

Organised by



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**WORLD'S FIRST
MENTAL HEALTH
& WELLNESS
AI TECH
SUMMIT**

3 - 4 APRIL 2025

**PULLMAN SINGAPORE
HILL STREET**

Star Sponsor



2-DAY SUMMIT PASS \$1300
SINGAPORE GOVT, STAT BOARDS, EDUCATION PASS \$699
REGISTRATION CLOSE 24 MARCH 2025

World's-First Mental Health & Wellness AI Tech Summit 2025 is back for a second run due to overwhelming response. We feature a revised speaker and panelist line-up, panel discussions on both government and employers roles in mental health, AI innovations and other case studies by Chief Wellness / People Officers.

Out with the old. In with the new. New attitudes towards mental health and wellness, that is. Once a taboo - especially in Asia - conversations and attitudes towards mental health have shifted seismically, owing to COVID. Gone are the social stigmas and fear of repercussions. Today, more people are actively seeking out resources and help. According to Statista, **revenue in the mental health market is projected to reach US\$161.90m in 2024 and US\$169.50m by 2029**. Beyond mental health, there's an empowering movement towards mental wellness – the active process that helps us to build resilience, grow, and flourish.

There's more than meets the eye. Or mind. Enter AI and Tech – we're in a new, coded world of mental healthcare and wellness. From early detection, diagnosis, to deep learning, predictive modelling, accessing solutions and to treatment generation, there is a dearth of possibilities. **Mental health is now a priority for governments, as it integrates into public health structures, alleviating strain on healthcare systems. At the workplace, employers are now expected to provide mental healthcare and wellbeing benefits. Plus, crack the code on Gen Z mental health and wellness support.**

This inaugural revolutionary summit brings together all the **high-profile trailblazers** for deep, serious learning and to create a future of AI and Tech mental health opportunities. **Be a part of global history. Be at the summit. More at www.healthcAlre.space**

WHO MUST ATTEND

Singapore and Regional CHROs, Chief People Officers HR leaders, Corporate Health & Wellness leaders. Senior Executives / Professionals of AI, Innovation, Tech, IT, Digital, Product, Marketing, Communications, Consultants and Wellness Designer from: Mental health or wellness related AI or Big Data firms, Tech Start-ups, Platforms, Wearables Solution Providers, Digital Healthcare, Mental Healthcare, Healthcare, Insurance, InsureTech, Venture Capitalist, Lifescience and consulting companies.

Scientists, Consultants, Therapists, Psychologists, Psychiatrists, Clinicians, Medical Heads, Coaches, healthcare providers, Advisors, Professors from: Government, Academia, Neuroscience-focused Pharma, hospitals and clinics.

Open to AI enthusiasts, Editor and anyone interested in Mental Health, Wellness and Digital Health and Tech.

WIN WELLNESS PRIZES

3 lucky winners get to immerse in an exclusive spa journey with a complimentary 75-min Anti-Aging Collagen Facial + Eye Treatment in Pablo Blau Signature Salt Room (worth up to \$580). Prizes kindly sponsored by Pablo Blau.

First 50 registrants receive a 1-month Lifestyle (all access) PURE memberships (worth \$270). Prizes kindly sponsored by PURE Group.



DR WAN RIZAL

Member of Parliament, Jalan Besar GRC Singapore
Chairperson, PAP Mental Health Group Steering Committee

Dr Wan Rizal is a Member of Parliament, where he sits on the Government Parliamentary Committee in Health and Education. He champions Mental Health and Digital Literacy as well as the welfare and well-being of healthcare workers, educators, and students in Singapore. In addition, he works closely with numerous government agencies, NGOs, Institutes of Higher Learning and Unions. He is committed to advancing the causes of mental health, digital literacy, and environmental sustainability, as well as fostering a culture of innovation, collaboration, and excellence in his fields of expertise.



