

OCTOBER 2023-JANUARY 2024

imagine

A MAGAZINE ON MENTAL HEALTH

WHEN LUCK RUNS OUT

Gaining a winning hand over gambling disorder



COMMANDING THE EVERYDAY

How executive functions drive our behaviours,
from time management to problem-solving



Imagine reader survey: Tell us what you think

We hope that you have enjoyed reading *Imagine*. We want to hear what you think about the magazine. What are your favourite sections? What would you like to see more of? Your feedback will help us produce content that is useful and relevant to you, and aid our efforts to improve mental health awareness in Singapore.

Please take a few moments to answer this short survey and tell us about your experience of reading *Imagine* by 29 February 2024. Your views are important to us.



<https://for.sg/imaginesurvey2023>



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"With awareness, even adults can build their executive function capabilities — it is never too late."

MR TAN YI REN,
Senior Clinical Psychologist,
Department of Developmental Psychiatry, IMH

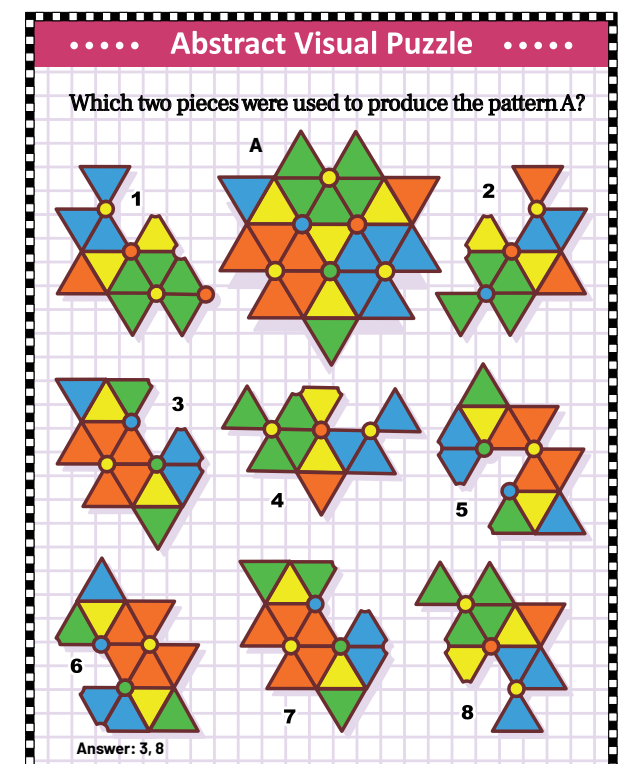
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Could scary movies help you become more emotionally resilient?

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Turn to Live Well, page 7, for the puzzle.

STRENGTHENING MINDS, NURTURING RELATIONSHIPS

In our fast-paced world, we constantly juggle the demands of modern life — be it multitasking at work, attending to matters on the home front or nurturing relationships with loved ones.

Our ability to manage these multifaceted needs has to do with the intriguing realm of executive functions — cognitive processes that underlie our daily decisions and behaviours. Enter the brain's control room with us in this issue's cover story (pages 8 to 11) as we examine the development of executive function and the impact of nature and nurture. Even where executive dysfunction exists, there are practical ways for adults to strengthen these skills, or seek professional guidance.

Understanding executive functions and deficits in these can provide context to broader mental health conditions, including gambling disorder. We take a look at this through the eyes of David (not his real name), a former problem gambler (pages 14 to 16). He recounts his journey from making small bets in childhood to struggling with full-blown gambling addiction as an adult. His narrative reveals the extent to which problem gambling can affect both individuals and their families, and how treatment and support can turn things around — even when one seems to have reached the lowest point.

Indeed, there can be glimmers of hope during moments of adversity, as Mr Gregory Poo, a Caring for Life volunteer, attests (pages 12 and 13). He shares a heartfelt account of learning to support his daughter through her depression and three suicide attempts. His experience illustrates how family bonds can bring healing in the midst of mental health challenges.

This has certainly been the case for Dementia & Co co-founders Ms Alison Lim and Ms Jamie Lynn Buitelaar on their journey with dementia (page 3). The familial closeness of this mother-and-daughter duo shows us how the condition doesn't change the need for love and mutual support, nor does it necessarily stand in the way of a joyful life.

The stories within these pages inspire us to actively boost our mental health and functioning, and nurture ties with loved ones to support their recovery from mental health conditions. On the cusp of a new year, we hope they serve as heartwarming reminders of our capacity for growth and the enduring strength found in the support we give and receive.

Happy reading.

*the
editorial
team*



FOR MORE INFORMATION // VISIT WWW.IMH.COM.SG OR WRITE TO US AT ENQUIRY@IMH.COM.SG

imagine:



Editorial
Vera Soo
Illy Iman
Quek Ai Choo

Contributors
Ronald Rajan, Denyse Yeo,
Koh Yuen Lin, Eveline Gan,
Keenan Pereira, Kelvin Chia,
Dillon Tan

Circulation Coordinator
Chris Ngiam

A publication by



Editorial consultant



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The ties that bind

Dementia may change aspects of a relationship, but not the need for love and affection, say this mother-and-daughter pair.

Text KEENAN PEREIRA // Photo DILLON TAN

After months of puzzling over her frequent word mix-ups, Ms Alison Lim, 66, was diagnosed seven years ago with primary progressive aphasia, a type of dementia that affects speech. This revelation propelled her and her daughter, Ms Jamie Lynn Buitelaar, 26, to set up Dementia & Co, a social enterprise aimed at destigmatising dementia and increasing peer support for persons living with dementia, and their care partners. Their initiative has encouraged over 100 families to find joy while living with dementia.

How did you both cope with the diagnosis initially?

Alison: I told Jamie that things would be okay. She was 19, with her life and work ahead of her, and I wanted to reassure her. My request was, "Don't be ashamed of me; show me to the world" — at whichever stage I am in.

Jamie: I was shaken, but Mum took charge and set the tone for our journey. She laid out the dos and don'ts, which has been very helpful.

Alison, how did you help Jamie understand your experience?

Alison: I described my dementia as being in a dark room. It's still dark even with my eyes wide open. The word or memory is there, but out of reach. The more I try, the more I get flashes of pain in my head, increasing my frustration and anger. This analogy helps others understand my experience. It was only when I took responsibility, meditated and understood my dementia that I found a way to replace the lost words. I learnt to take my time without shame or worry about what others might think.

Why was it important for you to understand this, Jamie?

Jamie: Understanding how disconcerting and uncomfortable it is to live with dementia helps to build empathy. On a few occasions, Mum took the wrong bus or missed the bus stop



MS ALISON LIM &
MS JAMIE LYNN
BUITELAAR

Co-founders,
Dementia & Co

near our home and ended up quite far away. That was really scary both for her and myself, but it led us to come up with strategies to better handle similar situations. Mum also tires more easily now. In the past, we could talk for hours, but I've learnt to respect her need to rest and recharge.

How vital are positive relationships for people living with dementia?

Alison: I tell them, don't try to be a hero. Get help from family, friends and neighbours — you'll need it. Be open about your needs and likes. Write these down, so people can better understand you as they try to support you.

Jamie: People ask if Mum's dementia frustrates me. It doesn't — that's pointless. In fact, she makes me feel like an equal in our relationship.

Alison: Jamie and I use the term "care partner", because we don't see it as a one-sided caregiving relationship.

Tell us about your respective outlook for the future.

Alison: My guiding principle is, "Prepare for the worst, live for the best". So, I plan. We've even devised a form of sign language for when I can't speak.

