

Turning a page,...

FSCs, VWOs, Public Access

The Institute of Mental Health

Private Practitioners

Our Voices

For further clarification,...

Weighing Your Options Carefully to Achieve Adequate Therapeutic Relief

Kindly refer to a new booklet that has just been released by NCSS - National Council of Social Services - a monitoring body that aims to seamlessly integrate social services in the community. The booklet aims to break down barriers in seeking for better adjusted emotional mental health-being.

In the booklet, there are touchpoints you could reach out to. Do explore all your options before deciding which path both you and your loved ones would prefer and could best assist your therapeutic needs.

FSCs, VWOs, Public Access

Both NCSS and MSF - Ministry of Social and Family Development - assists in access to FSCs (Family Service Centres). You may click on the link (<http://app.msf.gov.sg/dfcs/familyservice/default.aspx>) to find the nearest FSC to you or your loved one.

The above link could provide you with details of your neighborhood FSC, childcare, student care, elderly care, disabilities concerns and a list of VWOs (Voluntary Welfare Organizations).

With regards to the services provided by FSCs, please click on the following link to find out whether an FSC could address your needs.

<http://app.msf.gov.sg/Policies/Strong-and-Stable-Families/Supporting-Families/Family-Service-Centres>

The Institute of Mental Health

The Institute of Mental Health (<https://www.imh.com.sg>) offers a comprehensive range of psychiatric, rehabilitative and counseling services for children, adolescents, adults and the elderly. You could discuss with social workers at IMH regarding financial concerns and how you could utilize your Medisave for subsidies with regards to mental health (medication and consultations).

For more understanding of the services that IMH could offer bearers, you may like to read up @ <https://www.imh.com.sg/clinical/>

If you decide to approach a psychiatrist, or perhaps would like to consider consulting a counselor, you could refer to Psychology Matters Asia to differentiate between the different allied practitioners.

<http://www.psychologymatters.asia/article/41/differences-between-psychologist-psychiatrists-counsellors-and-social-workers.html>

Private Practitioners

If you prefer to consult private practitioners, you may refer to a list of current practitioners @

http://www.psychologymatters.asia/find_therapist/Singapore/

For current newsletters, you could refer to

<http://www.psychologymatters.asia>, (as one of various sources which contributes to demystifying mental health concerns); the administrators constantly update the site with relevant topics to mental well-being.

Our Voices

For supporting help from bearers with difficulties and challenges that impairs their mental well-being, The Tapestry Project in Singapore, have many individuals sharing about their needs that are purposefully addressed where the demands they have to tackle in their lives are facilitated with allied health practitioners. (<http://thetapestryproject.sg>)

For further clarification,...

The above hopefully assists you with a list of possibilities that you could readily access. However, if you would like, do drop me a note on how you are doing and which approaches you found helpful. If you would like to meet briefly, please let me know in advance via email too. With regards to more enquiries, I would look forward to clarify more where you find needed.

*Most importantly, I wish you and your loved ones 'All the Best!'
and will check emails as regularly as possible.*

*Take care and
I hope to hear you set resolutions for 2015 and the years ahead for your loved
ones and yourself!*

*Best Regards,
Jolene*