD**.

Detection:
584 students **screened using the validated OCI-4 tool**.

Intervention:
14 students from 6 universities received **free clinical assessments.**

Awareness:
100% of participants **received psychoeducation** to reduce help-seeking delays.

Financial Highlights

Statement of Comprehensive Income For Year Ended 30 September 2025

	2025			2024		
	RESTRICTED FUNDS ($)	UNRESTRICTED FUNDS ($)	TOTAL ($)	RESTRICTED FUNDS ($)	UNRESTRICTED FUNDS ($)	TOTAL ($)
Operating	2,846,854	194,557	3,041,411	1,911,663	447,382	2,359,045
Income Direct	(1,862,158)	(7,616)	(1,869,774)	(1,419,976)	16,153	(1,403,823)
Expenditure	984,696	186,941	1,171,637	491,687	463,535	955,222
Add income						
Other income	–	96,052	96,052	–	119,905	119,905
Less Expenditure						
Administrative	(249,310)	(29,333)	(278,643)	(276,578)	(178,276)	(454,854)
expenditure Finance costs	(1,153)	–	(1,153)	(459)	–	(459)
	(250,463)	(29,333)	(279,796)	(277,037)	(178,276)	(455,313)
Surplus before taxation	734,233	253,660	987,893	214,650	405,164	619,814
Taxation	–	–	–	–	–	–
Surplus after taxation	734,233	253,660	987,893	214,650	405,164	619,814
Other comprehensive income	–	–	–	–	–	–
Total comprehensive income for the year	734,233	253,660	987,893	214,650	405,164	619,814

Get Involved

Partner with Us

Your corporate sponsorship enables us to provide essential therapy and resources for those in need.

Join us to create customised employee wellbeing workshops or collaborate on community and church outreach programmes to build a lasting circle of support.

Gift to Impact Lives

Empower hope and healing through a donation.

Your contribution ensures professional counselling, psychological services, and psychoeducational programmes remain accessible to all.

Scan to Donate

Advocate for Mental Health

Be a voice for change.

Share our educational resources and programmes with your network or on your social media to help us build a more supportive, informed community.

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