

Health Wellness Clinic (HWC)

Psychology Service at SingHealth Polyclinics

Are you struggling with excessive fears, worries or having difficulties coping with daily stresses?

Our Psychologists are able to help.

Your mental well-being is our concern.



We provide psychotherapy services for patients from 18 years old with:

- ✓ Adjustment disorder
- ✓ Mild to moderate anxiety
- ✓ Mild to moderate depression
- ✓ Insomnia due to anxiety and depression

How can a Psychologist help me?

Our psychologists can **help you cope better** with the struggles and stresses you are facing.

There are **different therapy approaches** that our psychologists can use to help you. They will **assess your concerns and needs** and recommend the most suitable approach for you.



Some Forms of Therapy

Psychodynamic Therapy

Our psychologists will listen while you share about your struggles and help you identify and assess the unconscious motivations behind the difficult feelings and behaviours.



Cognitive Behaviour Therapy (CBT)

Our psychologists will share practical ways of dealing with and managing your problems positively.

This approach helps you to understand how thought patterns affect behaviours and feelings, and how these 3 areas are inter-linked with each other.



Each psychotherapy session is about 30 to 60mins.
All information shared with the psychologist is kept confidential.

REFERRAL PROCESS

Our Health Wellness Clinics (HWC) has a dedicated team of doctors, nurses, medical social workers and our psychologists who will partner you in your care.

The HWC doctors will assess and provide support for your needs and refer you to a psychologist in SHP as needed.

