

MEDIA RELEASE

OFFICIAL LAUNCH OF DIGITALLYUS: TOUCH COMMUNITY SERVICES INTRODUCES SINGAPORE'S FIRST INTEGRATED DIGITAL AND MENTAL WELLNESS CARE MODEL FOR YOUTHS AND FAMILIES

SINGAPORE, 18 AUGUST 2026 - TOUCH Community Services ("TOUCH" or "触爱社会服务") today launched DigitallyUs, Singapore's first integrated care model connecting digital wellness and mental health support for youths and families.

Based at DigitallyUs@Marine Parade, the model provides a pathway from education and early support to structured intervention and sustained community support. Over three years, DigitallyUs aims to engage more than 16,000 youths and parents through school programmes, parent education, early intervention, counselling and continued community support.

DigitallyUs is supported by the Tote Board Community Health Fund and CapitaLand Hope Foundation, and administered by the Agency for Integrated Care.

The launch, held at DigitallyUs@Marine Parade, was graced by Mr Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies, who delivered an address and toured the new space.

Online Habits, Offline Struggles

DigitallyUs was launched to address a growing national need - an increased intertwining of youths' digital habits and mental well-being. Gaming, scrolling and social media may help young people cope with stress, loneliness or anxiety, but these patterns can also affect their mood, relationships and well-being.

The Institute of Mental Health's National Youth Mental Health Study found that excessive social media use was associated with a higher likelihood of severe symptoms of depression, anxiety and stress.

In addition, a survey conducted by CNA and the Institute of Policy Studies found that those aged between 13 and 19 spend an average of 8.5 hours daily on their electronic devices. 59% of teens admits to using their devices to cope with stress or negative emotions.¹

New findings from TOUCH Cyber Wellness also point to gaps in how parents understand and respond to the relationship between digital experiences and emotional well-being. *Youth and Parent Voices on Digital Wellness: A Singapore Study on Cyber Wellness and Mental Health* surveyed 305 parents and conducted separate focus group discussions with parents and youths.

The findings found:

¹ [Singapore teenagers spend nearly 8.5 hours a day on screens: CNA-IPS survey - CNA](#)

- More than half of parents surveyed, or 57.4 per cent, reported that their child had experienced mental health struggles in the past year, including stress or anxiety.
- Among the 175 parents who reported such struggles, only 30 believed these were moderately or directly related to cyber or online experiences.
- 70.6 per cent of parents reported that they lacked confidence in identifying signs of mental distress in their child.

The findings suggest a gap between parents' observations of their child's well-being and their confidence in assessing whether digital experiences may be relevant.

DigitallyUs helps parents recognise early warning signs, understand how digital experiences may affect their child's well-being, and respond with greater confidence. It also equips parents to guide digital use, strengthen communication and support healthier habits at home.

Where Cyber Wellness Meets Mental Wellness

While digital experience and mental well-being do not exist in isolation, most support today only addresses the issue in parts, targeting either cyber wellness or mental wellness. DigitallyUs is designed to connect these efforts across school, home and community.

The model brings together outreach, early support, intervention, and sustained recovery into a coordinated pathway across school, home, and the community.

At the heart of DigitallyUs is 'MINDCove', an immersive learning experience where youths step into realistic online situations e.g. cyberbullying, harmful content and deepfake harms, and experience how these may affect their thoughts, emotions and decisions. Through guided activities, youths learn how to pause, manage intense reactions, seek help and make safer choices when an online situation begins to escalate.

For some youths, this awareness is the first step towards further support, such as programmes like 'DigitalMINDSET' which provides structured counselling and intervention for those whose digital habits and emotional difficulties are affecting their daily lives. There is also 'Connection Cove' which helps them sustain their progress through mentoring, peer relationships and continued family support.

Mr James Tan (陈锦耀), Chief Executive Officer of TOUCH Community Services, said, "DigitallyUs marks a first, as we take on a targeted approach in addressing both cyber wellness and mental wellness. We recognise that what happens online often has real world implications. DigitallyUs aims to be the space where youths can learn to live well and thrive in the digital space, yet maintain a healthy balance with regards to their mental health."

