



# IPMDA CASE MANAGEMENT SERVICES

# WHAT IS CASE MANAGEMENT?

Case Management Officers (CMOs) are trained mental health professionals who work with our doctors and psychologists to help you recover!



## WHAT DO CASE MANAGEMENT OFFICERS DO?



### 1 CRISIS MANAGEMENT

- CMOs provide timely phone and face-to-face assessments and intervention.
- They can accompany you to your doctor and psychologist appointments to provide emotional support during your consultation.

### 2 LIAISON

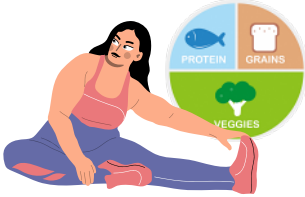
- CMOs help to liaise with your care team to facilitate your recovery!
  - Schools
  - Parents
  - Psychiatrists
  - Psychologists
  - Community partners



- They can explore and link you up with **community programmes** where you can spend your time meaningfully.

### 3 EMOTIONAL SUPPORT FOR YOUTHS

- CMOs are contactable via **phone calls** or **texts** in between your doctor and therapy appointments.



- They are equipped to guide you in adopting a healthy lifestyle, teach you coping skills and support you in times of distress.

### 4 EMOTIONAL SUPPORT FOR PARENTS

- CMOs also work with parents to help them understand your needs, develop strategies to support you in your recovery and also connecting them to additional parenting support.



## CASE MANAGEMENT OFFICERS ARE HERE TO SUPPORT YOU!



**CRISIS  
MANAGEMENT**



**LIAISON**



**EMOTIONAL  
SUPPORT FOR  
YOUTHS AND  
PARENTS**

## Our Patient Care Institutions

National University Hospital  
Ng Teng Fong General Hospital &  
Jurong Community Hospital  
Alexandra Hospital  
National University Polyclinics  
Jurong Medical Centre  
National University Cancer Institute, Singapore  
National University Heart Centre, Singapore  
National University Centre for Oral Health, Singapore  
NUHS Diagnostics  
NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.

OneNUHS Hotline: (65) 6908 2222  
OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
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