Jamie: Anything could happen — I could go first. Mum has even asked me about the end-of-life care plans I have for myself. This shifts the perception that she is the only one in need of care. The reality is we all need care.

Alison: She's my daughter, and I'm her mother. I care for her, just as she cares for me. Dementia doesn't change that.

HEALING CONNECTIONS

A care partner's touch can deepen the bond with a loved one who has dementia. Unsure where to start? Try these tips.

> **Begin calmly** Centre yourself with deep breaths to ensure a relaxed interaction.

> **Initiate touch** Gently touch the other person's hands.

> **Extend the touch** Place a comforting hand on the person's knee or shoulder.

> **Maintain eye contact** This helps to deepen the connection.

> **Engage** Share in activities like chatting or cooking. Communicate with respect, and avoid patronising or pitying tones.



For more
ideas, visit
[for.sg/
dementiacare](http://for.sg/dementiacare).

LOVE WELL!



The early reader ADVANTAGE

>> Reading for fun from a young age leads to better-adjusted adolescents, new research in *Psychological Medicine* suggests. A study of more than 10,000 tweens aged 9 to 13 in the United States found that children who read for pleasure early in life showed better memory and speech abilities, and fewer behavioural and depressive symptoms. These early readers also had less screen time and more sleep than their peers — which might also explain their higher test scores and better mental well-being.

The researchers also analysed the subjects' brain imaging data, which, interestingly, revealed notable differences in their brain structures. "Reading isn't just a pleasurable experience... it's linked to important developmental factors in children, improving their cognition, mental health and brain structure, which are cornerstones for future learning and well-being," said study co-author Barbara Sahakian, a professor at the University of Cambridge.

BRINGING STORIES TO LIFE

Expressive storytelling can enhance your child's learning experience. Here's how:

- > **Choosing a story:** Select a book you both enjoy, with an engaging, well-structured storyline.
- > **Prepare:** Familiarise yourself by reading aloud three times. Practice expressions, tones and gestures to bring characters to life.
- > **Jazz it up:** Use props or puppets, vary your expressions and tones, and introduce crafts or drawings.
- > **Get interactive:** Encourage participation through gestures and songs. Or let your young one step inside the story by playing a character.



LEVEL UP YOUR NEXT PARTY

Celebrations that recognise accomplishments can greatly enhance perceived social support, subsequently improving health and well-being, according to research published in the *Journal of Public Policy & Marketing*. >



Researchers from Indiana University in the United States focused on gatherings where people intentionally marked positive life events with food and drink. They found that such recognition is crucial for boosting individual and collective well-being. Acknowledging positive achievements "maximise(s) the benefits" to one's personal well-being and that of the party attendees, said Assistant Professor Kelley Gullo Wight, a co-author of the study.

The findings showed that even virtual gatherings can increase perceived social support, as people share food and drink while commemorating positive milestones.

The researchers pointed out that hosting such thoughtful celebrations, whether virtually or in person, can be especially beneficial in places like nursing homes, where residents are at higher risk of loneliness and isolation.

SHARE THE JOY

Here's how to make every celebration more meaningful:

- > **Openly acknowledge** and congratulate one another on achievements and milestones.
- > **Include everyone in sharing** and celebrating one another's wins.
- > **Listen actively and respond genuinely** to elevate the happiness from shared experiences.

WHEN THE WEEKEND BECKONS...

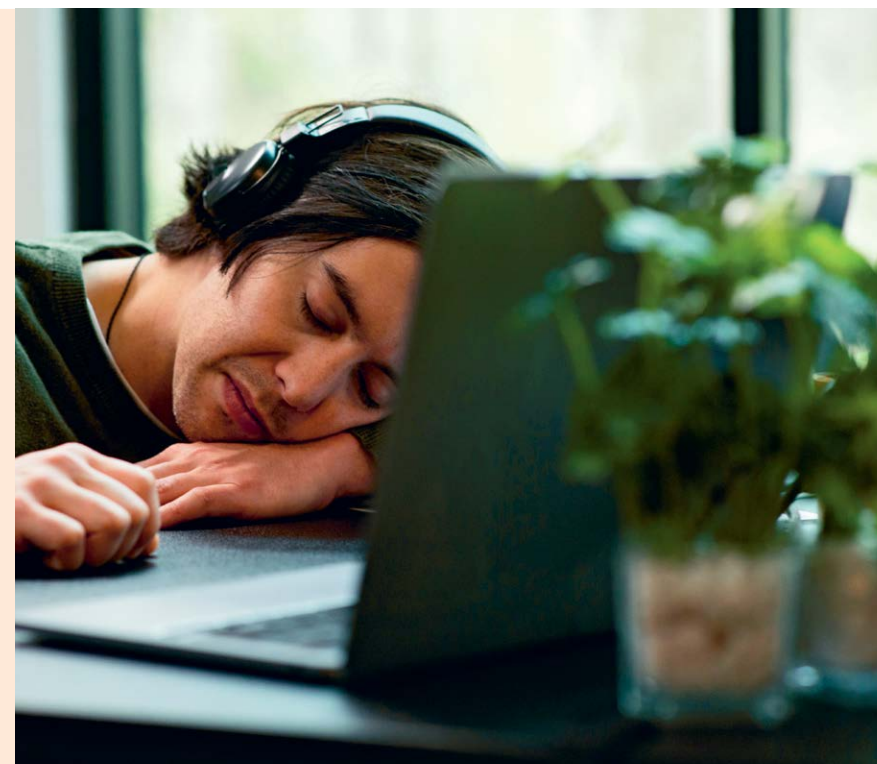
... productivity dips. If you've ever felt the Friday afternoon slump, you're not alone.

Through an innovative approach that tracked computer usage metrics like typing speed, typing errors and mouse activity, a study by Texas A&M University showed that workers' productivity declines as the weekend approaches.

Published in the *PLOS ONE* journal, the study found that employees are less active and make more mistakes in the afternoons, notably on Fridays. Conducted over two years on 789 in-office workers, it underscores the need for reconsidering work arrangements — suggesting that flexible schedules could lead to happier, more productive employees.

"Employees were less active in the afternoons and made more typos in the afternoons, especially on Fridays," said Assistant Professor Taehyun Roh, a co-author of the study. Computer use also decreased every afternoon, especially on Friday afternoons. "This aligns with similar findings that the number of tasks workers complete increases steadily from Monday to Wednesday, then decreases on Thursday and Friday."

The researchers hope that their findings will help employers identify better strategies to optimise work performance and workplace sustainability.



ENERGISE YOUR AFTERNOONS

Post-lunch lethargy doesn't have to curb your efficiency at work. Keep going throughout the day with these handy tips.

- > **CHOOSE BETTER NUTRITION:** Opt for meals rich in whole grains, fibre and protein to avoid drowsiness after lunch.

> **STAY HYDRATED:** Water keeps you alert and energised, so make sure to consume adequate amounts throughout the day.

> **GET MOVING:** Add simple exercises like seated calf raises or quick stretching breaks to boost your energy.



THE WAY TO THE BRAIN — THROUGH THE STOMACH?

New research suggests that probiotics may ease depression symptoms and enhance ageing brain functions. A King's College London pilot survey, published in the *JAMA Psychiatry* journal, studied 49 adults with major depressive disorder. Participants in one group received a probiotic supplement, while the others took a placebo. Both groups showed improvements by the fourth week, but the probiotic group reported more significant reductions in depressive and anxiety symptoms. These findings offer insights into the possible role of probiotics on mental well-being.

