

Other Therapies

Individual Psychotherapy – You can work with a psychologist on a personalised therapy plan that is tailored to your unique needs. This involves setting therapeutic goals, learning how to manage your emotions and learning how to manage your symptoms or triggers in order to live a healthier life.

Couple & Family Therapy – Family can be both a source of support and tension. Couple and family therapy is dedicated to supporting individuals and their families in navigating relationship conflicts and challenges. Our family therapists strive to work with you and your loved ones to foster understanding, improve communication, and strengthen bonds within your family unit.

Occupational Therapy – Occupational therapy focuses on reviewing one's routine which consists mainly of self-care, leisure, productivity and rest. Through the exploration of and participation in these activities, we aim to customise a balanced routine that is both meaningful and achievable for each individual.

Individual Art Therapy – Traumatic events and distressing emotions are sometimes not accessible by speech. Art therapy uses images as visual language to connect the unconscious and conscious mind through an integrative approach. Art therapy will enable you to process deeper emotions and thoughts, and unlock deep-seated issues. Our art therapist will guide you through creative expression and self-reflection, to raise self-awareness and cultivate compassion for growth. No artistic experience is required.



Mood Disorders Unit

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Mood Disorders Unit Inpatient Service

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The Mood Disorders Unit (MDU) specialist inpatient service consists of a 40-bedded acute ward that provides customised inpatient treatment for patients with mood disorders. The ward caters to male and female patients. Patients in the ward receive quality care from a multidisciplinary team consisting of psychiatrists, psychologists, nurses, pharmacists, medical social workers, occupational therapists, art therapist and case managers. The ward also provides activities aimed at helping patients find ways of coping with difficult thoughts, feelings and behaviours, and reducing some of the distressing symptoms they experience.

Treatment & Care Plan

Treatment is a collaborative process and you can expect to work closely with the team and play an active role in your recovery. You and the team will discuss the best way to look after yourself and a care plan will be put together. Treatment typically includes taking medications, participating in individual work, or group work with other patients. We encourage you to take part in the planned group therapies and talk to us if you have any concerns about your treatment and care plan. Where appropriate, we will also work closely with your family or caregivers to optimise your treatment outcomes.

Family Psychoeducation

Your family and caregivers can receive valuable support through family psychoeducation sessions. Psychoeducation involves providing information

and resources to help you and your loved ones understand mental health conditions and illness management options. These tailored sessions are designed to help your significant others understand how they can best support you in managing your illness on your road to recovery.

MDU Therapy Groups

During your stay in the ward, you are strongly encouraged to attend various groups that are designed to give you the opportunity to share, gain support and build skills to cope with your mental health and other life changes. The groups are run by various Allied Health professionals such as psychologists, occupational therapists, medical social workers, pharmacist, art therapist and music therapist, etc.