ADJ ASSOC. PROF. LEE CHENG

Psychiatrist and Senior Consultant, Institute of Mental Health (IMH), Singapore. Clinical Director, Office of Population Health, IMH. President, Singapore Association for Mental Health. Professional Advisor, PAP Mental Health Group Panel

Adj. Assoc. Prof. Lee has been with the Institute of Mental Health (IMH) since 1994. Currently a Psychiatrist, Senior Consultant, and Clinical Director at the Office of Population Health (OPH), he held multiple administrative appointments over the years - Programme Director of National Addictions Management Service (NAMS) 2017 - 2024; Vice-Chairman Medical Board (Clinical) 2012 - 2021; Head of the Emergency Services 2015 - 2021; Programme Director of Mobile Crisis Service from 2007 - 2021; Chief of the Department of Community Psychiatry 2004 - 2014 and Programme Director of the Community Mental Health Team 2007 - 2017. He is a member of multiple committees in the National Healthcare Group.

CREDENTIALS:

• Adjunct Associate Professor, Lee Kong Chian School of Medicine • Adjunct Associate Professor, Nanyang Technological University (NTU) • Adjunct Assistant Professor and Clinical Senior Lecturer, Yong Loo Lin School of Medicine, National University of Singapore • Academic Board Member, Executive Counselling & Training Academy (ECTA) • Fellow of Academy of Medicine, Singapore (Psychiatry) since 2003 • Vice President of the College of Psychiatrists (Council Member since 2017) • Appointed Justice of the Peace in 2018 • Member of the Board of Visiting Justices and Board of Inspection, Ministry of Home Affairs and Public Service Commission's Disciplinary Panel of Persons • Chairman, Singapore Armed Forces (SAF) Psychiatry Advisory Board since 2020 • Chair of a Drug Rehabilitation Centre Review Committee since 2021 • Appointed by Ministry of Health to be Council member of the Singapore Medical Council since 2021 • Member, NTU Health Specialist Panel since January 2024 • Member, Workplace Safety and Health WSH Council (Mental Wellbeing) Committee from July 2024 • Accredited Mediator, Singapore Mediation Centre, November 2018 – 2024 • President, Singapore Association for Mental Health (SAMH) • Board of Director, Impart and We Care Community Services • Advisory Board, Society of Sheng Hong Welfare Services • Member, Steering Committee for Beyond The Label 2.0 • Member, MigrantWell Singapore Expert Panel since July 2024

PAST

• President, Silver Ribbon Singapore (SRS) • Chairman, Section of Addiction Psychiatry, 2018 – 2022 • President, Singapore Psychiatric Association (SPA) • Member, Inter-agency Taskforce on Mental Health & Wellbeing • Board Member, National Council for Social Service (NCSS), 2014 – 2020

AWARDS:

• Ministry of Health/National Healthcare Group Distinguished Senior Clinician Award 2021 • Commendation Medal (Covid-19) 2022 • National Day Long Service Award 2020 • Public Administration Medal (Bronze) 2019 • Ministry of Social and Family Development (MSF) 5 years Long Service Award 2021 • 'Friends of MSF' award 2017 • NCSS 20 years Long Service Award (voluntary service to SAMH) 2017 • National Healthcare Group (NHG) Distinguished Achievement Award 2014 • Public Service (PS21) Star Service Award 2010 • Healthcare Humanity Award 2008



YIP HON WENG

Member of Parliament, Yio Chu Kang SMC. Director, Temasek.
PAP Mental Health Group Steering Committee