Similarly, a separate study presented to the American Society for Nutrition revealed the potential benefits of probiotics, this time for ageing brains with mild cognitive impairment. Involving 169 adults aged 52 to 75, the study showed that a three-month probiotic intake improved gut bacteria and mental abilities. These early findings hint at the impact that the gut microbiome could have on brain health. The researchers added that more research is needed to understand the gut-brain connection and its role in cognitive decline and dementia.

>> PROBIOTIC POWERHOUSES

Consider adding the following foods, known to contain these beneficial bacteria, to your diet.*

- > **Yoghurt:** Choose those with active or live cultures.
- > **Tempeh:** A high-protein, fermented soya bean patty.
- > **Kimchi:** A spicy Korean side dish made from fermented cabbage and other veggies.



> **Miso:** A Japanese fermented soya bean paste.

> **Kombucha:** A drink fermented from black or green tea.

*Note: Individuals with certain gut conditions or sensitivities should consult a healthcare professional before taking fermented foods.

Antidepressants and physical illnesses: A safe combo?

Treating depression alongside physical illnesses like cancer or diabetes can be challenging. But new research brings a measure of assurance, indicating that antidepressants are as effective and safe for those with depression and physical health issues, as they are for those who have this mental condition but who don't have physical illnesses.

The findings emerged from a comprehensive review by German and Danish researchers, who analysed 52 high-quality meta-analyses of clinical trials from around the world. Published in the journal *JAMA Psychiatry*, the results are "good news for people with depression and physical health problems", said co-author Professor Christian Otte. "The course of physical disease is worse in patients who also have depression, so treating those patients with antidepressants, in addition to other therapeutic measures, can really help."

Although the researchers found that antidepressants may cause some side effects compared to placebos, they see no general safety concerns for those with physical health issues. They also noted the scarcity of large-scale

studies in this field, especially in combinations such as cancer with depression, and called for more research on the broader effects of antidepressants.

A DOSE OF DILIGENCE

Good medication management is essential, especially if you are juggling multiple prescriptions. Here are some tips:

- > Share your **complete medication list**, including over-the-counter drugs and supplements, with your healthcare provider to ensure safe and effective treatment coordination and prevent adverse interactions.
- > **Watch for drug interactions.** Taking some medications together can potentially reduce their efficacy or intensify side effects.
- > **Go for regular check-ups** to help to monitor for any drug interactions and allow timely dosage adjustments.
- > **Use pill organisers or set reminders.**
- > If you experience any unexpected symptoms, **check with your doctor.**



MIND YOUR MOUTH

The state of your dental health may reflect your brain's well-being, as a new study suggests links between gum disease (periodontitis), number of teeth present, and brain shrinkage.

Published online in *Neurology* by the American Academy of Neurology, the study linked poor dental health with reduced volume of the hippocampus, a brain region pivotal for memory and linked to Alzheimer's disease. Among 172 participants with an average age of 67 years, those with mild gum disease and fewer teeth showed atrophy in the left hippocampus. Participants with severe gum disease but more teeth also showed atrophy in this brain region.

Regular dental visits are crucial for managing gum disease, and severely affected teeth may require extraction and replacement. The study's findings suggest that preserving the health of the teeth — and not just retaining teeth — is essential for maintaining brain health and potentially reducing the risk of dementia.

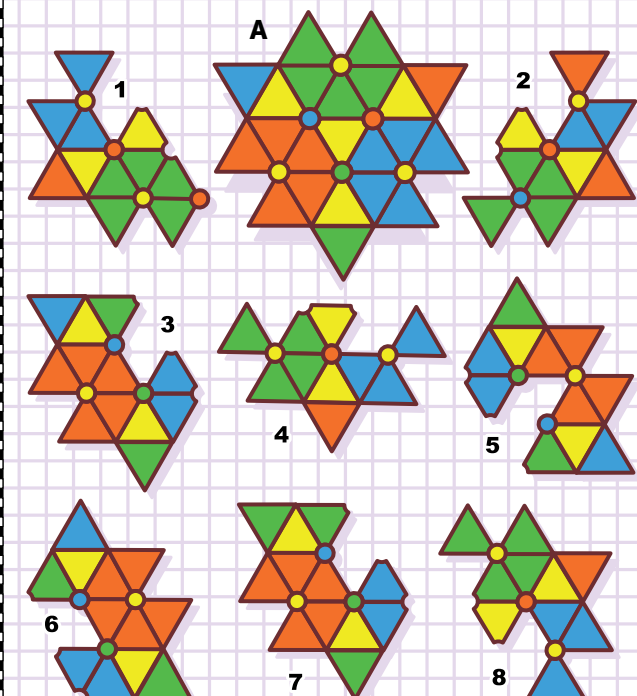


BRUSH SMARTER FOR BETTER ORAL HYGIENE

- > **Wait 30 minutes post-meal** before brushing to protect tooth enamel, especially after acidic foods.
- > **Brush gently** to protect teeth and gums. Firmer brushing doesn't remove more plaque.
- > **After brushing**, avoid rinsing with too much water. This will help to preserve fluoride's cavity-preventing benefits on teeth.

..... Abstract Visual Puzzle

Which two pieces were used to produce the pattern A?



REFER TO THE CONTENTS PAGE FOR PUZZLE ANSWER

UNDERSTANDING the brain's control room

Every action we take — from jotting down meeting notes to handling arguments — is driven by **executive functions**. We shed light on these cognitive processes that guide our daily behaviours and choices.

Interview **KOH YUEN LIN** in consultation with **MR TAN YI REN**, Senior Clinical Psychologist, Department of Developmental Psychiatry, IMH

Do you wake up knowing what needs to be done, then prioritise and tackle the different tasks within a specific time frame before leaving for work? Or do you find yourself trundling through the day, struggling to start tasks despite having reminders alerting you what to do, and when?

The ability to organise your hours, initiate tasks and work towards set goals is among the higher-order cognitive processes known as executive functions. Often described as the “brain’s boss”, executive functions manage and coordinate various mental processes to help individuals achieve their objectives, and adapt to different situations.

“In today’s fast-paced world, we are expected to juggle numerous

tasks and duties in work, school or in our personal lives,” says Mr Tan Yi Ren, Senior Clinical Psychologist, Department of Developmental Psychiatry, Institute of Mental Health (IMH). “Executive functions are essential for effective multitasking and everyday success across these areas.”

Mr Tan likens executive function to an airport’s air traffic controller — responsible for ensuring that planes take off and land safely on the right

runways, prioritising certain flights due to emergencies, and filtering out distractions.

NATURE VERSUS NURTURE

Genetic predisposition influences specific aspects of executive function such as working memory, attention control and impulse regulation, and it is possible for some individuals to have a genetic advantage or disadvantage in these areas. Similarly, genetic

variations and disorders that affect the development of brain structures and neurotransmitter systems, such as Down Syndrome, may impact executive function as well.

Having said that, the development of executive function reflects both nature and nurture. “Genetic predispositions can interact with environmental factors to shape an individual’s executive function skills, especially during early brain development,” explains Mr Tan. “For example, a child with a genetic

DECODING DAILY DECISIONS

A wide range of executive function skills influences our daily decision-making. We highlight some of these skills, and illustrate their impact on routine tasks.

