

## Making an Appointment

For appointments, please call our Appointment Line at tel: 6389 2200 during office hours from Mon – Fri , 8am to 6pm. Alternatively, you may email your request to [imh\\_appt@imh.com.sg](mailto:imh_appt@imh.com.sg).

## First Visits

Please present your identification card, child's birth certificate and health booklet, passport or Employment Pass (for foreigners) along with your referral letter, if any. You may also bring along any medical benefit document (e.g. Public Assistance Card and Civil Service Card).

## Hospital Charges

For outpatient charges, please refer to [www.imh.com.sg](http://www.imh.com.sg). The published charges are applicable for Singapore citizens, and will differ among Permanent Residents, Resident Foreigners and Non-Residents. Please confirm with the counter staff prior to admission/consultation.

### INSTITUTE OF MENTAL HEALTH

Buangkok Green Medical Park  
10 Buangkok View  
Singapore 539747  
Fax: 6389 1050  
Email: [imh\\_appt@imh.com.sg](mailto:imh_appt@imh.com.sg)



General Enquiries: 6389 2000  
Appointment Line: 6389 2200  
Quality Service: 1800-386 4541  
Admission Enquiries: 6389 2003 / 2004  
Medical Records Office: 6389 2022 / 2027  
Billing Enquiries: 6511 4338  
Mental Health Helpline: 6389 2222  
All Addictions Helpline: 6-RECOVER (6-7326837)  
National Problem Gambling Helpline: 1800-6-668-668

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

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A Member of the National Healthcare Group

Getting to IMH



**Bus Service:**  
88, 43, 109, 101, 156, 159, 161, 325

**MRT Station:**  
Ang Mo Kio -> Bus no. 88, or 159  
Bishan -> Bus no. 88 or 156  
Hougang -> Bus no. 325 or 161  
Serangoon -> Bus no. 101  
Sengkang -> Bus no. 156, 159 or 161

Exits from various expressways

Getting Around IMH



### Directory

- Level 1**
- A Clinic B
  - B Emergency Services
  - C Business Office
  - D Sayang Wellness Centre
  - E Child Guidance Clinic
  - F OcTAVE / Job Club
  - G Materials Management Department
  - H NAMS Clinic

- Level 2**
- I Woodbridge Museum
  - J SWC Clinic

# Service Directory



INSTITUTE of MENTAL HEALTH  
"Loving Hearts, Beautiful Minds"



## About the Institute of Mental Health

Set in serene surroundings on a 25-hectare campus in Buangkok Green Medical Park, IMH offers a comprehensive range of psychiatric, rehabilitative and counselling services for children and adolescents, adults, and the elderly.

IMH is equipped with modern facilities, with 2,000 beds for inpatients and seven Specialist Outpatient Clinics. Our treatment integrates evidence-based therapies and state-of-the-art facilities, supported by the departments of clinical psychology, nursing, occupational therapy and medical social work to provide holistic care for patients.

### Children & Adolescents

IMH provides assessment and treatment for children and adolescents up to 18 years old at its two Child Guidance Clinics. Every child receives comprehensive and appropriate care, with treatment designed to meet his needs. IMH also provides inpatient care in a friendly setting.

#### Child Guidance Clinic - Sunrise Wing

IMH, Block 3, Basement 1  
Mon – Thu 8.00am – 5.30pm  
Fri 8.00am – 5.00pm

#### Child Guidance Clinic – Health Promotion Board

Health Promotion Board Building  
3 Second Hospital Avenue  
#03-01 Singapore 168937  
Mon – Thu 8.00am – 5.30pm  
Fri 8.00am – 5.00pm



### Adults and the Elderly

Diagnosis and intervention programmes are available to adults aged 19 to 64 years and the elderly, aged 65 years onwards. Specific programmes and treatment are designed to meet every individual's needs, tackling psychosis, depression, schizophrenia and the array of mental health disorders. IMH also offers specialty clinics such as the Mood Disorder Clinic, Memory Clinic, Psychogeriatric Clinic as well as Intellectual Disability Clinic. Adults and the elderly with mental health problems may be seen at four Specialist Outpatient Clinics, with two conveniently located within the community.