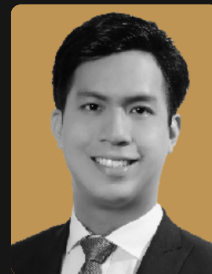
Yip Hon Weng is a leader who thrives at the intersection of policy and people. As a first-term Member of Parliament for Yio Chu Kang SMC, he brings the weight of experience from Singapore's Administrative Service, where he shaped national policies across the Prime Minister's Office, Health, Defence, Manpower, Education, and National Development. He led the establishment of the Municipal Services Office, transforming how government agencies collaborate to serve the community. As the founding director of the Ageing Planning Office, MOH and Group Chief of the Silver Generation Office, he championed Singapore's seniors, spearheading outreach efforts that touched over half a million lives. As a Director at Temasek, he steers human capital strategies with the same foresight that once guided investments in deep technology—building not just businesses, but a future-ready Singapore. Hon Weng is known for bridging high-level policy with on-the-ground realities, ensuring that national initiatives translate into meaningful impact for individuals and families. His academic journey spans the world's most respected institutions—MIT, Harvard, NUS, NTU, and top UK universities—where he earned degrees in advanced mathematics, financial engineering, and business administration. A Sloan Fellow and a Public Service Commission and Administrative Service scholar, he carries both intellectual depth and the conviction to serve. Beyond his professional pursuits, he is a husband and a father of five—a role that keeps him grounded, driven, and deeply attuned to the future he is helping to shape.



ANDREA CHAN

Head of TOUCH Counselling & Psychological Services.
TOUCH Community Services.

Andrea is a professional counsellor with a decade of clinical experience in the private and social service sector, Andrea has worked with clients on marital, mental health, cyber wellness, and youth-related issues. With a strong domain knowledge in mental health, she spearheaded the development of a slate of mental wellness programmes for all ages at TOUCH. She manages "Beyond the Label" campaign, a national movement against mental health stigma in Singapore. She works with various stakeholders to bring mental health awareness and intervention to the community.



DR EDWIN HO

VICE PRESIDENT, HEALTH AND WELLBEING, ASIA PACIFIC, bp

Dr Edwin is an Occupational Health Physician with almost 20 years of experience in the field of clinical and occupational medicine, including public health. He holds a Bachelor of Medicine and Surgery, and a Master of Occupational Medicine, Safety and Health from Australia. He started his career in clinical practice in a tertiary hospital then gained experience in Occupational Medicine with the Department of Occupational Safety and Health as head of unit, before moving to Shell as Country Health Manager. Edwin currently leads Health and Wellbeing for bp Asia Pacific. He is also part of the global health leadership team designing the overall health strategy for bp. Being active in both Malaysia and Singapore, he is the Chairman of Malaysia Corporate Health Advisors' Forum, and council member of the Academy of Occupational and Environmental Medicine. He is also part of the team detailing the National Suicide Prevention Strategy for Singapore and often speaks in conferences sharing his experiences.



RUTH GELLERT-NEALE

PEOPLE OFFICER APAC AND EMEA. JLL TECHNOLOGIES.

Ruth is an experienced Human Resources Executive with a diversified portfolio of global experiences, advising C-suite leaders, as well as developing and growing teams to operationalise and deliver strategic HR initiatives. Throughout her career, she has lived and worked in US, Asia and EMEA and has had global roles spanning the full breadth of the HR function. Ruth builds partnerships across HR teams to deliver impact across the organisation, she is a dynamic agent of change who innovates and develops effective people programmes, building organisational capability to align people, business and leadership objectives. Ruth values the importance of relationships across HR teams and the business to deliver seamless value at all levels. A dynamic change agent, who innovates and develops effective people programs, building organisational capability to align people, business and leadership objectives. Ruth holds a Masters in Human Resources from the University of Hertfordshire, UK and is a Chartered Fellow of the Chartered Institute of Personnel and Development. At JLL Technology, she champions the use of AI within the HR function and has driven a culture of high performance.



