At the Serenity Centre, we are dedicated to helping individuals by addressing their addictions in a supportive environment and equipping them with the necessary tools to manage their recovery.

Our inpatient ward provides a safe environment where individuals can heal, supported by professionals and recovering peers who understand the challenges of addiction.

Our inpatient programme consists of two phases: Detoxification and Rehabilitation. These phases are specifically designed to address the needs of individuals seeking recovery, including those with comorbid mental health conditions.

Recovery is possible.
Take the first step.

NATIONAL ADDICTIONS MANAGEMENT SERVICE
10 Buangkok View
Buangkok Green Medical Park
Block 9, Basement 1
Singapore 539747

General Enquiries: 6389 2000
Appointment Line: 6389 2200

www.nams.sg
National Addictions Management Service
@nams.sg

Scan the QR code to access more educational resources.

Sep 2024

Serenity Centre

NATIONAL ADDICTIONS MANAGEMENT SERVICE

The first step is important

Taking the first step in addiction recovery is crucial, as it signifies your commitment to change. It takes courage, but you are not alone. We are here to support you.

Sage Wing: Detoxification Programme

Our detoxification programme offers up to seven days of support to help you relieve acute physical and emotional distress. Our clinicians will closely monitor withdrawal symptoms and offer care to ensure a safe detoxification process.

This programme aims to:

- Help you manage your withdrawal symptoms with the use of medications
- Support your recovery journey using motivational techniques
- Integrate treatment to address the needs of individuals with comorbid mental health conditions

Daisy Wing: Rehabilitation Programme

Rehabilitation is the foundation for recovery. Our rehabilitation programme combines evidence-based therapies, counselling, and holistic approaches to keep you on track. You may choose to undergo the modular programme for up to three weeks and benefit from our multidisciplinary team that will help you reach your goals.

This programme focuses on helping you to:

- Understand the addiction and recovery processes
- Manage your emotions including depression, anxiety, anger or stress
- Rebuild relationships and cultivate a healthy lifestyle
- Learn about relapse prevention
- Connect with recovery support services in the community

Your family members and loved ones are encouraged to visit and provide support in your recovery.

To address the psychological and emotional aspects of addiction, there will be a range of activities that promotes relaxation and creativity during your stay.

A Supportive Path to Recovery

Seeking help for addiction and taking part in this inpatient programme are significant decisions.

Whilst we aim to provide care and support at every step of the way, your commitment and participation are just as important.

Individualised Treatment

Your treatment plan may include:

- Medical care
- Individual, group and family therapy
- Psychoeducation on addiction-related issues
- Recovery support groups and family psycho-educational group
- Occupational therapy-based programme
- Case management

Admission

Admission to the detoxification programme is based on doctors' assessment of your medical needs. You may either refer yourself or get a referral from general practitioners, polyclinics, Singapore Armed Forces, Ministry of Social and Family Development, helplines, social service agencies, or other relevant sources.

The admission criteria are as follows:

- 18 years old and above
- Diagnosed with substance use disorder or gambling disorder

Enrolment for rehabilitation will be based on an assessment of your rehabilitation needs and level of motivation. Programmes will be tailored to meet your needs.

Take the first step towards recovery. Learn more about our inpatient programmes at www.nams.sg.