Useful Contacts

If you are feeling suicidal and in need to talk to someone, you can call this number. It is available 24 hours, 7 days per week.

SOS : 1800 - 221 4444

If you are in need of help for social assistance, you can contact ComCare.

ComCare : 1800 - 222 0000

Department of Psychological Medicine

For enquiries, please contact :
Tel : 9230 4143
Fax : 6774 0337
Email : nuhascat@nuhs.edu.sg

Operating hours :
Monday to Friday, 8am to 5.30pm

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.

Information is correct at time of printing (March 2016) and subject to revision without prior notice.

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A member of the NUHS
Introduction
NUH ASCAT is an adult community psychiatric team that aims to bridge psychiatric care between the community and hospital.
Our aim is to improve accessibility of psychiatric care to the community and to ensure continuity of care.
Our multidisciplinary team consists of Psychiatrists, Case Managers and Psychologists.
We provide assessment and treatment of psychiatric conditions. Our staff also help patients to navigate through the wide range of services in both hospital and the community.
We also provide training to primary physicians and community partners on mental health conditions through talks, case conferences and joint discussions.

Services
• Triage and early access to the assessment clinic led by psychiatrists
• Up to 6-12 months of care
• Link to community resources
• Case management to ensure continuity of care
• Psychological interventions, such as Cognitive Behaviour Therapy

Support
Our team is also supported by the inpatient unit and clinic managed by the Department of Psychological Medicine at the NUH.
Our Case Managers will help our patients arrange for appropriate access to the inpatient ward, outpatient psychiatric clinic services, psychological assessment and psychotherapy.

Service Region
Western Region of Singapore

Referral Criteria
Patients between 18-65 years old

Who can make a referral?
• General Practitioners / Family Physicians
• Counsellors and Case Workers from community agencies such as Family Service Centres
• Religious Leaders
• Grassroot Leaders