Mr Tan Choon Shian (陈俊祥), Chief Executive, Tote Board, said, "With principal funding from the Tote Board Better Health Fund, which is administered by the Agency for Integrated Care, as well as funding from CapitaLand Hope Foundation, DigitallyUs@Marine Parade offers a safe and engaging environment where youths and families can better understand the connection between digital habits and emotional well-being, while accessing timely support."

Mr Tony Tan (陈智雄), Executive Director, CapitaLand Hope Foundation and Chief Corporate Officer, CapitaLand Development said, "Building resilience is at the heart of what we do at CapitaLand Hope Foundation. As youths and families navigate an increasingly digital world, it is

important that they have access to the right support to foster healthy digital habits and emotional well-being. Through our partnership with TOUCH Community Services, we contribute towards improving access to mental health resources and creating safe spaces for youths and families to seek support. Together, we hope to empower them with the confidence to thrive both online and offline.”

- END -

For media enquiries, please contact:

Ms Grace Tan

Senior Lead, Media and Engagement, Strategic Communications, TOUCH Community Services

Mobile: 8522 6333

Email: grace.tan@touch.org.sg

Ms Charrisa Tan

Senior Lead, Advocacy & Campaigns, Strategic Communications, TOUCH Community Services

Mobile: 9839 0677

Email: charrisa.tan@touch.org.sg

ABOUT DIGITALLYUS

DigitallyUs is a digital wellness programme by TOUCH Community Services that supports youths in navigating the emotional and mental challenges of growing up in a digital world. As Singapore’s first integrated digital wellness care model, DigitallyUs addresses the connection between digital behaviour and mental well-being by recognising that how youths engage with the online world, including the risks and experiences they encounter, shapes their emotions, habits, and relationships. Through education, early intervention, and ongoing support, the programme helps youths build healthier digital habits, strengthen emotional resilience, and develop the skills to manage challenges in both online and offline settings.

With principal funding from the Tote Board Community Health Fund and CapitaLand Hope Foundation, and administered by the Agency for Integrated Care, DigitallyUs provides holistic support across the care continuum – from prevention to early intervention to recovery and personal development.

ABOUT TOUCH COMMUNITY SERVICES

Since 1992, TOUCH Community Services has served people of all ages, races and religions to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, youth at-risk, family in need, senior and person with special or healthcare needs to grow, participate and contribute in the community. The heartbeat of TOUCH is to activate potential, build independence, connect people, and deliver impact by developing sustainable solutions in society. For more information on TOUCH, please visit www.touch.org.sg

DIGITALLYUS FACT SHEET

About DigitallyUS

DigitallyUs (DU) is a digital wellness programme by TOUCH Community Services that supports youths in navigating the emotional and mental challenges of growing up in a digital world. As Singapore's first integrated digital wellness care model, DU addresses the connection between digital behaviour and mental well-being by recognising that how youths engage with the online world, including the risks and experiences they encounter, shapes their emotions, habits, and relationships. Through education, early intervention, and ongoing support, the programme helps youths build healthier digital habits, strengthen emotional resilience, and develop the skills to manage challenges in both online and offline settings.

With principal funding from the Tote Board Community Health Fund, administered by the Agency for Integrated Care, as well as CapitaLand Hope Foundation, the philanthropic arm of CapitaLand Group, DU provides holistic support across the care continuum – from prevention to early intervention to recovery and personal development.

The DigitallyUs Care Model

DigitallyUs brings together what are often separate efforts — awareness-building, experiential learning, intervention, and sustained support — into one connected model for youths and families.

It responds to a simple but urgent reality: digital harm and emotional distress often reinforce each other. Online harms can worsen a young person's mental health, while stress and anxiety can drive unhealthy digital coping.

To address this, DigitallyUs is structured around four integrated components:

1. Outreach & Advocacy

Focused on policymakers, school leaders, and community stakeholders, this component builds shared understanding of digital wellness and shapes how systems respond to emerging youth needs. It ensures alignment across schools, communities, and agencies, so that support is not fragmented.

