

Welcome to
***m*INDfull**
community



where *MINDS* find light

About Mindfull

At Mindfull Community, we believe no one should face mental health struggles alone. Whether you're seeking support or providing care, we're here for you every step of the way – with peer-led support groups, caregiver education & empowerment programmes, and a support system. Because every mind deserves light.

Our Journey

Formed in 2025, Mindfull Community brings together the strengths, experience and expertise of Caregivers Alliance Limited (est. 2011) and Resilience Collective (est. 2018). Together, we aim to create a safe, inclusive space – a go-to place for burdened minds – where anyone can seek help, share openly, and begin their journey of healing.

Our Mindfull Approach

We support both care recipients (individuals with lived experiences of mental health conditions) and caregivers (those supporting loved ones living with mental health conditions) through a range of programmes built on empathy, education and empowerment.



Mindfull Psychoeducation

Learn how to better support your loved one – and yourself. Our education and empowerment programmes help you understand different mental health conditions, build communication skills and learn coping strategies to walk the recovery journey with your loved one.

Mindfull Support Groups

You don't have to go through it alone. Our peer-led support groups are safe and welcoming spaces where people with similar mental health and caregiving experiences come together, open up and grow – one conversation at a time.

Those Whom We Support

Caregiver

CHALLENGES

- Financial instability due to interruptions at work
- Self-neglect due to caregiving responsibilities
- Burnout from inability to manage caregiving

Profile

CARING FOR PERSONS WITH:



Top 3 mental health conditions

72%

FEMALE



73%

41-70
YEARS OLD



63%

EITHER CARING
FOR PARENT
OR CHILD



Data gathered from 21,914 caregivers (2024)

Care Recipient

CHALLENGES

- Inability to find suitable jobs and stay in them
- Loneliness due to stigma and lack of support
- Lack of access to resources and education

Profile

TOP 3 MENTAL HEALTH CONDITIONS:



50%

BOTH
GENDERS



73%

25-34
YEARS OLD



63%

DIAGNOSED
MORE THAN
1 YEAR AGO



Data gathered from 135 care recipients (2024)

Hear From Our Community

Janet Yeo

Caregivers-to-Caregivers (C2C) Education Programme Graduate, Caregivers-for-Caregivers (C4C) Support Group Member & Respite and Resilience Retreat Participant

Janet, a partner in an interior architecture firm, found herself caring for both her elderly mother with dementia and her husband recovering from cancer. Juggling hospital visits left her exhausted and burnt out. Through our various programmes, Janet gained not only knowledge but the space to pause, recharge, and prioritise her well-being. Today, she is pursuing a course in gerontology to make a meaningful difference in the lives of our ageing population.



Gerald Yap

Caregivers-to-Caregivers (C2C) Education Programme Graduate

Caregiving was never part of Gerald's plan, but when his nephew — a teen with autism and obsessive-compulsive disorder — was bullied and later became suicidal, Gerald stepped in as his primary caregiver. The journey was far from easy, leading to Gerald's own moments of anxiety. Through C2C education programme, Gerald learnt to manage better and found strength in community.

Rebecca Loh

Circles of Resilience (CR) Support Group Member

Rebecca's struggles with food during secondary school spiralled into restrictive eating, isolation, and eventually an eating disorder diagnosis. With her mother's devoted care and professional treatment, she is learning to manage her condition, finding comfort in our CR support group. Today, Rebecca has transformed her painful journey into purpose — volunteering as a CR facilitator and pursuing counselling, determined to help others find healing and hope.

Mindfull Education & Empowerment

Caregivers-to-Caregivers
Education Programme (C2C)



Dementia 02

- Fully funded 8-session course to teach you how to better care for loved ones with dementia
- Topics include how to handle challenging behaviour in loved ones with dementia and differences between dementia and normal ageing

Scan to join



01 PMHI (Persons with Mental Health Issues)

- Fully funded 12-session course for caregivers of PMHI
- Topics include communicating with PMHI and understanding recovery and resilience

Scan to join



03 Eating Disorder

- Fully funded 12-session course for parents and caregivers to loved ones with an eating disorder
- Workshop-style format developed in collaboration with KK Women's & Children's Hospital

Scan to join



Mindfull Support Groups

Caregivers-for-Caregivers (C4C)

In partnership with People's Association, faith-based organisations, active ageing centres and other community partners, our programme managers help build community-based support networks across Singapore, giving caregivers a space to connect, share experiences, strengthen their caregiving skills and learn to care for themselves too.

Under the programme, caregivers form support groups that meet once a month over the course of a year to discuss a range of topics such as self-care and stress management techniques, grief management, and more.



Scan to join



Circles of Resilience (CR)

Circles of Resilience is a peer-led support group for young adults living with or recovering from mental health conditions. It's a safe, consistent space where people with lived experiences of mental health conditions come together to share, listen and walk the recovery journey as a community.

Through monthly sessions with the same small group, members build trust, open up about their experiences and support one another in setting and working towards personal goals. Each session includes structured conversations and activities designed to encourage honest reflection, connection and growth.



Scan to join



Together, We Can Support Every Mind

Partnerships & Outreach

We partner with schools, companies, community groups and social service agencies so that support is within reach.

Donate

Your donation helps someone feel supported, and goes towards making our programmes free and accessible.

For Donations



Volunteer

Whether they're sharing their lived experience or leading support sessions, our volunteers are the heart of what we do.

For Volunteers



We're in the Community

Mindfull Community has outposts at 6 hospitals across Singapore, with plans to grow our footprint.

Our Caregiver Support Network Community Outreach Team (CREST-CSN) focuses on caregivers who are caring for persons with mental health issues and/or dementia as well as those who are burnt out, at risk of developing depression and anxiety due to their caregiving role.

Scan to join



The team increases awareness of caregiving concerns and promotes early identification of caregiver needs through screenings, counselling, coping strategies, engagement activities and linking up to relevant community services.

Mindfull Community Limited

(formerly known as Caregivers Alliance Limited)

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