EXECUTIVE FUNCTIONING SKILLS	EXAMPLES OF TASKS
<ul style="list-style-type: none">Inhibition: Suppressing irrelevant or impulsive thoughts, behaviours and actions.	<ul style="list-style-type: none">Resisting checking your phone while at work.Refraining from interrupting others.Avoiding impulsive purchases.
<ul style="list-style-type: none">Emotional regulation: Handling emotional responses and reactions rationally, even under stress.	<ul style="list-style-type: none">Maintaining composure during job interviews.Managing disappointments with positivity.
<ul style="list-style-type: none">Working memory: Temporarily processing information for real-time problem-solving, decision-making and comprehension.	<ul style="list-style-type: none">Following recipes.Taking lecture notes.Playing memory-based card games.
<ul style="list-style-type: none">Cognitive flexibility: Switching between tasks, strategies or perspectives.	<ul style="list-style-type: none">Alternating between work subjects or tasks.Transitioning from work to social environments.Evaluating multiple problem-solving approaches.
<ul style="list-style-type: none">Self-monitoring: Assessing one’s actions and outcomes for self-improvement and self-awareness.	<ul style="list-style-type: none">Evaluating your performance after a workout.Reviewing your finances to curtail unnecessary spending.
<ul style="list-style-type: none">Sustained attention: Focusing on tasks despite distractions, fatigue or boredom.	<ul style="list-style-type: none">Driving on long road trips.Proofreading documents.Preparing for exams.

predisposition for Attention-Deficit/Hyperactivity Disorder (ADHD) may show poorer attention and impulse control when there is a lack of structured routines. Conversely, this means that structures and supportive environments can mitigate the impact of genetic vulnerabilities on executive function.”

Additionally, external factors such as adverse childhood experiences and traumatic brain injuries may hinder the optimal growth and functioning of an individual’s brain from young, particularly in the areas that are related to executive function. Subsequently, these can contribute to executive function difficulties in adulthood. ▶

CRACKS IN THE COMMAND CENTRE

Signs of impaired executive function might include difficulties with organising one's belongings and routines, keeping track of tasks, managing time effectively, transitioning between activities, and judging the duration of tasks accurately.

People who struggle with executive functioning may be easily distracted, exhibit impulsive behaviour and have problems regulating emotions, leading to outbursts or persistent negative thoughts that can hinder relationships. "Some may also have difficulty reading social cues, modulating their emotions in social situations or maintaining their focus during conversations, thus affecting social interactions," observes Mr Tan, noting that both children and adults can show these symptoms, with varying degrees of severity.

BUILD YOUR EXECUTIVE FUNCTION SKILLS

Due to the maturation of the brain's prefrontal cortex and brain plasticity,



Effective stress management can benefit executive function. Meditation and mindfulness exercises can improve attention and emotional regulation.

the development of executive functioning primarily extends from childhood to adolescence. "Some individuals may exhibit advanced executive function skills early, while others develop them more gradually," says Mr Tan. "Generally, executive

function peaks in early adulthood and declines from the ages of 50 to 65."

The good news is that adults can enhance their executive function skills. Practising task organisation and time management can improve planning and goal-setting, with the help of physical

planners, to-do lists and digital tools. Recreational activities like exercising, playing games, reading and making music can also hone these abilities.

"Activities such as brisk walking, swimming or dancing can improve attention, working memory and

cognitive health," notes Mr Tan. Organised sports such as aerobic exercise, yoga and football — which require the retention of rules and strategies, the flexibility to adapt to others' actions, and self-monitoring — can also sharpen executive function skills.

Reading, as well as playing strategy games like crossword puzzles and Sudoku can help train problem-solving, attention to detail, cognitive flexibility and memory.

Mr Tan suggests summarising the main points from reading material to boost comprehension and working memory. Taking up new pursuits, be it learning a musical instrument, a new language or even a craft, also challenges the brain's adaptability — enhancing cognitive flexibility and problem-solving skills.

Interestingly, effective stress management can benefit executive function. Meditation and mindfulness exercises can improve attention and emotional regulation. Mr Tan



“With awareness, even adults can build their executive function capabilities — it is never too late.”

MR TAN YI REN

Senior Clinical Psychologist, Department of Developmental Psychiatry, IMH

also recommends stress reduction techniques such as deep-breathing exercises, progressive muscle relaxation and journaling.

INTERVENTIONS THAT CAN HELP

In terms of seeking professional support, some forms of therapy can be beneficial. Mr Tan says that cognitive behavioural therapy, which tackles unhelpful thinking patterns, can enhance problem-solving, emotional regulation and decision-making. Executive function coaches also offer one-on-one tailored strategies to help individuals manage daily tasks, organise, set and achieve goals, and improve time management skills.

However, Mr Tan highlights that individuals may respond differently to these interventions. There is no one-size-fits-all solution to put the "function" back in executive dysfunction. "It is best to consider one's strengths and vulnerabilities when working to improve executive function skills," he shares. The first step is to recognise that the hurdles experienced in daily life can be overcome with targeted strategies. With awareness, even adults can build their executive function capabilities — it is never too late.



LIFTING THE WEIGHT OF EXECUTIVE DYSFUNCTION

→ As a personal trainer at a commercial gym, 33-year-old Kevin Tan guides clients towards their fitness goals. Yet, behind his confident exterior, he struggled with executive dysfunction. Tasks like waking up, doing laundry and meeting deadlines were challenging. This was masked in his youth when his parents managed chores for him, but as he gained more autonomy in adulthood, the issues became apparent.

"I always felt like a Ferrari stuck in first gear: I knew I could do so much more, but just couldn't seem to move," Kevin shares, describing his difficulties with managing tasks — from chronic procrastination to buying extra clothes

to reduce the need for laundry. "I only moved with an extreme adrenaline rush," he confesses. Unaware that his struggles were signs of a deeper issue, it wasn't until a friend encouraged him to see a psychiatrist three years ago that he began to find answers.

GETTING A GRIP

Kevin was eventually diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). Executive function deficits can occur in many mental health conditions — such as ADHD, bipolar disorder, depression and dementia — but not all difficulties with executive functioning indicate a mental health condition.

The diagnosis helped Kevin understand why he faced difficulties in daily life. With guidance from his psychologist and increased self-awareness, he learnt to adapt by setting structured routines, creating checklists and using music to boost his mood during daunting tasks.

"Rather than trying to fight against something I know I can't win, I sidestep the situation to think about what I'm good at, and what's meaningful to me," Kevin says. He now draws from his personal experience to support his gym clients who face similar struggles. "I listen to them, and we find solutions together. As much as I am helping them, they are helping me, too."

MR GREGORY POO

60, IT technician and
Caring for Life
volunteer

Holding on for life

Faced with his daughter's depression and her three **suicide attempts**, Mr Gregory Poo learnt to support and reconnect with her. He shares his story of hope.

Interview EVELINE GAN Photo COURTESY OF IMH

“I still remember the urgent call from my daughter's school. My wife and I were alerted that Ashley said she was hearing voices, urging her to harm herself. On the advice of her polytechnic lecturer and counsellor, we took her to seek psychiatric help. It was then that Ashley was diagnosed with major depressive disorder, at the age of 20.

The news came as a shock. Our daughter had always seemed so “normal” — she rarely appeared sad or tearful. Whenever we asked her if everything was okay, her response was “okay” or “no problem”. We didn't realise that something

had been brewing inside her all the while.

Subsequently, Ashley attempted suicide three times in one year. The uncertainty of a next attempt was very worrying. I constantly wondered if I might miss any warning signs. Could I do more to prevent it from happening again?

A TIME TO REBUILD

Looking back, I realised our communication had broken down for some time, especially after I started working 12-hour shifts when Ashley was around 10 years old. Our conversations grew fewer over the years. Even when she began to keep to herself

more, I didn't think much of it. I thought it was due to her transition from secondary school to polytechnic.

