

Dr Eugene Tay Puay Chong

Principal Psychologist and Programme Director, Psychealth c/o Healthway Medical Group

Eugene is currently a Principal Counselling Psychologist and Programme Director with Psychealth.

He holds a strong belief that access to mental health services should be made readily available to individuals. However, challenges of stigma, discrimination, negative attitudes toward help seeking often pose as barriers. Eugene hopes to raise awareness through holistic and innovative mental health solutions in community engagement, education and outreach programmes. Amongst his interests include exploration of digital technologies as means to bridge the gap in help-seeking.