

Service	Contact Numbers	Operating Hours	Location	Website / E-mails
Community Based Specialist Services				
REACH	Fax: 6387 7916	Mon to Thu 8.00am to 5.30pm Fri 8.00am to 5.00pm	REACH North Buangkok Green Medical Park 10 Buangkok View Singapore 539747	www.reachforstudents.com
	Fax: 6438 5349		REACH South Health Promotion Board Building 3 Second Hospital Avenue #03-01 Singapore 168937	
	Fax: 6784 0252		REACH East St Andrew's Community Hospital 8 Simei Street 3, Level 11 Singapore 529895	
	Fax: 6779 2717		REACH West National University Hospital Department of Psychological Medicine 1E Kent Ridge Road Singapore 119228	
CHAT	Tel: 6493 6500, 6493 6501 Fax: 6820 7190	Tue to Sun 12.00pm to 9.00pm (closed on Mon and Public Holidays)	CHAT Hub *SCAPE 2 Orchard Link #05-05 Singapore 237978	www.youthinmind.sg chat@youthinmind.sg
Hospital Based Specialist Services				
FRIENDS	Appointment Line: 6389 2200 Fax: 6534 3677	Mon to Fri 8.00am to 5.00pm	Child Guidance Clinics • Buangkok Green Medical Park 10 Buangkok View Sunrise Wing Block 3, Basement 1 Singapore 539747 • Health Promotion Board Building 3 Second Hospital Avenue #03-01 Singapore 168937	www.imh.com.sg
ReLive	Appointment Line: 6389 2200 Fax: 6315 4837	Mon to Thu 8.00am to 5.30pm Fri 8.00am to 5.00pm	National Addictions Management Service (NAMS) Clinic Buangkok Green Medical Park 10 Buangkok View Block 9, Basement 1 Singapore 539747	www.nams.sg nams@imh.com.sg
	All Addictions Helpline: 6-RECOVER (6-732 6837) National Problem Gambling Helpline: 1800-6-668-668			

Mental Health Outreach Services for Children and Young Persons



INSTITUTE
of MENTAL
HEALTH

Loving Hearts. Beautiful Minds.



IMH's community and hospital specialist services offer assessments and treatments for children, adolescents and young persons with emotional, behavioural, developmental and psychological problems. Community-based services such as REACH and CHAT offer front-line and integrated support by leveraging on and building resources within the community. Hospital-based specialist services such as FRIENDS and ReLive offer effective treatment and rehabilitation programmes within comfortable settings.

We work closely with schools, Institutes of Higher Learning, external agencies, community partners, voluntary welfare organisations (VWOs) and general practitioners (GPs). Through early detection and treatment; and rehabilitation and reintegration, these groups of youth will have a greater opportunity to go through the normal developmental phases of their growing years.



REACH (for young persons aged 6 – 19 years old)



Response Early Intervention and Assessment in Community Mental Health (REACH) helps students with emotional, social and/or behavioural issues. We aim to improve response time and offer front-line support to students within the community and hope to:

- Improve the social and emotional well-being of children and adolescents in Singapore
- Provide early consultation and assessment for children and adolescents with emotional, social, or behavioural issues
- Act as a resource to school counsellors, VWO personnel, as well as our GP partners to provide timely, suitable interventions
- Develop an integrated support network for children and adolescents in the community

Appointments are made through the school counsellors only.



CHAT (for young persons aged 16 – 30 years old)



The Community Health Assessment Team (CHAT) provides mental health resources to young persons who may be faced with emotional or psychological distress. We aim to raise awareness of mental health issues related to young persons through outreach initiatives and to provide accessible mental health assessments that are free of charge.

During the assessment, the young person will meet with a doctor and a youth support worker who will ascertain the difficulties experienced. Following which, CHAT will recommend appropriate support services for the young person and at the same time facilitate the referral. Should the young person require follow-up at any restructured hospitals, CHAT can further assist by making a referral to ensure that care is received at subsidised rates.

All assessments are arranged by appointment. Direct referrals from young persons or through their friends, family and professionals (made with their consent) are welcomed.



FRIENDS (Specialist services for young persons aged 6 – 19 years old)



The Forensic Rehabilitation, Intervention, Evaluation & Network Development Services (FRIENDS), situated within the Child Guidance Clinic, provides psychotherapeutic services targeting mental health issues in the following groups of young persons:



- Youth with offending behaviour
- Children and youth with abuse-related trauma
- Youth at risk of committing offences

A multidisciplinary team of psychiatrists, social workers and psychologists work together with the child and family to assess, identify and treat the mental health concerns of the young person using a range of psychotherapy interventions. A systemic approach is used in collaboration with community partners and agencies.

All patients are seen by appointment only. Referrals can be made to the Child Guidance Clinic.

ReLive (Specialist services for young persons aged 13 – 19 years old)



ReLive was specially set up within the National Addictions Management Service (NAMS) to help adolescents with substance addiction (e.g. drugs or alcohol) and behavioural addiction (e.g. excessive internet use/gaming or gambling) issues. We work closely with our community partners by conducting regular addiction awareness talks, workshops, open houses and accepting referrals from schools, Family Service Centres, Ministry of Social and Family Development (MSF), polyclinics and GPs. The ReLive team consists of addictions counsellors who are trained to work with young people to help them overcome their addiction issues. We also run a programme known as HOPE, designed to help parents understand the common addiction problems faced by adolescents and to learn practical skills on how they can help their children manage their addictions.