

# Mental Health GP Partnership

The Mental Health General Practitioner (GP) Partnership programme was augmented in 2012 by the Agency for Integrated Care (AIC) to engage and enhance the capability of GPs to manage new and/or existing patients with stable mental illnesses in the community.

Under this programme, patients who are diagnosed with mild to moderate psychosis, depression, anxiety, bipolar and/or dementia will be right-sited. These patients are usually reviewed to be stable with at least a GAF scoring of >60.

Current partnerships are with IMH, SGH, JurongHealth, TTSH, KTPH & NUHS. AIC aims to expand the programme to the other Restructured Hospitals (RHs) and Family Medicine Centres (FMCs).

## Aims

*To enable GPs to provide more holistic care to patients with physical and/or mental illnesses.*

*To encourage patients to seek help early, as they are more familiar with their GPs hence this may also increase subsequent treatment compliance.*

## Join the Mental Health GP Partnership

Doctor name: \_\_\_\_\_

MCR: \_\_\_\_\_

Clinic: \_\_\_\_\_

Contact: \_\_\_\_\_ Email: \_\_\_\_\_

Please fill up the above information and send it to:

**Agency for Integrated Care**  
**10 Maxwell Road, #15-00, Singapore 069110**  
**Community Mental Health Division**

Alternatively, you can email to [joanne.ong@aic.sg](mailto:joanne.ong@aic.sg) with the above details. For more information on the programme, you can also contact Ms. Joanne Ong at **6632 1056**.

## Support for GPs in the programme



### Training & Development

- ✓ **Clinical Training** – RHs conduct regular trainings for their GP partners to build up their capabilities in managing & diagnosing patients with mental health conditions
- ✓ **Case discussions** - Serves as a platform for Partners to discuss the management of patients in the community setting

### Administrative & Coordination Support

- ✓ **Single Point of Contact (SPOC)** - Each RH has appointed a psychiatrist who serves as the SPOC for you as a Partners should you have any clarifications or assistance regarding clinical matters
- ✓ **Liaison Coordinator** – Coordinates patient's care to and from your clinic, community support services, RHs and/or vice versa.
- ✓ **Drug Procurement** - Partners can purchase psychiatric medications at a comparable cost, which translates to more affordable treatment costs for patients.

### Affordability

- ✓ **Financial Schemes** - CDMP & CHAS

... and other community support resources!

## **Mental Health GP Partnership Programme FAQs (For GPs)**

### **What are the incentives in joining the programme?**

*The programme provides the opportunity for you to attend regular training to build up your comfort level and confidence in treating mental health patients. It also serves as a platform for you to exchange information and provide any necessary peer support.*

### **Do I need to have Graduate Diploma in Mental Health (GDMH) to join this programme?**

*It is not a requirement for you to have GDMH in order to manage the treatment of mental health patients. However, you may undergo the GDMH if you are keen to attain higher certification.*

### **As psychiatric treatment may be costly, what forms of financial assistance are available in order for patients to receive affordable treatment?**

*You may get your clinic CHAS and CDMP accredited. Both cover treatment of the following psychiatric conditions - major depression, schizophrenia, dementia, bipolar, anxiety. CHAS offers subsidies for the above listed psychiatric conditions while CDMP allows patients to tap on their Medisave (MSV) or immediate family member's (IFM) MSV of \$400/year for treatment of these conditions.*

### **Are my patients able to enjoy the psychiatric drug subsidies if I am not enrolled in the programme?**

*Unfortunately, you will have to enroll as a programme partner in order to tap on the drug subsidies offered.*

### **How many GPs are there in this programme at present?**

*Presently there are >100 GPs in partnership for this programme.*

### **What is the estimated number of right-sited patients that a GP partner manages on average?**

*On average, a GP partner manages 30 right-sited patients.*

### **Is there a platform to meet with GPs who are already in the programme?**

*You are able to attend the GP engagement sessions organized by the RHs. These sessions aim to reach out to GPs who may be interested in joining the programme. Some of these sessions are held concurrently with training sessions that aim to build up GPs' capabilities.*

### **How often do I need to go for training and what are some of the training topics?**

*You will be required to undergo at least a half-day training conducted by RHs before coming on board. RHs also conduct at least 2 training sessions per year. The training topics could include the treatment of common psychiatric conditions, community support services, case discussions etc.*

### **Can I be a partner with more than 1 hospital?**

*Yes. However, you are usually partnered with the hospital within your region to increase accessibility to patients.*