

HEALTH & MIND SERVICE

Mental well-being can affect our physical health. Our team of professionals can support you. Speak to your polyclinic doctor if you need help.

Associate Psychologists provide screening to monitor your mental health symptoms, and share simple strategies to better manage your mood and sleep issues. If necessary, they may refer you to see a psychologist or doctor.

Psychologists provide specialty mental health support via clinical assessment, counselling and psychotherapy for patients with stress-related, mood, and sleep difficulties. If necessary, they may refer you to see a doctor.

Doctors provide medical assessment and intervention for moderate to severe cases.

If you are feeling distressed, do seek help early.

