

## **FACTSHEET**

### **MENTAL HEALTH IN PRIMARY CARE PROGRAMME**

The Agency for Integrated Care expanded the partnership in primary care to recruit more doctors to see and manage person with mental health care needs. Under this programme, clients with mild to moderate mental illness and chronic physical conditions will be able to seek holistic treatment at participating Polyclinics and Family Medicine Clinics (FMCs).

#### **Aims**

- Provide person-centred care to clients by bringing mental health services closer to home in the community. To encourage patients to seek early identification and treatment through familiar and non-stigmatizing care settings.
- Promote holistic treatment for clients where physical needs and mild to moderate mental conditions can be managed together.
- Strengthen primary care to build confidence in managing clients with mental illness through training and specialist support.

#### **Services**

The Mental Health in Primary Care initiative is sited in polyclinics and FMCs to increase the capacity, access and confidence of practitioners and allied-health members. Similar to the Mental Health- GP Partnership programme, the main difference lies in providing a multi-disciplinary allied-health team to polyclinics. This team consists of senior practitioners, psychologists, medical social workers, care managers and nurses to support patients with chronic physical and mild to moderate mental health conditions to promote holistic treatment for patients.

With a multi-disciplinary team, patients can be managed within the polyclinic instead of referring to community mental health partners for psychotherapy, counselling and emotional support services.

#### **Programme Development**

Presently, Ang Mo Kio, Woodlands and Jurong polyclinics are managing mental health clients. AIC targets to have six multi-disciplinary mental health support teams by FY2020.

Unity FMC is on board the programme.