

Mental Health Matters

Holistic Rehabilitation



Rehabilitation Psychology Service

Rehabilitation Psychology Service is a dynamic service rooted in empowering individuals who encountered a nearly life-changing medical condition. Our dedicated team is here to support individuals in navigating a spectrum of behavioural and mental health challenges (e.g., difficulty adjusting to or grieving over changes in roles and functioning, fear of falling, etc.), and eventually experiencing positive adaptation to life post-medical condition.

Understanding The Interplay of Your Mind and Body in the Rehabilitation Journey



Experience of physical conditions can trigger mental, emotional and behavioural challenges, impacting one's mental health.

However, engagement in physical exercises and activities can release the body's natural mood elevators, improving one's mental wellbeing.

A positive mental health can boost motivation and promote consistency in rehabilitation efforts, aiding in physical healing and recovery.

When to See a Psychologist?

Are you experiencing low mood?

Are you experiencing low motivation to engage in your rehabilitation exercises?

Do you constantly experience anxious / worrisome thoughts that you find challenging to manage?

Are those thoughts affecting your sleep and/or participation in rehabilitation?

If any one of the statements apply to you, it will be beneficial for you to consult a psychologist. You may check with your care team for referral to a psychologist.

"Rehabilitation is not just about recovering what was lost; it's about rebuilding resilience and uncovering a new way of living."

What to expect when you see a Psychologist?

- Develop increased awareness of the connection between your mind and body throughout the rehabilitation process.
- Learn to identify unhelpful thinking or behavioural patterns in response to challenging circumstances during rehabilitation.
- Acquire and apply helpful emotional coping strategies and/or behavioural management techniques.
- Maximise your engagement in the rehabilitation process.
- Foster positive adaptation back to your life.

Helpful Coping Strategies

F Focus on what you can do currently



O Observe and celebrate every small improvement



C Cultivate helpful thinking patterns



U Understand your needs and draw support from your network



S Set realistic goals and stick to your treatment plan



*Kindly consult your psychologist for a personalised treatment plan.

Mdm Lee, a 45-year-old lady with a spinal cord injury, initially struggled with negative thoughts and doubts about her ability to cope with the condition. Through counselling and support from her care team, she learned to reframe her mindset, embracing a positive attitude towards rehabilitation. This eventually contributed to her improved mental well-being and physical recovery.



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