GOH ZHENGQIN

Deputy Director & Deputy Head, Health & Wellbeing.
National University of Singapore

As Deputy Head of Health & Wellbeing (HWB) at the National University of Singapore (NUS), Zhengqin provides leadership to the clinical teams, and creates partnerships and initiatives that enhance the wellbeing of the NUS community. He is a Clinical Psychologist who had worked at the Institute of Mental Health (IMH) where he developed his clinical practice and gained forensic experience. He later joined Yale-NUS College where he served as Head of the Counselling team. He has since assumed his current role at his alma mater. In his free time, he prioritizes and enjoys being with his family and his multiple pets. And as opportunities present, he indulges in playing acoustic guitar, reading, skipping and inline skating.



SAMPATKUMAR. B ARATTI

Chief People Officer. LAPP Asia Pacific.

Sampatkumar is a Human Resources professional with a proven record of accomplishments in India, Germany & APAC Countries (China, Korea, Japan & Singapore) during his 23+ years of progressive track record. Driven and ambitious, he is a change manager dedicated to continuous business improvement focused on enhancing revenue and streamlining Human Resources teams, by being a Business Partner to the CEO. Diligent in driving profit maximisation through multi-faceted business approaches, he contributed in "Strategic Initiatives" at regional & global levels. Experience in organisations in multiple industries - automobile, software services, software product development & manufacturing. 13+ years of leadership experience as head of HR & IR - responsible for factories as well.



MANPRIT SINGH

Distinguished Architect Energy and Resources. Celebal Technologies

Manprit works with Microsoft's top customers to help them define their AI strategy. He consults in AI value assessments, identifying potent use cases and creates an AI adoption roadmap, implementation architecture and MVPs. By identifying innovation hotspots in their respective value-chains, he helps realise real business value using AI. He has 25 years of experience in applying AI in various industries, like Fintech, Energy, Healthcare, and Public Sector. Prior to his current position, he worked for Accenture/Avanade, IBM, and Siemens Healthcare. He also is a guest lecturer at Singapore Management University and NUS where he shares his personal industry experience in applying AI to help students have a better intuitive grasp of AI and its applications.



DR. SERENELLA TOLOMEIO

Senior Scientist. A*STAR Institute of High Performance Computing (A*STAR IHPC)

Dr. Tolomeo received her MS at Milano Bicocca University and PhD in Cognitive Neuroscience and Neuroimaging at University of Dundee. Her research focuses on determining brain pathophysiological mechanisms underlying psychiatric and addictive disorders. Her research goals integrate preclinical studies and clinical psychiatry, using neuroimaging (fMRI, rsfMRI, sMRI and MR Spectroscopy) and decision-making neuroscience measures. Her commitment is to impact the translational psychiatry research area in the long term. She has been collaborating with various pharmaceutical companies, such as Lundbeck, Merck Serono and Indivior. She authored a number of Q1 journals such as Brain, Neuroscience and Biobehavioral Reviews, Biological Psychiatry: CNRI, Psychological Medicine, Human Brain Mapping, Neuroimage: Clinical, Nature - Translational Psychiatry / Scientific Reports, Progress in Neuro-Psychopharmacology & Biological Psychiatry, Schizophrenia, SCAN and Journal of affective disorders. She is the recipient of multiple awards. Areas of specific expertise from clinical research and clinical practice include behavioural addictions, bipolar disorder, major depressive disorder, schizophrenia and substance use disorder.



ASSOC. PROF. GEORGIOS CHRISTOPOULOS

Ph.D. (Cambridge). Provost's Chair in Organisational Neuroscience. Associate Professor, Nanyang Business School and Nanyang Technological University, Singapore. Research Director, Culture Science Innovations. Director, NTU-IGP Program in Neuroscience.

