

Foreword

In the last twenty years, we have seen several changes in the approach to mental health services and how we deliver care in Singapore. One of the significant changes is the strong involvement of primary care partners, such as GPs, in helping persons with mental health issues receive care and support in the community.

In 2005, working closely with GPs, IMH initiated the Mental Health — General Practitioner (MH-GP) Partnership Programme — the first mental healthcare right-siting programme for adults — to provide follow-up care to stabilised psychiatric patients from the hospital.

In 2007, under the National Mental Health Blueprint (NMHB), the programme grew to take on the role of providing

liaison specialist services to GPs across Singapore as well as training them to treat mental illness in the community.

This book, *My GP, My Mental Healthcare Provider: A Tertiary — Primary Care Collaboration for Community Mental Healthcare*, traces the development of the MH-GP Partnership Programme in the last ten years, and provides a peek into future plans. It also highlights the important role GPs play in providing holistic healthcare as well as the integration and collaboration necessary among the health, social and community sectors.

As the MH-GP Partnership Programme reaches a milestone in bridging mental healthcare and community involvement, it is timely that we mark the achievements of the programme and chart the next steps as we continue to provide value-added, affordable and easily accessible mental health services. My greatest appreciation goes to the MH-GP Partnership Programme team and our GP partners for their utmost devotion and dedication, which have made the programme a success.

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