

Ms Porsche Poh, together with Ms Helen Lee and Ms Sally Choo, co-founded Silver Ribbon (Singapore), which was launched by our late Former President Mr S R Nathan on 4 Feb 2006.

Since then, she has been serving as the Executive Director of Silver Ribbon (Singapore). She also holds several other portfolios, namely, Social Service Fellow, Advisory Committee Member on Peer Representation in Singapore, Member of Industry Validation Panel, Member of The Leadership Selection Panel, Associate Trainer with the Civil Service College.

She was certified as Mental Health First Aid Trainer by Mental Health First Aid Australia under University of Melbourne in 2006 and followed by Mental Health First Aid Singapore under Changi General Hospital in 2008.

To promote mental health literacy, she launched four publications, including Mental Health Revolution – Making Things Happen (2011), Mental Health Matters: Handbook for Grassroots Leaders (2015), Mind: Your Business (2015) and Get Started: Investing in Mental Health @ Workplace (2017). In addition, she shared her views on mental health issues on a radio programme on 93.8FM, Capital 95.8FM & 96.3FM.

She has previously served as Board Member (2019 – 2021), Regional Vice President (Asia Pacific) (2012 – 2015) and Corporate Secretary (2015 – 2017) of the World Federation for Mental Health. She presented on mental health promotion and advocacy locally and overseas, including the 5th Southeast Asian Studies Symposium at University of Oxford in 2015, the Cambridge University Southeast Asian Forum in 2016, the 61st session of the Commission on the Status of Women (CSW61) at the United Nations Headquarters, New York, United States in 2017, 7th Southeast Asian Studies Symposium at Universitas Indonesia in 2018, the 63rd session of the Commission on the Status of Women (CSW63) @ the United Nations Headquarters, New York, United States, in 2019 and the 65th session of the Commission on the Status of Women (CSW65) Virtual NGO CSW Forum 65 hosted by the United Nations Headquarters, New York, United States in 2021.

For her contribution in mental health promotion and advocacy, she received a list of awards including The Outstanding Young Persons of Singapore (TOYP) Award from the Junior Chamber International (2008), Community of Practice Mental Health Champion from the Social Service Training Institute (2013), Singapore Woman Award (2013), and Social Service Fellowship Award from NCSS (2016).