Referral Procedure

If you suspect that an individual is at risk of developing psychosis or other mental disorders, you are welcomed to discuss the case by telephone with the SWAP/EPIP triage service, and an appointment can be arrganged for the individual to see the psychiatrist at the earliest date for further assessment.

General Enquiry

Support for Wellness Achievement Programme (SWAP)
Website   www.epip.org.sg
Operating Hours   8.00am - 5.30pm
                                                  (Mon - Fri)

SWAP / EPIP Triage Service   9017 8212
Telephone Number   6389 2972
Fax Number   6389 2963

IMH Emergency Number: 6389 2003/4
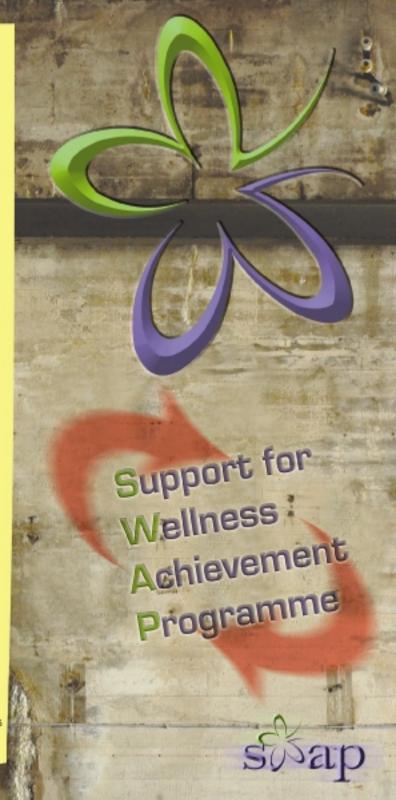**IMH 24HR Helpline: 6389 2222**

Location

COMMUNITY
WELLNESS
CENTRE

Community Wellness Centre
(Former Alexandra Behavioral Medicine Clinic)
590 Stirling Road
Level 4
Singapore 148958
Telephone: 6474 4872
Appointment Line: 6389 2200

Nearest MRT stations:
Commonwealth MRT station (0.53km)
Queenstown MRT station (0.56km)

Nearest Bus-stops:
B1:   Queensway - Majahidin Mosque
       (B11059) (0.09km)
       51, 61, 93, 100, 123, 147, 153,
       195, 198, 631, 642, 855 and 961)

B2:   Queensway - Opp Majahidin Mosque
       (B11051) (0.12km)
       51, 61, 93, 100, 123, 147, 153,
       195, 198, 631, 642, 855 and 961)

B3:   Commonwealth Ave - Blk 42
       (B11151) (0.17km)
       51, 111, 145, 186, 195, 970 and NR5

Support for
Wellness
Achievement
Programme

swap

At-risk Mental State (ARMS)

This terminology highlights that the individual has some factors that put him/her at ultra-high risk for the development of psychosis or other mental disorders. Studies have estimated that 20% to 50% of individuals with an at-risk mental state will eventually go on to develop psychosis while the remaining individuals may experience a resolution of symptoms or go on to develop other mental disorders.

Signs and Symptoms of ARMS

An individual with an at-risk mental state may start to experience some early symptoms during the adolescence years. Some of the common early signs include:

- Deterioration in academic perfomance
- Reduced concentration and attention
- Reduced drive and motivation
- Withdrawal from friends and family
- Odd thinking and behavior
- Increased suspiciousness and distrust of others
- Irritability
- Increased anxiousness
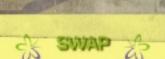- Persistent low mood
- Sleep disturbances

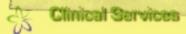## Advantages of Early Detection and Intervention

There are numerous advantages to providing treatment to individuals with an at-risk mental state. Some of the advantages include:

- Minimizing the disability of a possible mental illness (e.g. pyschosis)
- Recovery occurring before the symptoms and poor functioning become entrenched
- Possibility of preventing or delaying the onset of mental illness
- Rapid detection and timely commencement of treatment if mental illness develops
- An avenue of help is provided to these individuals who are often distressed due to the many symptoms and difficulties in functioning adequately
- Engagement and trust, thus laying a foundation for later therapeutic interventions

SWAP

With the advantages of early detection and intervention, the Early Psychosis Intervention Programme (EPIP) has established the **Support for Wellness Achievement Programme (SWAP)** for individuals, between the ages of 16 to 30, with an at-risk mental state. SWAP distinguishes itself from the mainstream mental health clinics in the following ways:

- It is located in a non-traditional mental health setting, where the stigma associated with seeking help is reduced so as to improve the accessibility of the service
- **Psychological and social interventions** form the foundation of the treatment

Clinical Services

An individual assessed to have an at-risk mental state will receive the following services for approximately two years:

- Regular consultation with psychiatrist
- Individualized case management services
- Regular support through phone contacts and/or home visits
- Continuous psychoeducation
- Supportive counseling or psychotherapy
- Stress management and social skills training
- Crisis management
- Psychoeducation workshop for the caregivers

SWAP Team

SWAP's multidisciplinary team consist of the following healthcare professionals:

- Psychiatrists
- Case Managers
- Psychologist
- Medical Social Worker
- Occupational Therapist
- Research Assistant
- Administrative staff

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