

Frequently Asked Questions

1. Is MH-GP Partnership Programme open to all GPs?

Yes, the programme is open to all interested GPs.

2. How does the MH-GP Partnership Programme equip GPs to manage patients with mental illness? What does the training involve?

For training requirements, we encourage all our GP Partners to take up the Graduate Diploma in Mental Health (GDMH) programme. For those who are unable to do so, we provide a half-day clinical attachment in IMH to give GPs an introduction to mental healthcare and some hands-on experience in treating psychiatric patients.

3. What types of patients or mental illness can be adequately managed by GPs who have received training under the MH-GP Partnership Programme?



Stable patients, who are in the remission and recovery phase of their illness, are suitable for primary care treatment by their GPs in the community. Conditions that can be adequately managed by GPs include stable chronic schizophrenia, anxiety disorders, and depressive disorders.

4. How do I join the MH-GP Partnership Programme?

If you are a GP and would like to come on board this programme as a GP Partner, please email us at IMH-GPP@imh.com.sg.

MENTAL HEALTH – GENERAL PRACTITIONER PARTNERSHIP PROGRAMME

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Mental Health – General Practitioner Partnership Programme



Loving Hearts, Beautiful Minds



Join the growing network of GPs providing mental healthcare in the community

The Mental Health - General Practitioner (MH-GP) Partnership Programme is a collaboration between the Institute of Mental Health (IMH) and GPs, for the care and management of patients with stabilised mental health conditions in the community. GP Partners are dedicated primary care providers who work closely with psychiatrists from IMH to provide follow-up in their clinics.



Aims of MH-GP Partnership Programme

- To provide a value-added, affordable and easily accessible service for patients with mental illness
- To ensure the best possible clinical care in the community by linking patients to a wider range of support and resources from IMH, through a service system
- Train and enhance competencies of GPs to provide mental healthcare
- Provide support to GP Partners caring for patients with mental health issues through telephonic clinical consult, and easy referral back to IMH for patients should the need arise



How MH-GP Partnership Programme Works

Patients who are assessed to be stable and meet the programme's eligibility criteria will be referred to a suitable GP Partner.



Multidisciplinary Team Approach

GPs under the programme are supported by a multidisciplinary team from IMH.

Liaison Coordinator (LC)

A programme LC will counsel the referred patient about the programme objectives, consultation, medication and depot injection handling charges, if any, and offer a list of GP clinics.

Case Manager (CM)

A CM will call the patient regularly to monitor his/her progress and to assess adherence to medication and follow-up on GP appointments. The CM will also provide psycho-education and supportive counselling to patients, when necessary.

Psycho-education

Psycho-education is provided to support patients, families and caregivers on medication compliance and the importance of not missing follow-up appointments.