I knew I had to repair our father-daughter bond. Working with a family therapist, we tried to bring Ashley out of her shell. I started organising family activities based on her interests. For example, she likes exploring new places, so we visited Universal Studios Singapore. She also enjoys long bus rides with no destination in mind. Sometimes, we would take the bus from one end of Singapore to the other, just for fun.

Additionally, in 2022, I became acquainted with Caring for Life, a charity

where I met other people facing similar challenges in supporting their loved ones grappling with suicide ideation. I acquired practical techniques to better support and reconnect with Ashley, such as initiating open conversations, maintaining eye contact and sharing coffee breaks. Listening to the other participants' experiences also reminded me that I am not alone in this journey.

As I made the effort to be present for my daughter, our relationship was slowly strengthened, even if it didn't seem so at first. After her third suicide attempt, I visited her in the hospital every day, although she didn't have anything to say to me initially.

Over time, our conversations became longer. From one-word answers, they became two words and then longer sentences. The turning point came last year when she excitedly

“Never take things for granted. Mental health conditions can happen to anyone. Just because your child used to be happy doesn't mean he or she will always be.”

shared with me her plans to visit the Museum of Ice Cream. It showed me that her condition was improving.

THE PARENTAL PRESENCE

Since then, Ashley has learnt how to better manage her depression, anxiety and mood symptoms, and she continues to undergo follow-up treatment. Besides making new friends in school, she has joined a youth mental health group to reach out to others with mental health issues.

Recently, we both attended a community event as volunteers with our respective mental health groups. Ashley came up to me and told me she was proud of my involvement — she knows that I'm doing this to support her, and others like her.

I now understand that there is no one solution to “fix” mental health issues. A person cannot just “snap out of” depression; in reality, this condition requires treatment. When someone's mental health worsens, he or she can feel so alone and not know how to break away from it.

Besides seeking professional help, getting support from everyone in the family is equally important. As parents, we have to step up. We cannot leave it to the

► Caring for Life

is a suicide prevention charity that takes a whole-of-community approach to suicide prevention. It wants to equip as many people as possible on the early identification of suicide ideation, care for those who are vulnerable, and support their caregiving network of family members and friends. Visit caringforlifessg.org to learn more.



psychiatrist or the hospital to care for our children.

My message to other parents is to never take things for granted. Mental health conditions can happen to anyone. Just because your child used to be happy doesn't mean he or she will always be. As they gain independence during their teen years, parents still need to hold their hand. Maintaining trust ensures that they know they can always approach us when things get tough.

Now, every morning when Ashley leaves for school, my wife and I hug her and say, “See you back at home safely”. We want her to know that we care for her, and that she can safely turn to us if she needs anything.”

Overwhelmed and in need of a listening ear?

Help is just a phone call away. Here's who you can reach out to.

Samaritans of Singapore (24 hours): 1800 221 4444

Mental Health Helpline (24 hours): 6389 2222

Singapore Association for Mental Health Helpline (Mondays to Fridays; 9am to 6pm): 1800 283 7019



WIN, LOSE OR DRAWN into despair

For those caught in the snare of **problem gambling**, the stakes can be devastatingly high. One man shares how small bets made during Chinese New Year when he was a child turned into an all-consuming habit as he grew up.

Interview **EVELINE GAN** in consultation with
DR MOHAMED ZAKIR KARUVETIL,
CONSULTANT, NATIONAL ADDICTIONS
MANAGEMENT SERVICE, IMH.

Problem gambling

is a compulsive behaviour where individuals struggle to stop despite experiencing negative consequences.

>> AS A 10-YEAR-OLD, DAVID

(not his real name) joined his family in casual card games during Chinese New Year, placing small bets. What began as a festive tradition soon turned into a frequent pastime in his adolescent years. "I started gambling more regularly in my secondary school days, with friends and classmates during gatherings and school holidays. This carried on through junior college and university," David recalls.

As he entered the workforce, a rising income and increased credit limits lured him into borrowing more to chase his losses. Misguidedly, he

believed then that making higher bets would boost his chances of winning, but it only led to even bigger losses. By 2014, when he was 38, his debt had ballooned to \$250,000.

David's mounting debts owed to friends, banks, and both licensed and unlicensed money lenders severely strained his family's finances, and pushed him and his wife to the brink of divorce. Even at this low point, he was in denial. "I never thought I had an addiction," says David, now 47. "I believed that I would recover my losses one day, and I was still planning for another big win."

NOT ALTOGETHER HARMLESS

Recreational gambling is a common social and leisure activity in Singapore. A 2020 survey by the National Council

on Problem Gambling, which polled 3,000 Singapore residents aged 18 and above, found that 44 per cent of respondents had participated in at least one form of gambling activity.

Although most people gamble without adverse consequences, stories like David's are still fairly common. The survey found that the proportion of respondents classified as probable pathological gamblers was 0.2 per cent in terms of a single point estimate.

This severe form of gambling disorder, coupled with those identified as likely problem gamblers (a less severe category), accounted for 1.2 per cent of all respondents in 2020.

Although these rates are low,

the debilitating effects of problem gambling on individuals and families makes it a concern that needs to be tackled.

WATCH FOR RED FLAGS

So what is the difference between problem gambling and recreational (or social) gambling? A lack of control, says Dr Mohamed Zakir Karuvetil,



DR MOHAMED ZAKIR KARUVETIL, Consultant, National Addictions Management Service, IMH

“Patients often don't recognise that they have a gambling problem. Usually, they have a sort of superstition or fantasy that they'll fix everything by winning the next game.”

a consultant with the National Addictions Management Service (NAMS) at the Institute of Mental Health (IMH).

"If someone has self-control and discipline, we don't consider that problem gambling," he explains. "It also depends on the impact that gambling has on one's personal life and savings. Even wealthy individuals can lose everything as bets escalate."

One red flag is how the person often does not recognise that he or she has a gambling problem, Dr Zakir adds. "They usually have a superstition or fantasy that they'll fix everything by winning the next game," he says.

Another significant criterion for diagnosis of a gambling disorder is a preoccupation with gambling, Dr Zakir adds. Individuals may escalate bet sizes in a bid to experience the same level of excitement. "The person may constantly think, 'When is my next fix? How can I chase my losses?' They often increase the size of their bets because they don't feel that 'high' with the usual or previous amount," Dr Zakir explains. "For example, a bet that started at \$10 might increase to \$20, then to \$50, and eventually escalate to thousands of dollars. The thrill of placing the bet often matters more than winning or losing."

Additionally, problem gambling could be more damaging than other

addictions, because one's life savings could be wiped out in as little as an hour or a day, Dr Zakir cautions.

THE DOWNWARD SPIRAL

Such preoccupation with gambling can jeopardise relationships and job or educational prospects, and lead to deception about the extent of one's involvement. David neglected work and lied to his family to gamble at casinos, where he would place high-stake bets on the game of baccarat. "When I didn't have client meetings, I'd be absent from work, spending my time at the casino. On Sundays, I'd tell my family I was working overtime and

DON'T GAMBLE YOUR LIFE AWAY

Call the helpline below if you or your loved one has a gambling problem.

• **National Problem Gambling Helpline:**
1800-6-668-668

▼ The following organisations offer counselling or support groups for persons seeking help for gambling addiction:

- **Adullam Life Counselling:**
6659 7844 / 9423 8832
- **Arise2Care Community Services:** 6909 0628
- **Ascending Hope Community Services:** 9787 7100
- **Blessed Grace Social Services:** 8428 6377
- **One Hope Centre:** 6547 1011
- **The Silver Lining Community Services:** 6749 0400
- **THK Centre for Family Harmony @ Circuit:** 6747 7514
- **WE CARE Community Services:** 3165 8017



then head to the casino for a few hours. No one knew," he reveals, adding that he finally came clean when his \$250,000 debt became impossible to hide.