2. MINDCove

An immersive, sensory-based learning space where youths step into guided scenarios that reflect real digital situations. Here, they learn to recognise their thoughts and emotions, and practise how to regulate their responses in the moment. Parents also gain insight into their child's digital and emotional experiences.

3. DigitalMINDSET

A targeted intervention and counselling programme for youths and families who need more structured support. It focuses on addressing underlying emotional drivers of digital behaviours, using validated tools and guided therapeutic approaches.

4. Connection Cove

A sustained recovery and support ecosystem that helps youths maintain progress after intervention. Through structured peer mentoring and ongoing engagement with families, it reinforces healthier digital habits, emotional regulation, and social connectedness.

Together, these components form a connected pathway that links prevention, intervention, and recovery into one coordinated system.

KEY FINDINGS OF STUDY: YOUTH AND PARENT VOICES ON DIGITAL WELLNESS BY TOUCH CYBER WELLNESS

This study was commissioned by TOUCH Cyber Wellness in 2025 to better understand how parents in Singapore are navigating their children's digital lives, including how they manage screen use, respond to online risks, and support their children's well-being.

The study adopted a mixed-methods approach, combining:

- A quantitative survey of 305 parents in Singapore with at least one child aged 2 to 16 years old
- Qualitative focus group discussions conducted separately with parents and youths to provide additional perspectives on everyday experiences

Fieldwork was conducted between April and June 2025.

The findings mainly reflect parent-reported experiences and attribution patterns, and do not establish causal relationships between online experiences and mental health outcomes.

Key Findings

1. Parents report mental health struggles in their children but are less likely to associate these with online experiences

More than half of the parents (**57.4%**) reported that their child had experienced mental health struggles in the past year, including issues such as stress or anxiety.

However, among the **175 parents** who reported such struggles, only **30** believed that these were moderately to directly related to cyber or online experiences.

At the same time, **70.6% of parents** reported that they lacked confidence in identifying signs of mental distress in their child.

Taken together, these findings suggest a gap between parents' observations of their children's mental health struggles and their interpretation of potential contributing factors, including digital experiences.

2. Parents report difficulty in both enforcing limits and supporting healthy digital habits

A majority of parents reported challenges in managing their children's digital use. **67.5%** reported difficulty enforcing screen time limits, while **62.5%** reported difficulty preventing exposure to inappropriate content.

Only **21.6%** of parents reported feeling confident or very confident in their ability to help their children develop healthy digital habits.

These findings indicate that parents' challenges extend beyond setting rules to supporting their children's sustained behavioral change and habit formation over time.

3. Problematic digital use is widely reported and increases with age

Parents reported concerns about excessive or problematic digital use across all age groups. The proportion increases with age, from **35.0% among children aged 2 to 6**, to **61.7% among those aged 7 to 12**, and **65.1% among adolescents aged 13 to 16**.

The increase may reflect greater autonomy, more intensive use and the growing complexity of parental guidance as children become older.

Qualitative findings suggest a mismatch between parental focus and youths' reported experiences

Insights from focus group discussions indicate that parents tend to prioritise visible and measurable aspects of digital use, such as screen time.

In contrast, youths highlighted other areas of concern, including exposure to inappropriate or sexual content.

This suggests that parental priorities may not always align with the types of risks that children themselves report encountering, which may affect how effectively parents are able to respond.

What This Means

The findings indicate that many parents are observing changes in their children's well-being and behaviour, but may not consistently associate these with online experiences or feel equipped to interpret early signs.

At the same time, digital experiences and mental well-being do not operate in isolation. Online interactions, content exposure, and patterns of use may influence how children feel and respond, while existing emotional states may also shape how children engage with digital environments.

Without a clearer understanding of this interplay, it can be difficult for parents to identify early warning signs or respond in a timely and appropriate way.

These findings point to the need to strengthen not only awareness of digital risks, but also parents' ability to understand how online experiences and mental well-being may interact in their children's everyday lives.