Assoc. Prof. Georgios Christopoulos uses traditional and more innovative methods to understand factors affecting the well-being, performance, adaptive responses and decision making of office and critical operations workers, entrepreneurs and university students. Specifically, his research examines (i) detecting mental fatigue using biosensors (ii) dynamics of trust and (ii) the impact of built environment on performance and well-being. His expertise spans a wide range of methods, including computerised testing, computational modelling, brain neuroimaging, psychophysiology, and new methods including wearable devices and digital phenotyping for comprehensive 24/7 "big data" collection. His research has appeared in many interdisciplinary journals and has been highlighted in many media outlets. He is the Director of Culture Science Innovations and he chairs the Education Division of Organisational Neuroscience at the Academy of Management. Lab webpage: <https://deonlabblog.com>



DR. ANDREW TAN

Assistant Professor, Department of Physiology, Healthy Longevity Translational Research Programme, Cardiovascular-Metabolic Disease Translational Research Programme, Yong Loo Lin School of Medicine, Neurobiology Programme, Life Sciences Institute, NUS Artificial Intelligence Institute, National University of Singapore.

Andrew received his primary and secondary education at the Anglo-Chinese schools in Singapore, studied biology and physics at the Massachusetts Institute of Technology, undertook doctoral work in neuroscience at the University of California, San Francisco, and did postdoctoral research at the University of Oregon and The University of Texas at Austin. He helped develop the state of the art in intracellular measurement of single neuron activity in living animals. He co-published the first complete profiles of tone-evoked excitation and inhibition received by single auditory cortex neurons and co-initiated the first successful whole cell study of the behaving monkey. He uses measurements of electrical activity within single neurons of living animals and computational simulations of neural networks to study how cortical processing and plasticity enables us to recognize complex sounds and learn new skills. He hopes his research will contribute towards improving speech comprehension by cochlear implant users, and better stroke rehabilitation.



TODD CRANE

Regional Account Manager - Health, Corporate and Performance. TechnoGym

Todd oversees Health, Corporate, and Performance accounts in APAC, focusing on corporate wellness initiatives at Technogym – a leader in fitness equipment known as "The Wellness Brand." Originally from Australia, Todd has a strong background in sports medicine and rehabilitation products, with a passion for promoting a wellness mindset centred on physical activity and positive mental health. He states, "I'm proud to work for Technogym – an innovative organisation that helps people live longer, happier, and healthier lives through top-quality equipment, content, and a unique digital ecosystem"



PROF. ADAM CHEE

Founding Lead, Centre of AI-Enabled Health (CAIEH)

Prof. Adam Chee is a seasoned expert in digital health transformation, AI-enabled healthcare, and health informatics, with a career spanning industry, academia, and policy. As the Founding Lead of the Centre for AI-Enabled Health, he bridges research, innovation, and implementation to drive meaningful change in healthcare. With experience across multinational corporations, startups, and government advisory roles, he has contributed to digital health strategies and AI governance across the Asia Pacific and the Middle East. His leadership extends to organizations like HL7, HIMSS and IMIA, shaping global health standards. A dedicated educator, he holds faculty positions at NUS, Swansea University, and Taipei Medical University, sharing his expertise in AI, health informatics, and digital transformation. Adam remains committed to advancing healthcare through an interdisciplinary approach that connects policy, technology, and real-world application.

9:00 – 9:15 AM | WARM WELCOME & PICK-ME-UP COFFEE**9:15 – 9:30 AM | DAY 1 OPENING ADDRESS****9:30 – 10:15 AM | MENTAL HEALTH AND WELLNESS
WHAT'S THE DIFFERENCE?**

'Mental Health' and 'Mental Wellness' may appear to be interchangeable terms. But there are differences. Mental health relates to our brain's health and emotional stability, and mental wellness is a wider term that covers all aspects of our overall positive functioning. It's an active self-directed and personal process which pursues a higher level of happiness, wellbeing, meaning and purpose. Discover how those who suffer from poor mental health and wellness cope with both clinical and non-clinical strategies and tools, in Singapore and beyond.

