

Extension of Clinical Services to General Hospitals

CMHT may accept referrals from general hospitals to provide psychosocial rehabilitation services to their patients at their residence.



CMHT also provides training and support to various government and social agencies, to help them manage patients with mental illness in the community.

In addition, CMHT holds regular case conferences and provides helpline service to these agencies.

“CMHT provides comprehensive mental healthcare services for people with mental illness in the community, to improve their quality of life and to maximise their full potential.”

· Dr Lee Cheng,
Senior Consultant and
Programme Director,
CMHT

COMMUNITY MENTAL HEALTH TEAM

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(Excluding Sat, Sun and Public Holiday)

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Home-based Psychosocial Rehabilitation Services



About CMHT

The Community Mental Health Team (CMHT) is a national programme run by a multi-disciplinary team at the Institute of Mental Health (IMH). The team provides community-based treatment to patients with severe and persistent psychiatric illness, so that these patients may continue to live in the community while working towards recovery.



A Multi-disciplinary Approach

A psychiatrist leads the CMHT to provide psychosocial rehabilitation and crisis intervention. The team comprises doctors, nurses and allied health staff such as medical social workers and occupational therapists.

This service aims to:

- reduce hospital re-admission through home-based psychosocial rehabilitation for patients with severe mental illness (especially for high-risk, frequent defaulters)
- collaborate with social, health and government agencies to provide holistic support to patients living in the community
- provide training, consultation and support to social agencies, as well as primary health service providers to strengthen their capability in understanding and managing patients with mental illness



Inclusion Criteria

Any individual aged 18 to 65 years, who:

- suffers from severe and persistent mental illness such as schizophrenia, delusional disorder and bipolar disorder
- presents with severe symptoms and impairment that results in distress and major disability in daily functioning

Exclusion Criteria

Any individual who:

- has primary diagnosis of substance dependence or personality disorder
- has current homicidal tendency
- has no fixed address or has wandering tendency