#### Clinic B

IMH, Level 1  
Mon – Thu 8.00am – 5.30pm  
Fri 8.00am – 5.00pm

#### Sayang Wellness Centre Clinic

(for non-subsidised patients)  
IMH, Level 2  
Mon – Thu 8.00am – 5.30pm  
Fri 8.00am – 5.00pm

#### Community Wellness Clinic - Queenstown

580 Stirling Road, Level 4, Singapore 148958  
Mon, Tue, Thu 8.00am – 5.30pm  
Wed 8.00am – 12.30pm  
Fri 8.00am – 5.00pm

#### Community Wellness Clinic - Geylang

21 Geylang East Central, Singapore 389707  
Mon, Tue, Thu, Fri 8.00am – 5.00pm  
Wed 8.00am – 12.30pm

- Locations within IMH
- Locations in the community

All clinics are closed on Sat, Sun and PH.

### Managing Addictions

The National Addictions Management Service (NAMS) provides treatment for a broad range of addictions, including addiction to drugs, alcohol, gambling, gaming and others. Managed by a multi-disciplinary team of specialists, patients are thoroughly assessed to determine a treatment plan that best suits them. NAMS also offers acupuncture treatment service to complement the existing psychiatric and psychological treatment programmes for patients. Besides the outpatient clinic, NAMS also runs Serenity Centre, an inpatient ward with residential facility for patients who require detoxification and rehabilitation.

#### NAMS Clinic

IMH, Block 9, Basement  
Mon – Thu 8.00am – 5.30pm  
Fri 8.00am – 5.00pm

### Job-seekers

The Job Club is established as a centralised employment resource centre for people with psychiatric conditions. Run by a group of dedicated Vocational Specialists and Job Placement Officers, the club provides vocational counselling and assessment, as well as help in seeking suitable employment. The team works closely with both employers and employees to ensure job fit and success. Upon successful job placements, the team provides close follow-up to ensure that the employees are adjusting and coping well at the new workplace.



Referrals are accepted from psychiatrists, allied health professionals and case managers. For appointments and enquiries, you may call 6389 2675.

#### Job Club

IMH, Block 1, Level 1  
Mon – Thu 9.00am – 5.30pm  
Fri 9.00am – 5.00pm

### Outpatient Rehabilitation Centres

IMH provides rehabilitation services for people with psychiatric conditions. Vocational, cognitive and other forms of psychosocial rehabilitation are necessary to help patients reintegrate into society. Run by Occupational therapists, three outpatient rehabilitation centres provide ongoing therapy for patients.

Clinical rehabilitation programmes provide psychosocial interventions in areas of illness management and recovery, cognitive remediation, health management and mindfulness-based stress reduction.

The empowerment programme engages participants in a variety of activities such as craft, sports, cooking, computer skills and team building activities to promote wellness, management of life skills and self-efficacy.

IMH also offers vocational training in Food and Beverage, retail, cleaning and clerical duties helps to build work confidence and good work habits and routine.

#### OcTAVE @ IMH

IMH, Block 1, Level 1  
Mon – Thu 8.30am – 4.30pm  
Fri 8.30am – 4.00pm

#### OcTAVE @ Cantonment

25 Cantonment Road, Singapore 089744  
Mon – Fri 8.00am – 4.00pm  
Tel: 6479 7353

#### OcTAVE @ Bukit Batok

Bukit Batok Polyclinic, Level 3  
50 Bukit Batok West Avenue 3, Singapore 659164  
Mon – Fri 8.00am – 4.00pm  
Tel: 6566 7462

### Caregiver Support

IMH understands that caring for people with psychiatric conditions may be challenging and sometimes tiring. Therefore, it is important to talk out issues and garner the support that is necessary to keep you going. Medical Social Work Department offers various caregiver programmes and services to cater to your needs. For enquiries, you may call 6389 2059.