



SINGAPORE PSYCHIATRIC
ASSOCIATION

20 May 2020

Dear colleagues,

Mental health support for doctors in Singapore.

The COVID-19 pandemic will impact the mental health of some doctors. The Singapore Psychiatric Association in collaboration with the Singapore Medical Association are collaborating to improve the mental health of doctors. The list below are psychiatrists/counsellors who can see doctors either for informal support or medical consultation. Most clinics are offering their services pro-bono. Due to organizational policies, fees apply at some clinics. We hope doctors who need mental health support will find these services useful.

Pro-bono services

No	Clinic/ Service	Contact	Remarks
1	Better Life Psychological Medicine Clinic (Dr Lee Ee Lian)	6250 8077	
2	Better Life Psychological Medicine Clinic (Dr Kamini Rajaratnam)	6250 8077	Phone/ Tele Visits available
3	Psychiatric Care Clinic (Dr Tay Liam Kai) #05-48 Mount Elizabeth Novena.	67335565 taylkclinic@gmail.com	Mention "COVID doctors"
4	Raffles Counselling Centre (Dr Chua Siew Eng) 585 North Bridge Road, Level 8 Raffles Specialists Centre	63112330 counsellingcentre@ rafflesmedical.com	Consultations probono. Medications and investigations chargeable.
5	Mind Care Clinic, Farrer Park Medical Centre (Prof Kua Ee Heok)	pcmkeh@nus.edu.sg	
6	Dr Soh Keng Chuan	soh.keng.chuan@ktp.com.sg	Online consultation as Dr Soh is overseas.
7	SAF Psychological Care Centre (Kent Ridge or IMH campus) - Dr Goh Kye Hock, Robin - Dr Loh Seng Wei, Adrian - Dr Soh Teck Hwee - Dr Syed Harun Alhabsyi - Dr Teoh Chi-Chan, Timothy - Dr Wong Sheau Hwa	pcc_ctu@defence.gov.sg Email header in this format: "Self-Referral to <<Name of Psychiatrist>>" and leave a contact number. If no preference, please state <<Any Psychiatrist>>. No need to provide full name, practice details or reason for referral.	Service for any NSmen who are doctors as there is a need to use SAF's EMR.

8	Clarity Singapore	67577990 ask@clarity-singapore.org	Mention you are a healthcare worker
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Registration with clinic needed and fees apply

	Psychiatrist	Contact	Remarks
1	Dr Mok Yee Ming	63892000	IMH
2	Dr Guo Song	63892000	IMH
3	Dr Marcus Tan Zhongqiang	63892000	IMH

Best regards,



Dr Christopher Cheok
President, Singapore Psychiatric Association