



National University  
Hospital



# Integrated Programme for Management of Depression in Adolescents (IPMDA)

# WHAT IS IPMDA?

**IPMDA** is a programme that aims to provide holistic and integrated care for adolescents with depression. Our Programme seeks to identify youths with or at risk of depression to enable early treatment.

Early detection and treatment can help sufferers recover more quickly, enabling them to pursue their goals and achieve their fullest potential in life.

## SYMPTOMS OF ADOLESCENT DEPRESSION

- Display signs of fatigue and appear unmotivated
- Appear irritable
- Sleep and appetite problems
- Feelings of hopelessness
- Withdrawing from others
- Self-harm and thoughts of death



## HOW DOES IT AFFECT THEM?

Depression can affect their performance in school and relationships with friends and family. Early detection and treatment can reduce the likelihood of self-harm, improve their daily functioning, and help raise their quality of life.



# REFERRAL CRITERIA



- Adolescents aged 13 to 18
- Residing in the western region of Singapore
- Diagnosed with major depressive disorder, depressive disorder, dysthymia or adjustment disorder with depressed mood by a doctor

## IPMDA SERVICES

Our friendly healthcare team consists of psychiatrists, clinical psychologists, and case managers. We provide support to adolescents who are struggling with depression, as well as their families.

### Our services include:

1. Group therapy
2. Individual therapy
3. Parent support group
4. Individual case management

Scan these QR codes for more info!

Group therapy



Parent support group



Case management



### Interested?

Discuss with your healthcare provider today for a referral to our programme!



## 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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