

5 Will my classmates or teachers know if I were to see a Psychiatrist?

Your school counsellors and teachers can offer invaluable support and enhance the recovery process. The Psychiatrist will discuss this with you before information is shared with the counsellors and teachers.



6 What if I do not want my parents to know about my consultation with the Psychiatrist?

The details of your session with the Psychiatrist and Psychologist are kept confidential. Your permission is needed for information to be shared with your parents. However, if there is a risk or danger to yourself or to others, there may be a need to inform your parents about this to ensure your safety. It is often helpful to have emotional support from your parents and/or family members during the recovery process.



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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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Seeing a Child and Adolescent Psychiatrist



1 Why was I referred to see the Child and Adolescent Psychiatrist?

Your doctor may arrange a referral to the Child and Adolescent Psychiatrist due to concerns about your mood, worries and/or behaviour. A Child and Adolescent Psychiatrist is a doctor who specialises in the diagnosis and treatment of mental health conditions in children and teenagers.



2 How is a Psychiatrist different from a Psychologist?

A Psychiatrist is a medical doctor with specialty training in mental health. Psychiatrists diagnose mental health conditions, prescribe medications in some cases, provide counselling and oversee patient care.

A Psychologist has a master's or doctoral-level degree in psychology. Psychologists provide psychotherapy to reduce distress and promote well-being. They are also trained to administer psychological assessments.



3 Does it mean that I have a mental condition?

Not everyone who has to see a Child and Adolescent Psychiatrist has a mental illness. Stress, frustration and mood disturbances can be normal life experiences. However, if symptoms are disturbing and affect function at school and work, treatment may be recommended. Mental health problems can be mild, moderate or severe, and treatment will be tailored according to the level of severity.



4 Will the Child and Adolescent Psychiatrist prescribe medication for my condition?

Many conditions can be treated with non-medication therapies, for example:

- Psychotherapy ("Talk therapy"): Exploration of thoughts, feelings, behaviours and relationships to improve well-being.
- Play therapy: Expression of experiences and feelings through the use of play.
- Art therapy: The use of artistic self-expression to explore internal thought processes and feelings.
- Occupational therapy: Use of activities to improve function for daily living, studies and/or work.



These treatments are delivered by trained health-care professionals, working in a multidisciplinary team. The aim is to provide comprehensive and effective care for patients and their families. However, some conditions do respond better with medications.