Adj. Assoc. Prof. Lee Cheng. Psychiatrist and Senior Consultant, Institute of Mental Health (IMH), Singapore. Clinical Director, Office of Population Health, IMH. President, Singapore Association for Mental Health. Professional Advisor, PAP Mental Health Group Panel

**10:15 - 11:00 AM | NEUROSCIENCE FOR AI AND AI FOR
NEUROSCIENCE**

Neuroscience has inspired artificial intelligence. Deep learning neural networks for state-of-the-art object recognition are based on the cortex. Human-level game playing algorithms have been based on theories of animal learning. Artificial intelligence has in turn shed light on neuroscience. We will explore if neuroscience could catalyze further advances in AI, and if AI can help solve key open problems of neuroscience, such as understanding brain mechanisms of mental illness and improving mental health.

Dr. Andrew Tan, Assistant Professor, Department of Physiology, Healthy Longevity Translational Research Programme, Cardiovascular-Metabolic Disease Translational Research Programme, Yong Loo Lin School of Medicine. Neurobiology Programme, Life Sciences Institute, NUS Artificial Intelligence Institute, National University of Singapore

**11:00 - 11:30 AM | TEA BREAK | NOT JUST A TEA BREAK.
MORE OF AN ICEBREAKER.****11:30 AM - 12:30 PM | GREAT MINDS HUDDLE – FIRESIDE CHAT
EMPLOYERS' ROLE AND SUPPORT IN MENTAL HEALTH AND
WELLNESS – WHY IT MATTERS**

Employers that invest in mental health support of their people can make significant gains, financial and emotional. As Gen Zers who prioritise mental health and wellness enter the work force, they are expecting companies to meet their needs. This global first-of session explores the company case for investment and highlights:

- Impact of mental health in the workplace
- Mental issues arising and their causes
- Interventions through Digital Health, Tech and AI platforms, which can result in financial gains
- Connecting to or disconnecting from an "always-on" culture – striking the balance
- Meeting mental health guidelines by the Singapore government

PANELISTS:

Ruth Gellert-Neale, Chief People Officer APAC and EMEA. JLL Technologies.

Goh Zhengqin, Deputy Director & Deputy Head, Health & Wellbeing
National University of Singapore

Sampatkumar. B Aratti, Chief People Officer. LAPP Asia Pacific.

Moderator -Dr Edwin Ho. Vice President, Health and Wellbeing, Asia Pacific, bp

**12:30 – 2:30 PM | NETWORKING BUFFET LUNCH | FEAST ON
STUNNING VIEWS WHILE YOU FEAST ON AN INDULGENT SPREAD.**

2:30 – 3:30 PM | GREAT MINDS HUDDLE – FIRESIDE CHAT GOVERNMENT’S ROLE AND SUPPORT IN MENTAL HEALTH AND WELLNESS – WHY IT MATTERS

According to a recent Ipsos Global Health Service Monitor report, “close to half of Singaporeans (49%) reported feeling depressed to the point that they felt sad or hopeless almost every day for weeks at a time”. Mental health is now a priority for governments and employers. High prevalence of mental illness leads to increase in healthcare costs (frequent hospitalisations, emergency care and increase in medical services), social welfare spend, loss of productivity, which impacts economies and societies. And gives rise to deviance, criminality or even substance abuse. Increasing, we see our government’s support and investments in:

- Built environments in affecting mental health
- R&D
- Increasing public awareness and education; de-stigmatising mental health
- Integrating mental health into mainstream healthcare systems
- Creating preventive strategies and recognising early mental health issues
- Integrating AI and machine learning to help lessen economic burden associated with mental illness.

