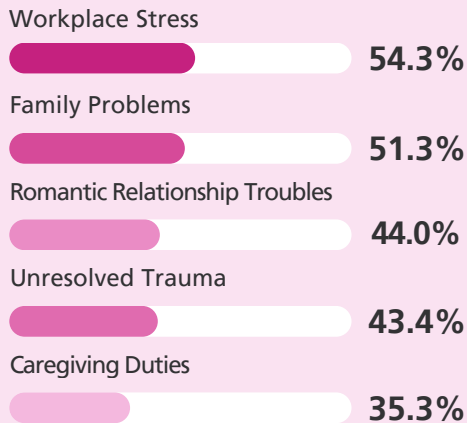


Understanding Attitudes and Perceptions of Mental Health amongst Middle-Aged Women in Singapore

A Survey Study by the Singapore Council of Women's Organisations (SCWO) and James Cook University (Singapore Campus)



Top 5 Sources of Stress



> Key Takeaway

The findings highlight that the mental well-being of middle-aged women in Singapore is shaped by the intersection of work, caregiving, and life transitions. While stigma and barriers continue to delay help-seeking, supportive workplaces, improved access to care, and stronger male allyship can enable women to seek support earlier and achieve better outcomes.

Internalised Mental Health Barriers

If they had mental issues, they would..



73.8%
feel like they are a burden to others



59.0%
feel bad about themselves for not solving their own problems



58.3%
feel weak

But most feel *positive* on seeking help

76.4%

would feel okay about themselves if they choose to seek professional help

76.1%

think it is increasingly common that people are seeking professional help

Help-Seeking Avenues and Preferences



58.4%

are unaware of mental health services catered to women

92.4%

have never utilised these specialised services

53.0%

perceive mental health care in Singapore as unaffordable

Ranking of preferred mental health support options catered to women

#1 
Peer Support Groups

#2 
Counselling Services

#3 
Workplace Wellness Policies

Who are survey participants likely to seek help from?



75.9%
Mental Health Professionals



63.2%
Partners



56.9%
Friends



Role of Male Allies at Work

associated with more positive outcomes for women, including higher life satisfaction, reduced mental health stigma, and greater help-seeking intentions.

What does *male allyship* look like?

To the survey participants, it looks like..

#1 
Caring that people are treated fairly

#2 
Wanting equal rights for everyone

#3 
Are non-judgmental of others

Background & Scope

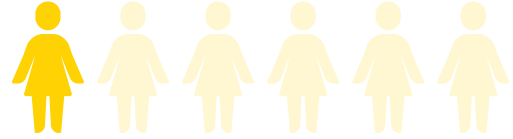
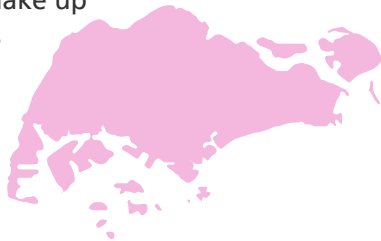


About the Study:

In line with SCWO's ongoing efforts to better understand and support women's well-being, this study seeks to address this gap by focusing specifically on the mental health experiences of middle-aged women in Singapore, and importantly, the factors that determine whether they seek support for their mental health.

In 2025,

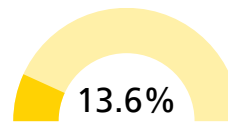
Individuals in midlife make up majority of Singapore's workforce, with the median employee age increasing to 45 years old.¹



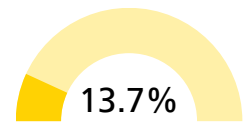
15%

of Singapore's entire population are middle-aged women, compared to middle-aged men at 13.8%.²

In Comparison,



Senior Women
(over 60 years old)



Young Adult Women
(20-39 years old)

Challenges Faced by Middle-aged Women in Singapore



Financial
Responsibilities



Career
Demands



Caregiving for
Children



Caregiving for
Ageing Parents



Health Changes
with Menopause



Evolving
Social Roles

Key Areas of the Study Among Middle-aged Women in Singapore



#1

Awareness and perceptions
of the affordability and accessibility
of mental health services in Singapore



#2

Assess prevalence of those who have
experienced concerns with their mental health
and factors associated with their well-being



#3

Role of mental health stigma in
shaping help-seeking behaviour



#4

Role of male allyship in the well-being of
middle-aged women

¹Ministry of Manpower, "Summary Table: Labour Force," accessed January 29, 2026. <https://stats.mom.gov.sg/pages/labour-force-summary-table.aspx>.