Most patients Dr Zakir sees for gambling issues at NAMS find themselves in crisis — they might have run out of money, are avoiding loan sharks or have no one else to turn to. "Some may also experience severe depression that leads to suicidal thoughts," he adds. "Others are forced to seek help when their family discovers their gambling issue."

PATHWAYS TO RECOVERY

Effective treatments can help individuals overcome their gambling addiction. However, Dr Zakir says the first step is to acknowledge and understand the problem by seeking professional help. The person can first visit a polyclinic or a General Practitioner for an initial assessment, and the doctor can then refer him or her to see a psychiatrist

if there is a need. A comprehensive assessment will be undertaken to diagnose a gambling disorder, as well as any psychiatric co-morbidities such as depression and anxiety.

According to Dr Zakir, the cornerstone of treatment is psychological counselling towards behaviour modification, while some medications can help to reduce impulsivity and the urge to gamble. To minimise the risk of relapse, he advises avoiding all social gambling, including during festive gatherings.

David has abstained from all forms of gambling since he sought professional help in 2014. As a condition for his family settling his debts, he applied for a casino self-exclusion order. He also went for group counselling, where he worked through his gambling-related issues with his peers.

Despite initial reluctance, David realised the seriousness of his gambling

HELPING PROBLEM GAMBLERS HEAL

Family and friends play a pivotal role in a gambler's journey to recovery. Here are some ways to provide support:

- 1 **Share knowledge.** Make treatment resources and information readily available.
- 2 **Avoid financial bailouts.** These often worsen the problem and delay recovery.
- 3 **Be present.** Offer physical and emotional support, such as accompanying your loved one to seek treatment.
- 4 **Get support.** There are various organisations where family members can learn practical ways of rendering support to their loved ones.



To learn more, visit the National Council on Problem Gambling's website at for.sg/helpforgambling.

problem after attending a few group counselling sessions. His wife offered him a final chance after seeing his motivation to change. In addition to giving her full access to his phone, David also handed over his salary to her as a way of managing his gambling urges. "It was a turning point," he says. Eventually, he mended his marriage and family's trust, and salvaged his job. With more time to focus on his career, he was promoted and now works as an assistant general manager.

Today, David serves as a peer support volunteer at the group counselling sessions, which he continues to attend once a month. "It's not an easy journey," he says. "It took me 10 years to get here. Hearing new group members discuss similar experiences serves as a reminder that if I relapse, I'll have to start (the recovery process) all over again."

TAKING A JOINT APPROACH

Teamwork makes the dream work — physiotherapists at IMH like **Ms Lakshmi Delliganesh** work in sync with other mental healthcare professionals to transform patients' physical well-being.

Interview KEENAN PEREIRA // Photo KELVIN CHIA

At the Institute of Mental Health (IMH), some patients may find it hard to adapt to a new environment, and to attend the therapies they need. Others may have limited outdoor activities due to their psychiatric conditions, which affect their mobility. Such scenarios are what the 13-member physiotherapy team, including Ms Lakshmi Delliganesh, encounters daily.

Physiotherapists are vital in many care settings, and IMH is no exception. Here, patients may face both physical issues like osteoporosis or weight management, and also complex mental health conditions. Ms Lakshmi and her colleagues care for both outpatients and inpatients, including long-stay patients. "We strive to maintain or improve their mobility," she says.

Assessing some patients and tailoring exercises for them can be a big challenge. "Some patients may have difficulty following instructions, or have learning or behavioural challenges," she says. However, Ms Lakshmi and her colleagues are not deterred. They use therapeutic rapport — essential for building trust and understanding between the therapist and patient — to work towards more effective physiotherapy outcomes.



MOVE TO LIVE

Physical activity can boost mental well-being. Here are Ms Lakshmi's tips.*

- > **Low-impact aerobic activities**, like Zumba, yoga and strength training.
- > **Get at least 30 minutes** of exercise three to five days weekly.
- > **Practise deep breathing** to manage stress and anxiety.

*If you've been inactive for a while, please consult your doctor before starting a new exercise regimen.



MS LAKSHMI DELLIGANESH

Senior Physiotherapist,
Department of
Physiotherapy, IMH

Interprofessional collaboration is also key, Ms Lakshmi explains. "We get help from other members of our multidisciplinary team as needed, like nurses and psychologists. In some cases, we even do combined therapy with them."

HEALING BEYOND THE PHYSICAL

This holistic strategy can dramatically improve patients' quality of life. Ms Lakshmi recalls a patient who, due to psychiatric issues and a fear of falling, chose to crawl instead. "He was so afraid of falling that he would sometimes squat and refuse to walk any further. So, we roped in a psychiatrist, a psychologist, and nurses from our multidisciplinary team to help him regain his confidence."

The patient's recovery involved a detailed care plan: regular physiotherapy, therapeutic interventions with a psychologist targeting his fear, electroconvulsive therapy for his psychiatric symptoms, and set milestones to fuel his motivation. As his confidence grew, he started walking and was finally discharged home.

Such breakthroughs fuel Ms Lakshmi's passion for physiotherapy, which was sparked during her early years in a village in India. "Quite a few people had knee pain and difficulties walking, but they relied on medicines, not physiotherapy. I realised I could improve lives as a physiotherapist," says Ms Lakshmi, who credits her parents' unwavering support for helping her achieve this dream.

FINDING HER FEET

This support had also helped Ms Lakshmi transition to IMH, which was a new care setting from her previous stint in a nursing home. "With guidance from my seniors, I learnt how to approach and treat patients with psychiatric conditions," she says. "I also learnt the importance of therapeutic rapport and considering each patient's attention span and state of mind, because some patients may have symptoms that affect their responsiveness to therapy."

Like any healthcare professional, Ms Lakshmi faces moments of discouragement, especially in complex cases. Yet, she finds motivation in small victories and heartening appreciation. "There are lots of fulfilling moments," she says. "For example, when patients find relief from pain, regain their ability to walk or are discharged back to the community. Other times, it's the positive feedback from patients, their families, or even the multidisciplinary team."

The steadfast camaraderie among her colleagues at IMH's physiotherapy department also resonates with her. "We work together like a family," Ms Lakshmi says. "Our mornings start with discussions on challenges we face, with everyone chipping in to share ideas and best practices. There's a real sense of support, as everybody's ideas are heard and considered."

Q&A

ASK THE

Experts

IMH clinicians answer your questions.

Q: DURING WEEKLY VISITS TO MY AUNT'S HOME, I'VE NOTICED THAT MY 40-YEAR-OLD COUSIN OFTEN SPEAKS AND LAUGHS TO HIMSELF, sometimes seems agitated, and accuses others nearby of talking about him. Could these be signs of a mental health condition? How should I bring this topic up, and suggest that he consult a professional?

A: The behaviours you have observed are concerning, and could indicate a mental health issue. It is important to approach this situation with care and sensitivity.

You may want to have a private, non-confrontational conversation with your cousin. Express your concern for him, and let him know that you are there to support him. Avoid judgment or blame; instead, focus on understanding his feelings and experiences. Encourage him to consider seeking professional help

to better understand and manage his mental health.

If your cousin is unwilling to seek help or is unable to recognise the need for it, you could try discussing this situation with your aunt. Emphasise your shared love and concern for his well-being. Together, you can explore options for getting him the support he needs, such as visiting a polyclinic or a General Practitioner for an initial assessment. The doctors can then provide referrals to mental health professionals as

needed. If your cousin's agitation becomes too challenging for your aunt to handle, she can bring him to the Institute of Mental Health's Emergency Services for further assistance.

