

“You” Matter: Navigate Mental Wellness Together



General Psychology Services

We understand that life’s journey is filled with unique challenges. Our dedicated team of psychologists is here to provide the support you need to navigate through the ups and downs. We are committed to work with you in discovering strengths and exploring possibilities towards a more fulfilling life.

When to see a Psychologist?

Seeking support from a psychologist can be beneficial in numerous situations, including:



Life Transitions

Navigating changes such as career shifts and losses



Struggles with physical health issues

Addressing overwhelming emotional distress associated with physical health conditions



Anxiety, stress and low mood

Overwhelming daily challenges with feelings of sadness, anxiety, and stress that impacts well-being



Mental Health Conditions

Requiring assistance in managing known mental health conditions



Thoughts and Behavioural Concerns

Addressing patterns that hinder daily living and personal growth

Mr Goh, aged 40, had a mid-career shift and was facing significant stress with meeting new job demands and family responsibilities. Guided by his psychologist, he learned to see issues from different perspectives, manage stress, set achievable goals and practice lifestyle changes. He was also able to develop healthy habits and foster positive and supportive relationships with his family and peers. Mr Goh reported feeling stronger and more in control of his emotions and behaviours.

“Empower Your Mind, Embrace Wellness”

What can you expect when you see a Psychologist?

- A safe and confidential environment to express yourself without judgement
- Working together to define achievable objectives and goals
- Evidence-based interventions and personalised treatment plans tailored to your unique needs
- Be equipped and empowered with helpful coping strategies to enhance your mental resilience.

Helpful Coping Strategies

- M** Mindfulness practices to stay focus on here and now. 
- I** Identify self-care activities. 
- N** Normalise emotions. Acknowledge and process them. 
- D** Develop healthy habits. Establish routines for sleep, exercise and nutrition to support overall well-being. 
- F** Foster and maintain supportive relationships. 
- U** Use stress reduction techniques to manage stress effectively. 
- L** Learn to embrace opportunities for continuous personal and emotional growth. 

*For a personalised programme, do consult a licensed mental health professional to tailor treatment to your specific needs.



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