

JARDINES' MENTAL HEALTH CHARITY, *MINDSET*, PARTNERS *UNLOCKING ADHD* TO LAUNCH SINGAPORE'S FIRST SUPPORT HUB FOR INDIVIDUALS WITH ADHD

- Jardines' MINDSET to provide S\$1 million funding support to Unlocking ADHD Ltd to establish Singapore's first and only ADHD-centric hub for counselling and other support services
- MINDSET's third flagship project aims to raise awareness of ADHD, that if left unsupported, significantly increases the risk of developing comorbidities with other mental health issues
- Unlocking ADHD–MINDSET Support Hub aligns with key national priorities and Singapore's vision to build a better mental health ecosystem

Singapore, 30 September 2025 – The Jardine Matheson Group's ("**Jardines**", 怡和) registered charity, MINDSET Care Limited ("**MINDSET**", 思健), pledges S\$1 million to launch Singapore's first and only facility, dedicated to supporting individuals with attention deficit hyperactivity disorder ("**ADHD**"). This project is launched in partnership with registered Institution of Public Character charity - **Unlocking ADHD Ltd** ("**UA**").

Unlocking ADHD–MINDSET Support Hub ("**UA-MINDSET Support Hub**") is an ADHD-centric initiative developed to improve awareness, access and support for ADHD, serving undiagnosed or late-diagnosed adults and youths, as well as their families. The hub aims to enhance ADHD support by developing programmes and interventions that are evidence-based and designed with and for the community to ensure relevance and impact.

Building on MINDSET's seed-and-scale approach¹, the S\$1 million pledge will provide foundational funding for UA-MINDSET Support Hub. The three-year investment will enable the hub to support more than 100 individuals annually through over 1,000 hours of ADHD-tailored counselling services.

Addressing an Underserved Need

Academic research has estimated the prevalence of ADHD in Singapore among children and adolescents to range between 5% and 8%, and among adults to range between 2% and 7%². It also reflected that 88% of adults and 72% of children with ADHD experience at least one co-occurring condition such as anxiety, depression, or learning disabilities³.

¹ Through its seed-and-scale approach, MINDSET incubates flagship programmes (including [MINDSET Learning Hub](#) and [DigitalMINDSET](#)) by combining strong fundraising and programme delivery, and transition programmes to independently-sourced funding support upon maturity.

² [Attention deficit hyperactivity disorder | Ministry of Health](#)

³ [Unlocking-ADHD-2021-2022-Annual-Report-print.pdf](#)

Despite these worrying statistics, the public's awareness of this neurodevelopment disorder remains low. This is further exacerbated by the existence of misconceptions, diagnostic challenges and a lack of understanding from not just the public but also professionals. As a result, many of those living with ADHD in Singapore either fall through the gaps, or face issues relating to treatment continuity, workplace inclusion and a lack of educational support.

Based on a study⁴ conducted by UA, about 70% of children with ADHD expressed trouble progressing in school, while approximately 40% of working adults experienced trouble maintaining employment. The study also highlighted the impact of ADHD extends beyond the individuals themselves, with 79% of adult ADHDers and parents of ADHD children indicating family relationships were negatively affected due to the condition. The significant impact on individuals and families underscores the urgency for support to address this widespread but underserved need.

Benjamin Birks (白坚斯), Chairman of MINDSET said, "ADHD remains an under-recognised and underserved condition with mental health implications in Singapore, particularly for adults who have not received adequate support. As Singapore marks SG60, we are taking a significant leap forward in the spirit of the country's continued progress, to commit S\$1 million to launch the first ADHD-centric support hub. We look forward to working with Unlocking ADHD, to develop meaningful solutions that will translate to tangible differences for individuals with ADHD and their families."

Moonlake Lee, Founder of Unlocking ADHD said, "This partnership marks a defining step forward for the ADHD community in Singapore. Our mission has always been to bridge the gap and support individuals with ADHD, especially youths and adults who have struggled in silence due to stigma, delayed diagnoses and lack of structured support. This partnership with MINDSET will enable us to scale our efforts through an evidence-based approach and community-powered programmes. Together, we aspire to create a safe and empowering ecosystem where ADHDers and their families can access the necessary support and thrive across all stages of life."

Developing a Robust Support Framework

UA-MINDSET Support Hub will serve as an inclusive touchpoint for the ADHD community, offering a holistic and integrated support ecosystem.

In its first year, the hub will focus on delivering core services such as ADHD-informed counselling and psychoeducation programmes. It will also support parents through dedicated workshops to better equip families in managing ADHD-related challenges at home. Across the subsequent years of the funding support, the hub will expand through hybrid care models that integrate online

⁴ ["Understanding Needs: An Overview of the ADHD Community"](#) in 2023

and in-person services, and pilot school-based programmes to address ADHD challenges in educational settings.

The launch of UA-MINDSET Support Hub aligns closely with national initiatives such as the National Mental Health and Well-being Strategy 2023⁵, which emphasises improving the mental health ecosystem where people with mental health needs can seek help without stigma, and Singapore's Enabling Masterplan 2030⁶, which aims to increase the employment rate of residents with disabilities to 40% by 2030.

Since 2011, MINDSET has channelled over S\$11 million into mental health projects in Singapore, along with committing more than 58,000 employee volunteer hours to support the community and providing over 300 job placements for persons with mental health issues within the Jardine Matheson Group.

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⁵ [National Mental Health and Well-being Strategy \(2023\) | Ministry of Health](#)

⁶ [MSF | What is EMP2030](#)

About MINDSET Care Limited

MINDSET Care Limited (“MINDSET”) is a registered charity of the Jardine Matheson Group. Since 2011, it has been contributing towards raising awareness and funds for the mental health community in Singapore.

MINDSET is proud to be named Organisation of Good by the President’s Volunteerism & Philanthropy Awards 2021. The charity is also a recipient of the Impact Enterprise Excellence Awards 2023, Champion of Good (2018, 2020 & 2022), Charity Transparency Awards (2016 – 2019, 2022 & 2024) and Charity Governance Awards (2018 & 2022).

For further information, please visit: <https://www.mindset.com.sg>.

About Unlocking ADHD Ltd

Unlocking ADHD (“UA”) Ltd is an Institution of a Public Character and social service agency in Singapore with a mission to “Empower ADHDeRs and their Families to Live Life to the Fullest”.

UA provides practical resources and support to those who are living with ADHD in Singapore to help them identify their strengths and unlock their full potential. Most importantly, it wants to bring hope to the ADHD community and provide a safe and supportive space for ADHDeRs and their families to thrive.

For further information, please visit: <https://www.unlockingadhd.com>