

# Advancing Mental Health in Asia Together

## A SHORT COURSE ON GLOBAL MENTAL HEALTH IN ASIA

**Mental health challenges in Asia are often hidden in plain sight, shaped by culture, society, and the environments we live in.**

Addressing these challenges requires more than just clinical care. It calls for a whole-society approach that tackles root causes and breaks systemic barriers.

### Course Description

Mental health disorders are a growing global challenge and a leading cause of disability. In Asia, their burden has surged over the past three decades, compounded by stigma, limited resources, inadequate policies, and emerging issues like climate change. This course offers learners a foundational understanding of mental health in the region, focusing on unique challenges, Asian-led solutions, and collaboration with regional stakeholders. It examines needs, gaps, and strategies to develop innovative, contextually-relevant approaches to improving mental health in Asia.

### Learning Objectives

**The Global Mental Health in Asia course will help you gain a deeper insight into**

- Understanding the region's cultural, social, and contextual influences on mental health
- Exploring policies, programmes, and innovations shaping mental health systems in the region
- Applying cultural competency in global mental health initiatives
- Designing sustainable solutions to strengthen mental health systems and services in Asia

Find out more about SDGHI's [Global Mental Health programme](#).

### Course Code

GM55156

### Course Director

[Asst Prof Anne-Claire Stona](#), MD, MScGMH  
Lead, Global Mental Health Programme,  
SingHealth Duke-NUS Global Health Institute

### Course Dates

26 - 30 Jan 2026

### Course Fee

S\$5,400 + 9% GST

### Registration Date

1 Sept to 5 Dec 2025

### Get in Touch

[learnwithsdghi@duke-nus.edu.sg](mailto:learnwithsdghi@duke-nus.edu.sg)

### Learn with Us!



This course can be taken as a standalone or as part of the **Graduate Certificate in Global Health Practice in Asia**.

Scan the QR code or get in touch to find out more.