Appointments and Referrals

We accept referrals from Sayang Wellness Centre Clinic and the Emergency Services in IMH. Consultation at our clinic is by appointment only.

Appointment Line: 6389 2200
Fax: 6385 1075

Opening Hours of Sayang Wellness Centre Clinic:
Monday to Thursday (8.00am – 5.30pm)
Friday (8.00am – 5.00pm)
Sayang Wellness Centre

At Sayang Wellness Centre, we are dedicated to providing the best care for our patients. Designed as a healthcare boutique with a soothing and recuperative setting that facilitates effective treatment and rehabilitation, the centre provides comprehensive yet personalised services and care for each and every patient.

The Blossom Wing in Sayang Wellness Centre is a fully-equipped, 20-bedded private class ward comprising A1, A2 and B1 class of accommodation. Our professional and dedicated multi-disciplinary team, comprising doctors, nurses, occupational therapists, psychologists and medical social workers, provides specialised treatment plans and programmes to help patients on the road to recovery.

About Blossom Wing

The fully air-conditioned Blossom Wing includes:

- Therapy rooms
- Consultation rooms
- Conference rooms
- Audio video room
- Gaming entertainment
- Gymnasium
- Dining suite
- Visitor lounge
- Choice of daily menu
- Beverages & snacks

Our value-added programmes and services include:

- Daily exercise
- Mental health education
- Diet and weight management
- Group therapy session
- Relaxation session
- Educational talks
- Personalised medication counselling upon discharge

Our premium clinical programmes* include:

- Dynamic psychotherapy intake assessments
- Psychometric & neuropsychological tests
- Individual occupational therapy
- Individual psychotherapy
- Individual physiotherapy
- Marital and couple therapy
- Family therapy
- Individual diet & nutrition counselling

*Charges apply

Consultations are available for:

- Anxiety and depression
- Sleep disorders
- Eating disorders
- Addiction and substance abuse
- Neuropsychiatric disorders
- Sexual dysfunction
- Psychological and psychiatric disorders in elderly persons

Our clinic also offers the following specialised treatments:

- Individual psychotherapy
- Group psychotherapy
- Cognitive therapy
- Family therapy
- Counselling
- Relaxation therapy