PANELISTS:

- Dr Wan Rizal, Member of Parliament, Jalan Besar GRC Singapore. Chairperson, PAP Mental Health Group Steering Committee.
- Yip Hon Weng, Member of Parliament, Yio Chu Kang SMC. Director, Temasek. PAP Mental Health Group Steering Committee.
- Andrea Chan, Group Head of TOUCH Counselling & Psychological Services. TOUCH Community Services.
- Moderator - Adj. Assoc. Prof. Lee Cheng. Psychiatrist and Senior Consultant, Institute of Mental Health (IMH), Singapore. Clinical Director, Office of Population Health, IMH. President, Singapore Association for Mental Health. Professional Advisor, PAP Mental Health Group Panel

3:30 – 4:00 PM | TEA BREAK | BRAIN FUEL

4:00 – 4:45 PM | NUS HEALTH AND WELLBEING – WHOLE ORGANISATIONAL EFFORT

With more than 13,000 full-time staff and 48,500 students in the community, the National University of Singapore (NUS) Health and Wellbeing (HWB) unit developed the NUS’ Mental Wellbeing Framework (“WellNUS Framework”) to systematically coordinate relevant evidence-based action plans. The presentation highlights the framework and application in NUS. Riding on tech platforms, the systematic implementations of the respective programmes were reinforced through the university-wide online and offline destigmatisation campaigns - ArouOK Campaign (2021, 2022) and (kind)mind Campaign (since 2023). Access to mental health care was scaled up through tech solutions - producing positive ROIs and reducing stigma to access care in the process. University-wide surveys revealed impact of the initiatives:

- Increased staff and student awareness of mental health resources
- Increased staff and student empathy; and acceptance of persons living with mental health conditions
- Reduction of stigma among staff and student who consumed the content of the mental health campaign
- Greater willingness to seek help
- Impact on regrettable attrition
- Impact on employees’ flourishing
- Measuring ROI

Goh Zhengqin, Deputy Director & Deputy Head, Health & Wellbeing. National University of Singapore

4:45 - 5:00 PM | DAY 1 ROUND UP

9:15 – 9:30 AM | YOU KNOW THE DRILL & COFFEE KICKER**9:30 – 9:45 AM | DAY 2 OPENING ADDRESS****9:45 – 10:30 AM | MENTAL HEALTH RESEARCH THROUGH DIGITAL SENSING: INNOVATIONS AND APPLICATIONS**

This talk explores how digital sensing technologies, such as neuroimaging, wearables, and social media analytics, are transforming mental health research. It highlights their role in enhancing precision and personalisation in diagnosis and treatment, the continuous monitoring capabilities of wearables, and insights from social media data. In addition, it covers integration strategies, AI's role in data interpretation, and regulatory considerations for ethical compliance.

Dr Serenella Tolomeo, Senior Scientist. A*STAR Institute of High Performance Computing (A*STAR IHPC)

10:30 - 11:15 AM | GENERATIONAL PERSPECTIVES OF MENTAL HEALTH: ADAPTING WORKPLACES FOR EVERYONE

This session explores the diverse attitudes towards mental wellbeing across four generations and how these shifts are reshaping workplace culture. This session will unpack the unique expectations each generation has regarding mental health, from overcoming stigma to embracing tech-driven and AI wellness solutions. Valuable insights will be shared on how organizations can create inclusive and supportive environments by tailoring mental health strategies to meet the evolving needs of a multi-generational workforce, ultimately fostering a workplace where every employee is heard and supported, allowing them to thrive and be at their very best.

Dr. Edwin Ho. Vice President, Health and Wellbeing, Asia Pacific, bp

11:15 – 11:45 AM | TEA BREAK | COFFEE, ANYONE?**11:45 AM - 12:30 PM | LESSONS LEARNT IN RESPONSIBLE USE OF AI IN POWERING HUMAN INTERACTIONS**

AI can help scale mental health care by being a omnipresent advisor. It can partner with caregivers to ensure protocol adherence and also compliance. However, safe and responsible use is critical to adopting AI. In this session, learn how Generative AI can be tuned to:

- Exhibit appropriate empathy in interactions on mental health
- Detect and assess risks and adhere to guardrails during conversations
- Provide personalised, yet compliant responses to questions from patients

Manprit Singh. Distinguished Architect Energy and Resources. Celebal Technologies.

