

Referral Criteria

- Adolescents aged 13 to 18
- Residing in the Western zone of Singapore
- Diagnosed with Major Depressive Disorder / Depressive Disorder / Dysthymia or Adjustment Disorder with Depressed Mood by a doctor

Interested?

Discuss with your healthcare provider today for a referral to our programme.



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Integrated Programme for Management of Depression in Adolescents (IPMDA)

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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Introduction

IPMDA is a programme that aims to provide holistic and integrated care for adolescents with depression.

Our programme seeks to identify youths with or at risk of depression to enable early treatment.

Early detection and treatment can help sufferers recover more quickly, enabling them to pursue their goals and achieve their fullest potential in life.



What does Depression in Adolescents look like?

Youths with depression may be irritable, frequently display signs of fatigue and appear unmotivated. They may have problems with sleep and experience changes in their appetite and/or weight.

Sometimes they may feel hopeless, withdraw from others, hurt themselves and think about dying.

This can affect their performance in school and relationships with friends and family.

Early detection and treatment can reduce the likelihood of self-harm, improve their daily functioning and help raise their quality of life.

Our Services

Our friendly healthcare team comprises psychiatrists, clinical psychologists and case managers.

We help depressed adolescents and their families by providing them with the support they need.

Our services include:

- Group therapy
- Individual therapy
- Use of technology in psychotherapy
- Parenting support group
- Individual case management
- Education on Adolescent Depression



**Your Feelings,
We Care!**