The key is to approach the topic with empathy and understanding, so as to ensure your cousin's comfort and cooperation in seeking help.

DR AMELIA SIM,
Consultant & Deputy Chief,
Department of Psychosis



News

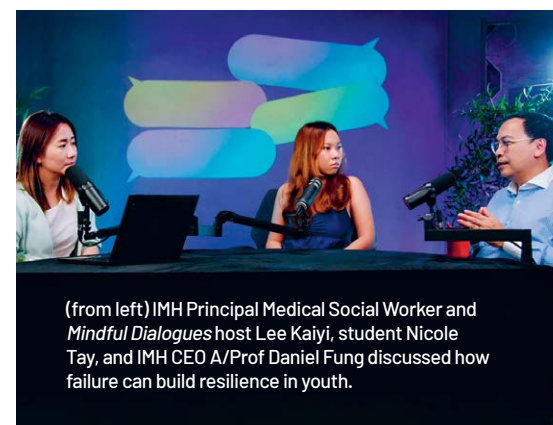


A round-up of news and events centred on mental healthcare.

SOUNDBITES FOR SOUND MINDS

On World Mental Health Day (10 October 2023), the Institute of Mental Health (IMH) launched its thought-provoking podcast series, *Mindful Dialogues*. Over four episodes, listeners learnt about workplace disclosure, embracing failure to build resilience, common misconceptions of psychosis, and navigating love in the context of mental health.

Beyond providing expert information and offering personal stories, the conversations helped to erode the stigma associated with mental health, foster empathy in the community, and spark essential dialogues on these pressing issues.



(from left) IMH Principal Medical Social Worker and *Mindful Dialogues* host Lee Kaiyi, student Nicole Tay, and IMH CEO A/Prof Daniel Fung discussed how failure can build resilience in youth.



All episodes are available on Spotify, YouTube and IMH's dedicated podcast page. Catch up now at for.sg/imh-podcast!



<https://for.sg/imh-podcast>

IMH'S GRAPHIC NOVEL DEBUT

To mark its 95th anniversary, IMH unveiled a graphic novel, *Polderstein 13: School of the Amazing Brain*. Designed to boost mental health literacy among youth, this vivid adventure story combines educational mental health resources with colourful illustrations.

Written by seasoned IMH mental health professionals including child psychiatrist A/Prof Daniel Fung, medical social worker Liew Shiang Hui and clinical psychologist Germaine Tan, the book guides readers through intricate concepts like trauma responses, metacognition and mindful actions. As the characters embark on their journey, readers are educated on the art of resilience and emotional management.



Priced at \$17.90, the book is available at major bookstores, online shops or from for.sg/polderstein13.



Q: I HAVE TWO CHILDREN SITTING FOR THEIR PSLE AND O-LEVELS.

They are not academically inclined. I worry for their future, yet want to reassure them if their results turn out to be poor. How can I balance my concerns for their schooling while supporting their mental well-being during this period?

A: It is natural for you to feel anxious about your children's academic future during major examinations. Recognise your expectations, and acknowledge that you tend to hope for the best and fear the worst for your children. Practise regulating your emotions so that these do not negatively impact your children. Take a deep breath, name your feelings, and note any sensations in your body. Observe any thoughts that arise without judging them, and express these feelings by listening to music, doodling, exercising or shaking them off. This helps you to think more clearly, so that you can make a conscious choice to support your children.

Rather than focus on their results, empathise with their experience. Champion diverse paths to success and stress the value of effort and personal development. Convey that learning is a continuous journey, and that exam results are just one aspect of it. Celebrate milestones (not just achievements), and acknowledge their strength in the face of challenges. Your actions will send a strong message about what is truly important to you.

By emphasising effort over outcomes, you foster a positive mindset where challenges are seen as growth opportunities. This approach builds resilience for tackling life's challenges beyond academics.

MS JOYCE LEUNG,
Senior Medical Social Worker,
Department of Developmental Psychiatry



HAVE A QUESTION FOR OUR EXPERTS? Write to us at enquiry@imh.com.sg.

TRANSFORMING INPATIENT MENTAL HEALTHCARE

IMH has completed its refurbishment of 11 acute wards. Funded by the Ministry of Health, the project included the new Stepping Stones Rehabilitation Centre and Short Stay Unit, the addiction medicine ward (Serenity Centre), a child and adolescent ward, and six general psychiatry wards. These upgrades underscore IMH's commitment to a recovery-focused, patient-centric model of care.

Health Minister Mr Ong Ye Kung inaugurated Stepping Stones and Serenity Centre on 6 October 2023, a significant milestone for IMH's 95th anniversary this year. Stepping Stones (right) offers an eight-week programme for psychosocial rehabilitation, teaching life and vocational skills for community reintegration, while Serenity Centre provides a detoxification and rehabilitation programme for recovery from addictions. Then there is the Short Stay Unit, which started operations in January 2022. This 30-bed facility provides three- to five-day interventions for acute crisis situations, after which patients return to the community or receive further in-hospital care.

"Beyond a physical overhaul, the ward refurbishment is about creating environments that are more conducive for running personalised recovery programmes," said A/Prof Swapna Verma, Chairman, Medical Board, IMH. "The recovery model allows us to practise person-centred care that looks at patients' needs more holistically. With the dedicated amenities in the refurbished wards, we can offer a higher level of differentiated care to patients."



Fear and Fortitude

Could that scary movie be your ticket not just to enjoyment, but enhanced emotional resilience?

It is a curious human quirk: we seek out that which scares us. From zombie films to true crime podcasts, people are drawn to scary entertainment. Yet, beneath this surface-level interest lies a potent blend of psychology and brain science. Why are we drawn to fear, and what does it reveal about us?

Associate Professor Mathias Clasen of the Recreational Fear Lab at Denmark's Aarhus University sees our dalliance with dread as a tool for self-exploration. "We learn something about the dangers of the world," he told *The Washington Post*. "We learn about our own responses: what does it feel like to be afraid? How much fear can I take?"

We respond in fascinating ways to fear stimuli. Brain imaging studies show that the threat-processing areas – such as the amygdala – become active when we watch a horror movie. While we logically know that an onscreen killer is fictional, our brain reacts as if the murderer were real. This physiological response releases adrenaline and cortisol, creating the "fight-or-flight" sensation and

often a feeling of exhilaration afterward. A 2019 study published in the journal *Emotion* supports this: half of its 262 participants in a haunted house adventure felt uplifted after the experience.

Further emphasising the therapeutic potential of horror content, a 2021 study co-authored by A/Prof Clasen and published in the *Personality and Individual Differences* journal explored the effects of horror consumption during the early months of COVID-19 in 2020. Surveys of 300 participants found that horror fans showed greater psychological resilience during pandemic-related stress. "Exposure to frightening fictions allows audiences to practise effective coping strategies that can be beneficial in real-world situations," the researchers said.

Far from mere escapism, our engagement with horror offers a window into psychology, emotional regulation and resilience. Through the eerie corridors of haunted houses and the suspenseful plots of scary films, we are not just entertaining ourselves – we are facing real-life fears in a safe, controlled setting.

WHEN 'FIGHT-OR-FLIGHT' TURNS COUNTERPRODUCTIVE

Our body's "fight-or-flight" response to stress readies us to confront potential threats by quickening our heartbeat and breathing. But when this response is constantly triggered in everyday life, it can cause anxiety and other health issues. To regain your peace of mind:

- > **Practise** deep, slow breathing to counteract physiological arousal.
- > **Accept** and recognise the stress response as something normal, to lessen its intensity.
- > **Reframe** your perspective on stressors as challenges instead of threats, to help calm your body's "fight-or-flight" response.
- > **Engage** in regular exercise to reduce anxiety and build stress resilience.



