

SERVICES PROVIDED BY MENTAL HEALTH SERVICE SECTORS IN SG

According to NCSS, there are 9 Mental Health Social Service categories to serve individuals facing Mental Health struggles.

Adapted from NCSS, designed by Josephine Lim



1 PEER SUPPORT

Peer Support Specialists are trained individuals who have had personally experienced mental health issues, to support others on their journey to recovery e.g role-modelling of recovery, extending emotion, practical and social support to their peers.

Programmes and initiatives

- Peer Support Specialist Programme (NCSS)
- Consultancy Services on Peer Roles Integration (NCSS)
- Apprenticeship Scheme (NCSS)



2 EMPLOYMENT

Employment is a crucial aspect of recovery, since it encourages individuals to participate in pro-social behaviors to contribute to society. This builds independence and self-confidence.

Programmes and initiatives:

- Project H.I.R.E (NCSS)
- Employment Internship Programme (SACS)
- Employee Assistance Programme Plus (SACS)



3 COMMUNITY INTERGRATION

Provides psycho-rehabilitation activities, early identification and support, training and skills to enable individuals to reintegrate into society.

Programmes and initiatives:

- Singapore Association for Mental Health - Insight Centre
- Silver Ribbon (Singapore) - Tze Hng Wellness Studio
- Singapore Anglican Community Services - Peer Bridger

4 PSYCHIATRIC DAY CARE & HOMES

Vocational and Psychosocial rehabilitation equips individuals with skills to take on tasks in a work-simulated environments.

Programmes and initiatives:

- Singapore Association for Mental Health - Oasis Day Centre
- Bethesda C.A.R.E. Friendship And Mind Enrichment (FAME) Club
- Sunlove Home
- Singapore Association for Mental Health - Bukit Gombak Group Homes



5 CAREGIVER SUPPORT SERVICES

Caregivers can also seek advice and support services such as counselling, training and support group.

Programmes and initiatives:

- Caregivers-to-Caregivers Education Programme (CAL)
- Caregivers Support Centre. (IMH)
- Individual Training and Support



6 SUICIDE INTERVENTION AND MANAGEMENT

Provides crisis intervention and post-intervention support for both troubled individuals and families through helplines, home visits, face-to-face counselling and group supports

Organisations:

- Samaritans of Singapore (SOS)
- Local Outreach to Suicide Survivors (LOSS)



7 YOUTH MENTAL HEALTH SERVICES

Supports both youths and their families to understand and manage their mental health condition

Programmes:

- Singapore Association for Mental Health - YouthReach

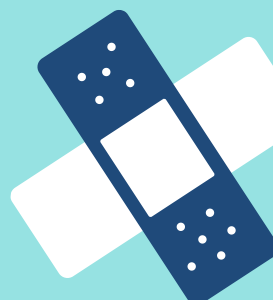


8 ADDICTION RECOVERY

Supports individuals recovering from addiction, and their families via various ways such as psychotherapy, addiction therapy, relapse triggers and prevention, and support groups.

Programmes and initiatives:

- WE CARE Community Services - Sober Living Framework



9 SOCIAL INCLUSION

Working towards reducing social stigmatisation of mental health in Singapore

Initiatives:

- Beyond the Label (NCSS)

