

**Our Case Management Officers are trained mental health professionals who work with our doctors and psychologists to aid in your recovery.**




- 1** National University Cancer Institute Singapore
- 2** National University Heart Centre Singapore
- 3** Khoo Teck Puat – National University Children’s Medical Institute (NUHKids) (via Kent Ridge Wing Level 2)
- MRT** Kent Ridge MRT Station @ Level 1
- A** Linkway @ Level 1 via MRT station (Exit A)
- B** Linkway @ Level 1
- C** Linkway @ Level 4
- D** Linkway @ Level 1
- E** Linkway @ Level 2
- TAXI** Taxi Stand / Drop-Off
- Bus** Bus Stop
- Drop-off Point**
- P** Carpark

**IPMDA**  
**Integrated Programme for Management of Depression in Adolescents**

**National University Hospital**  
**Department of Psychological Medicine**

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 Tel: (65) 6908 2222  
 Website:  
[www.nuh.com.sg](http://www.nuh.com.sg)

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**IPMDA**  
**Case Management Services**

**Department of Psychological Medicine**

# EMOTIONAL SUPPORT FOR YOUTH AND PARENTS

Case managers are contactable on the phone to provide consultations in between appointments.

They may guide you on adopting a healthy lifestyle, teach you coping skills and support you in your emotional needs.



They help parents understand the needs of the youth and develop strategies to support your recovery.

They can connect parents to external channels of support.



## *Health monitoring*

*All participants accepted by the programme will be provided with a wearable fitness tracker to facilitate their recovery.*

*Case managers will monitor participants' sleep and daily activities through the tracker.*



# CRISIS MANAGEMENT

Case managers can provide phone and face-to-face assessments and interventions.



They may accompany you during your appointments with your doctors or psychologists to support you.



They can serve as the liaison between your schools, parents, psychologists, psychiatrists and community partners to facilitate your recovery.



They may explore community programmes where you can spend your time meaningfully.