

## 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)



### DIRECTORY

- A** Specialist Outpatient Clinic B
- B** Emergency Services
- C** Sayang Wellness Centre
- D** Sayang Wellness Centre Clinic

### SAYANG WELLNESS CENTRE

Buangkok Green Medical Park

10 Buangkok View

Singapore 539747

General Enquiries: 6389 2000

Fax: 6385 1050

[www.imh.com.sg](http://www.imh.com.sg)

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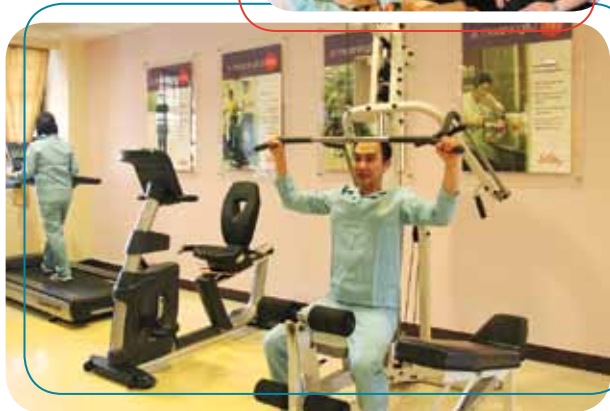
*Sayang Wellness Centre*



## 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



## Sayang Wellness Centre Clinic



The Sayang Wellness Centre Clinic also provides specialist outpatient services for non-subsidised patients. The services are delivered by our team of psychiatrists, psychologists, nurses, medical social workers and occupational therapists; and are specially designed to cater to an individual's needs.

### 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

