

Community Mental Health Support for you

You can strengthen your mental health and well-being through coping strategies such as finding ways to de-stress and relax. As a caregiver, you and your loved one can seek accessible support for your mental health needs in the community. Here are some examples of the support you can find near home.

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How can you prevent mental health issues

Stay mentally and physically fit by connecting with new friends through activities, attending talks and courses, participating in regular exercises and keeping in touch with family and friends.



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What should you do if you are feeling stressed



Visit a GP or Polyclinic who can provide holistic treatment near home, in a less stigmatising environment.

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How can you get care and support

Reach out to the Community Outreach Team (CREST), who can provide emotional support and link you to relevant health and social care services.



Be supported by the Community Intervention Team (COMIT) or nurse counsellor who works with doctors, and provide counselling, therapy and case management.



If you require higher care needs, you **can be referred** to a hospital for assessment and treatment.

If you are a caregiver

Take care of your well-being by tapping on care and respite services, caregiver support groups and training courses to learn how to better care for your loved one.



Scan the QR code to access the available resources, or visit www.for.sg/mh-resources
If you need more information on the services and resources, you may email enquiries@aic.sg



Journeying with You to Better Mental Health and Well-Being



Primary Care Network – Mental Health
For Persons with Chronic and
Mental Health Conditions



Do you find yourself having any of these thoughts or have been diagnosed with mental health conditions such as depression, anxiety etc?



These are examples of thoughts or experiences that individuals with mental health needs may have.

If you feel overwhelmed and need support for your mental health and well-being, reach out to your General Practitioner (GP).



Scan the QR code to find out which GPs and polyclinics offer mental health services or visit www.for.sg/wayfinding

Do you know about the Primary Care Network - Mental Health (PCN-MH)?

Primary Care Network - Mental Health (PCN-MH) consists of General Practitioners (GPs), nurse counsellors and care coordinators. They provide integrated and step-by-step care for your chronic and/or mental health condition(s) such as depression and anxiety.

For example, your GP who manages your high blood pressure can simultaneously care for your depression.

The GPs work closely with nurse counsellors who provide supportive counselling and mental wellness checks or Community Intervention Team (COMIT) to help you cope with your mental health needs (e.g. stress management, medication management, coping strategies).

How can it benefit you?



Holistic and Convenient Care

Receive care for your chronic and mental health conditions from a nearby GP clinic that is familiar to you.



Coordinated Care

Receive care from both GP and nurse counsellor or Community Intervention Team (COMIT) to support you in your mental health needs, and connect you to relevant community resources and services.



Affordable Cost

Tap on CHAS and Medisave* to manage the treatment cost for your chronic and mental health condition, where eligible.

***Chronic Disease Management Programme (CDMP) allows you to tap on Medisave in addition to CHAS subsidies, to make your visits to GPs for chronic conditions more affordable.**



Scan the QR code to find out more available financial subsidies or visit www.for.sg/aic-subsidiesmh

The Heart of Care



Click
www.aic.sg



Call
1800 650 6060



Visit
AIC Link

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.



We hope you can take a few minutes to share your feedback with us by scanning the QR code. Thank you!