12:30 – 2:00 PM | LUNCH | THERE'S BREAKFAST AT TIFFANY'S. THEN THERE'S LUNCH AT PULLMAN.**2:00 – 3:00 PM | GREAT MINDS HUDDLE (FIRESIDE CHAT) AI AND TECH INNOVATIONS IN HEALTHCARE AND WELLNESS – HOW THIS BENEFITS YOUR STAFF, POPULATION AT LARGE AND GEN Z**

How data, AI, tech and digital innovations are redesigning the Mental Health industry in diagnosis, treatment and promotion of conditions:

- Early detection by data analyses from varied sources
- Provide timely interventions and diagnosis by analysing patterns in data, e.g. NLP, social media activities, wearables sensor data
- Tailored treatments using machine learning algorithms based on individual factors such as genetics, lifestyle and treatment history
- AI chatbots and virtual therapists – coping strategies, direct and immediate support and access to mental healthcare
- AI tools to create public awareness, reduce stigma and creating a supportive environment.
- Apps and wearables to support and improve mental wellness e.g., good sleep, good nutrition, exercise, meaningful relationships, stress reduction and meditation.



PANELISTS:

- Dr Serenella Tolomeo, Senior Scientist. Institute of High Performance Computing (A*STAR)
- Assoc. Prof. Georgios Christopoulos. Ph.D. (Cambridge). Provost's Chair in Organizational Neuroscience. Associate Professor, Nanyang Business School and Nanyang Technological University, Singapore. Research Director, Culture Science Innovations. Director, NTU-IGP Program in Neuroscience.
- Dr. Andrew Tan, Assistant Professor, Department of Physiology, Healthy Longevity Translational Research Programme, Cardiovascular-Metabolic Disease Translational Research Programme, Yong Loo Lin School of Medicine, Neurobiology Programme, Life Sciences Institute, NUS Artificial Intelligence Institute, National University of Singapore.
- Todd Crane, Regional Account Manager - Health, Corporate and Performance. TechnoGym
- Professor Adam Chee, Founding Lead. Centre of AI-Enabled Health
- Moderator - Manprit Singh. Distinguished Architect Energy and Resources. Celebal Technologies.

**3:00 – 3:30 PM | TEA BREAK | MENTAL BREAKS.
BEST ACCOMPANIED BY REFRESHMENTS.**

3:30 PM – 4.15 PM | ARE YOU TIRED? USING WEARABLE TECHNOLOGY TO ASSESS MENTAL FATIGUE

More people are reporting feeling mentally tired and demotivated. Cognitive fatigue is a silent - but increasingly influential - phenomenon affecting performance, work and life balance, cardio-metabolic health and overall wellbeing. Learn how signals from wearables can unobtrusively detect and even predict cognitive fatigue and related variables. In addition, we share how we design simple and personalised space interventions to achieve cognitive restoration of the individual. The experimental paradigm could serve as a golden standard to evaluate nootropics. The session touches on a personalised, dynamic, preventive approach to mental health and the spaces we live in.

Assoc. Prof. Georgios Christopoulos. Ph.D. (Cambridge). Provost's Chair in Organizational Neuroscience. Associate Professor, Nanyang Business School and Nanyang Technological University, Singapore. Research Director, Culture Science Innovations. Director, NTU-IGP Program in Neuroscience.

4:15 – 5 PM | MINDFULNESS OR MONETISATION? THE ETHICS OF SUBSCRIPTION-BASED MENTAL HEALTH

Mental health is now a product. Meditation apps, AI therapy bots, and self-care subscriptions promise healing on demand, but are they actually helping, or just making money off our struggles? In a world where therapy has a subscription model, and mental health data is a goldmine, we must ask: are we solving the mental health crisis, or just turning well-being into another digital revenue stream?

Professor Adam Chee, Founding Lead. Centre of AI-Enabled Health (CAIEH)

5 - 5:15 PM DAY 2 | ROUND UP & FAREWELL