²Singstat, 2025: [Singapore Residents By Age Group, Ethnic Group And Sex, At End June, Annual](#) | SINGSTAT

Participant Profile

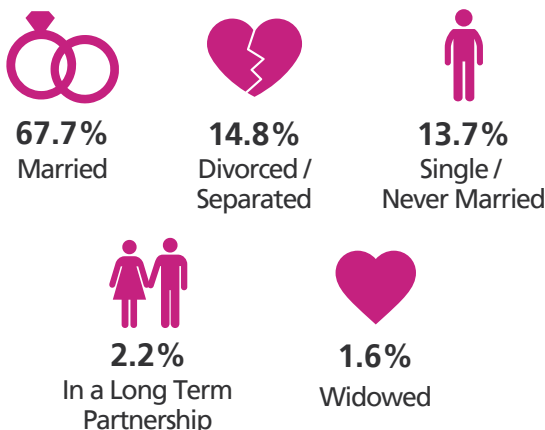


Our Study Comprised

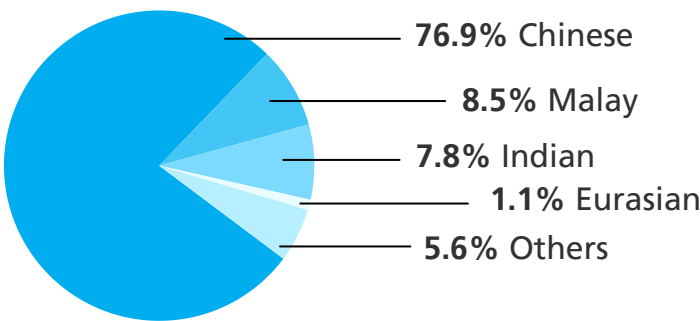
493 women

aged 40-59 years old

Marital Status

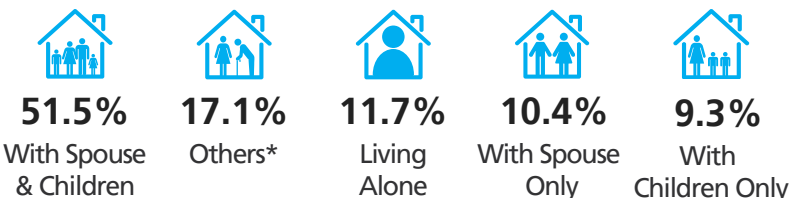


Ethnic Makeup



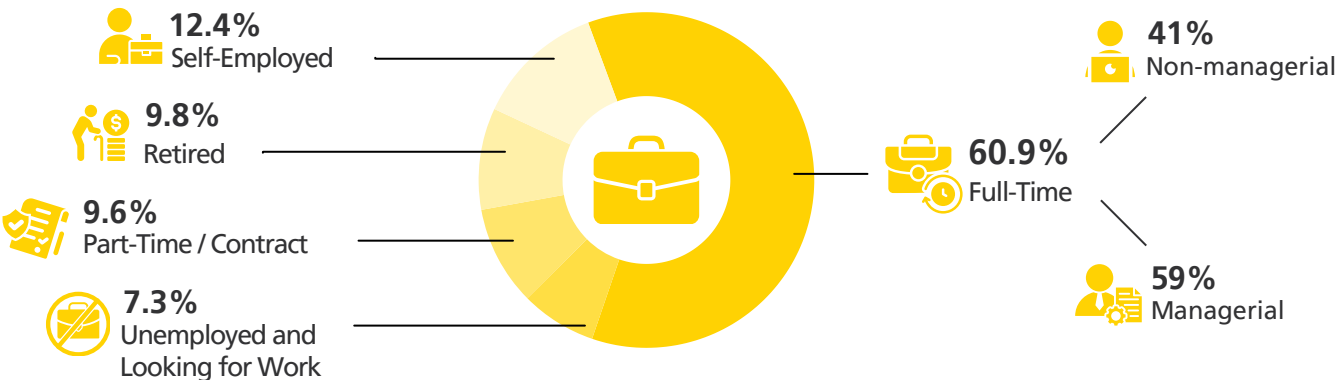
**With the exception of Malays, this broadly reflects Singapore's ethnic makeup in 2025*

Living Arrangements



**E.g. With Aged Parents, Siblings, etc.*

Employment Status



Highest Education Qualification

