

# *Seeing a GP for Your Mental Health Needs*



**INSTITUTE  
of MENTAL  
HEALTH**

*Loving Hearts, Beautiful Minds*

## **MENTAL HEALTH-GENERAL PRACTITIONER PARTNERSHIP PROGRAMME**

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## *Mental Health – General Practitioner Partnership Programme*

Did you know that General Practitioners (GP) can help you with your mental health needs? The Mental Health-General Practitioner (MH-GP) Partnership Programme is a collaboration between the Institute of Mental Health (IMH) and GPs to manage patients with stabilised mental health conditions in the community.

The GP partners have been trained in mental healthcare and work closely with psychiatrists from IMH to provide high quality and affordable care.



## *Benefits of seeing a GP*



- **Receive treatment conveniently at clinics closer to home**
- **Shorter waiting time**
- **Flexible appointments**
- **Personalised care by the GP, who would also be able to provide treatment for other medical conditions such as diabetes or high blood pressure**
- **Use of CHAS card**

## *Referral Process*



If you would like to join this programme, please speak to your doctor.

If you meet the programme's criteria, you will be referred to a GP partner whose clinic is in a location convenient for you. You will also receive advice on fees chargeable.

A referral letter from IMH will be sent to the selected GP outlining the proposed treatment.

Assessments and referrals are made at the following IMH outpatient clinics:

- **Clinic B (IMH)**
- **Sayang Wellness Clinic (IMH)**
- **Community Wellness Centre, Queenstown**
- **Community Wellness Centre, Geylang**