RESOURCES AND USEFUL INFO

HELP IS A PHONE CALL AWAY



Mental Health Helpline

Manned by trained counsellors from IMH for those requiring advice on mental health issues.

Tel: 6389 2222 (24 hours)

Singapore Association for Mental Health (SAMH) Helpline

Provides information and assistance on mental health matters and psychosocial issues.

Tel: 1800-283-7019
(Monday to Friday; 9am to 6pm)

Dementia Helpline by Dementia Singapore

Provides information and assistance for a person with dementia.

Tel: 6377 0700
(Monday to Friday; 9am to 6pm and Saturday; 9am to 1pm)

Dementia InfoLine by Health Promotion Board

For advice and information on dementia-related queries (available in all 4 languages – English, Chinese, Malay and Tamil).

Tel: 1800-223-1123
(Monday to Friday; 8.30am to 5pm and Saturday; 8.30am to 1pm)

Samaritans of Singapore (SOS)

Provides confidential emotional support for those in crisis, thinking of suicide or affected by suicide.

Tel: 1800-221-4444 (24 hours)

National Addictions Management Service (NAMS) All Addictions Helpline

Provides a range of services to assist people who are dealing with addiction problems.

Tel: 6732 6837 (Monday to Friday; 8.30am to 6pm)

National Problem Gambling Helpline

Provides information and help for problem gamblers and their families.

Tel: 1800-666-8668 (8am to 11pm daily)

Touchline by Touch Youth Services

Renders emotional support and practical advice to youth.

Tel: 1800-377-2252 (Monday to Friday; 9am to 6pm)

Tinkle Friend Helpline by Singapore Children's Society

Provides support, advice and

information to primary school children in distress, especially in situations when their parents or main caregivers are unavailable.

Tel: 1800-274-4788
(Monday to Friday; 2.30pm to 5pm)

Club HEAL

Helps persons with mental health issues to reintegrate back into the community.

Tel: 6899 3463
(Monday to Friday; 9am to 5pm)

Silver Ribbon

Supports persons with mental health issues and their families.

Tel: 6386 1928 (main line); **6385 3714** (Crisis Resolution Team)
(Monday to Friday; 9am to 5pm)

Caregivers Alliance Limited

Supports caregivers of persons with mental health issues.

Tel: 6460 4400 (main line); **6388 2686** (Caregivers Support Centre)

IMH SERVICE DIRECTORY

INSTITUTE OF MENTAL HEALTH

Buangkok Green Medical Park
10 Buangkok View
Singapore 539747
General Enquiries 6389 2000
(24-hour hotline)
Appointment Line 6389 2200
(Monday to Friday; 8am – 6pm)
Email: imh_appt@imh.com.sg

CHILD GUIDANCE CLINIC SUNRISE WING

IMH, Block 3, Basement
Monday to Thursday 8am to 5.30pm
Friday 8am to 5pm

CHILD GUIDANCE CLINIC HEALTH PROMOTION BOARD BUILDING
3 Second Hospital Avenue #03-01
Singapore 168937

Monday to Thursday 8am to 5.30pm
Friday 8am to 5pm

CLINIC B

IMH, Level 1
Monday to Thursday 8am to 5.30pm
Friday 8am to 5pm

SAYANG WELLNESS CENTRE CLINIC (for non-subsidised patients)

IMH, Level 2
Monday to Thursday 8am to 5.30pm
Friday 8am to 5pm

COMMUNITY WELLNESS CLINIC, QUEENSTOWN

580 Stirling Road, Level 4,
Singapore 148958
Monday, Tuesday, Thursday
8am to 5.30pm

Wednesday 8am to 12.30pm
Friday 8am to 5pm

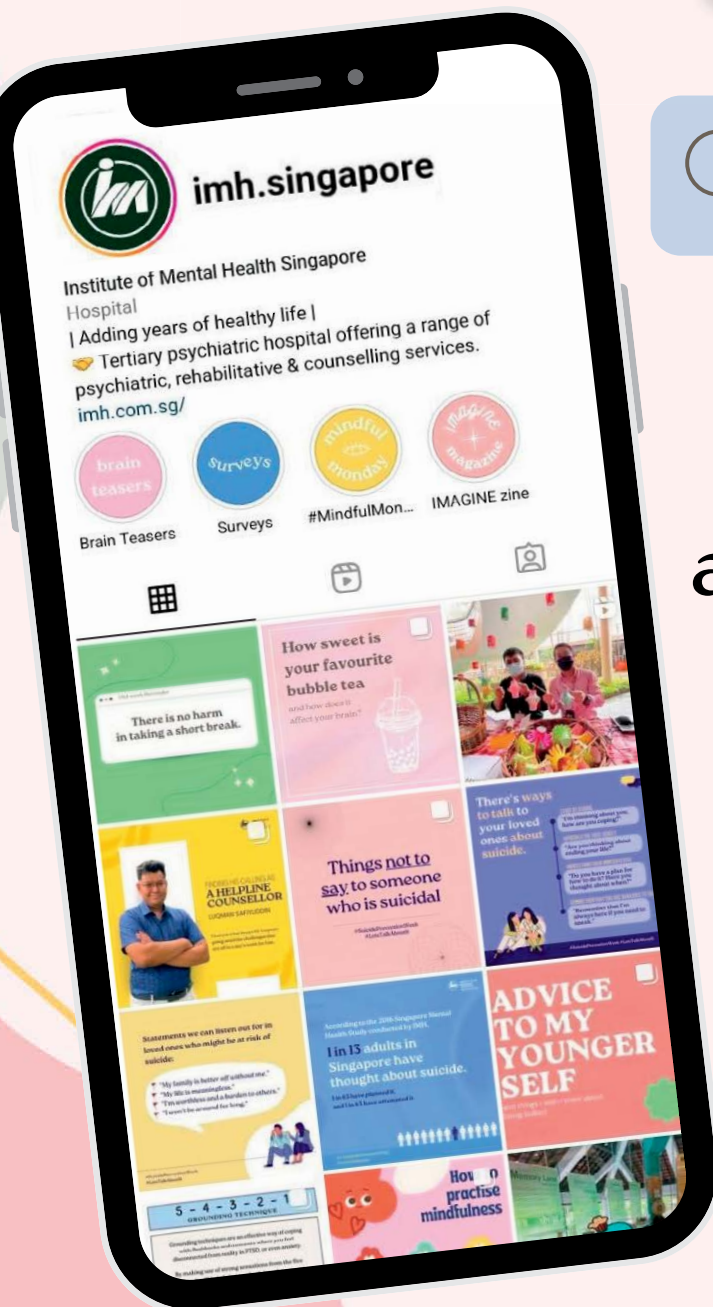
COMMUNITY WELLNESS CLINIC, GEYLANG

21 Geylang East Central, Level 4
Singapore 389707
Monday, Tuesday, Thursday,
Friday 8am to 5pm
Wednesday 8am to 12.30pm

NATIONAL ADDICTIONS MANAGEMENT SERVICE (NAMS) CLINIC

IMH, Block 9 Basement
Monday to Thursday
8am to 5.30pm
Friday 8am to 5pm

We are on Instagram!



 [imh.singapore](https://www.instagram.com/imh.singapore)

Follow us for
mental health
and wellness tips!



Connect with us!

