



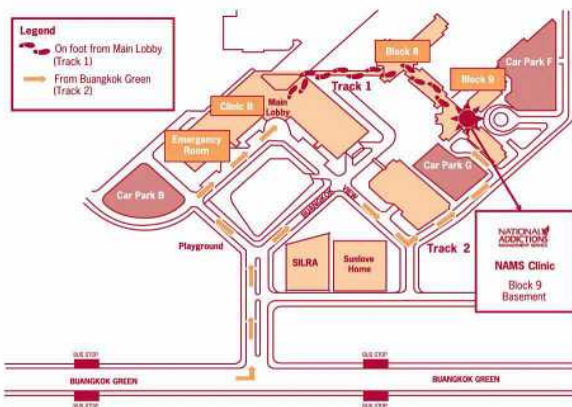
Appointments are preferred. Locate us at*:

NAMS Clinic

Institute of Mental Health (IMH), Block 9, Basement 1

Mon – Thu 8.00am – 5.30pm

Fri 8.00am – 5.00pm



Community Wellness Clinics

Queenstown Polyclinic, Level 4

Every 1st, 3rd & 5th Fri 8.00am – 5.00pm

Geylang Polyclinic, Level 4

Every 2nd & 4th Fri 8.00am – 5.00pm

*Please note that clinic operating days and/or hours are subject to change without prior notice. Please call us before your visit.

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Green Medical Park

Block 9, 10 Buangkok View

Singapore 539747

General Enquiries: 6389-2000

Appointment Line: 6389-2200

E-mail: nams@imh.com.sg

All Addictions Helpline: 6-RECOVER (6-7326837)

National Problem Gambling Helpline: 1800-6-668-668

www.nams.sg

Other Useful Links & Hotlines

National Council on Problem Gambling

General Enquiries: 6354-8154

www.ncpg.org.sg

Credit Counselling Singapore

1800-2255-227

www.ccs.org.sg

Samaritans of Singapore

1800-221-4444 (24 hours)

www.sos.org.sg

Project X Ah Long

1800-924-5664

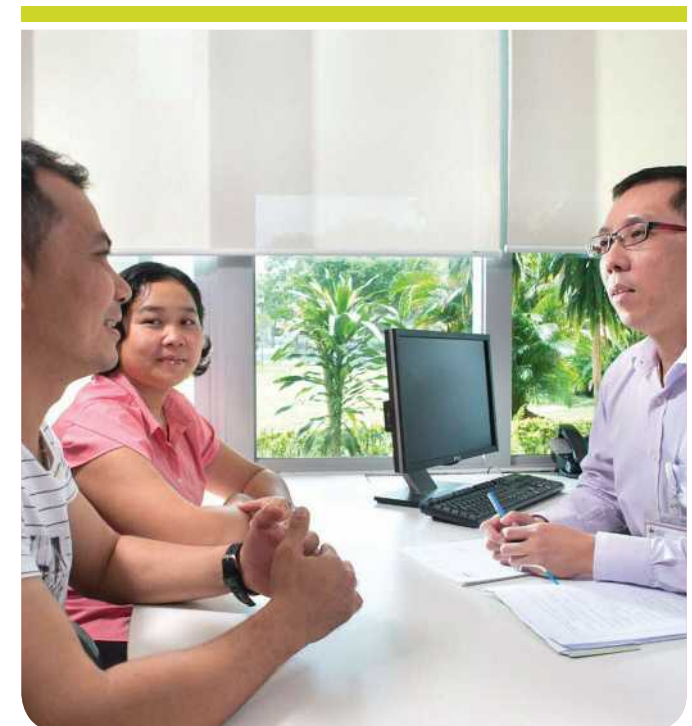
Health Promotion Board

www.hpb.gov.sg/substanceabuse/

Nov 2013

Managing Addictions

NATIONAL ADDICTIONS MANAGEMENT SERVICE



About NAMS

The National Addictions Management Service (NAMS) provides treatment for a broad range of addictions, including addiction to drugs, alcohol, gambling, gaming and others.

Managed by a multi-disciplinary team of specialists, patients will be thoroughly assessed to determine a treatment plan that best suits them.

Located at the Institute of Mental Health (IMH), NAMS has an outpatient clinic and an inpatient ward (Serenity Centre) which provides residential detoxification and rehabilitation services. NAMS also runs clinic sessions at the Community Wellness Clinics in Queenstown and Geylang Polyclinics on alternate Fridays.

For an appointment, please call 6389 2200.

Programmes

NAMS conducts individual counselling, group psychoeducation, family therapy as well as support group programmes for patients and their family members.

Counselling and psychoeducation programmes enable patients to increase their knowledge and understanding of addiction and develop effective relapse prevention plans to manage their addictions. Family counselling supports families in their caregiving role, and helps with the patients' re-integration into the family.

Our programmes include:

Gambling Addiction Management through Education (GAME) & GAME-Family

Through a series of eight psychoeducation and discussion groups, GAME educates patients about gambling addiction and recovery. Patients who complete GAME can attend a Recovery Support Group for ongoing support from their peers.

GAME-Family brings together families impacted by problem



gambling. Family members can gain tips and strategies on dealing with the consequences of problem gambling, and also receive emotional support from one another.

Continual Recovery through Education and Skills Training (CREST)

CREST is a group programme that addresses all types of addictions. It is designed to help patients understand addiction and learn important recovery skills.

Families in Recovery through Education, Support & Hope (FRESH)

FRESH equips our patients' families with the knowledge and necessary skills to support their loved ones through treatment and recovery.

Recovery Support Groups (RSGs)

Facilitated by a NAMS counsellor, the RSGs allow patients to come together to share and learn from each other in a supportive environment. There are RSGs for both problem gambling and substance abuse.

Families in Recovery through Education & Empowerment on Problem Gambling (FREE-PG)

Open to members of the public, FREE is a psychoeducation group that is meant to help families better understand gambling addiction, and how they can help and support their loved one who is currently not in treatment.

For more information on any of our programmes, please call 6-RECOVER (6-7326837).

Research



Our research team evaluates the effectiveness of our treatment programmes by conducting regular assessments of substance use, gambling behaviour, quality of life and our patients' satisfaction with treatment received at NAMS.

It also conducts research studies on pharmacotherapies and psychological interventions to enhance recovery from addiction, as well as investigating neurobiological and psychological correlates and risk factors for addictive disorders.

Training, Community Partnerships & Outreach

We work with numerous community partners, including other healthcare service providers, to build a continuum of care that responds to the needs of our patients.

We conduct training to help our partners identify and assess high-risk behaviours early, conduct brief interventions, and make referrals. To raise awareness, we regularly conduct forums and talks to educate the public on addiction-related topics, such as the signs and symptoms of addictive behaviours, treatment options, and the need to seek help early. Our talks also encourage at-risk individuals to seek professional help.

If you would like us to conduct a talk for your school/organisation, or provide training for your staff, please send your request to nams@imh.com.sg.

