



# GRADUATE DIPLOMA IN MENTAL HEALTH

Mental Health Programme for General Practitioners and Family Physicians

The launch of the National Mental Health and Well-Being Strategy in 2023 underscores the importance of increasing mental health care accessibility and support in the community. Family Physicians (FPs) and General Practitioners (GPs) are positioned to play a pivotal role in this initiative, as they are often the first point of contact for individuals seeking help. By equipping themselves with the necessary skills and knowledge, FPs and GPs can better identify and manage mental health conditions, ensuring that patients receive timely and appropriate care in the community.

The **Graduate Diploma in Mental Health (GDMH)** is jointly offered by IMH and the Division of Graduate Medical Studies, National University of Singapore. The programme, into its 15<sup>th</sup> year and conducted by mental health specialists, aims to enhance the knowledge and skills of GPs and FPs to assess, identify and manage less severe psychiatric conditions.

Registration for 2025/2026 intake  
opens from 24 Mar – 30 Jun 2025



[GDMH@imh.com.sg](mailto:GDMH@imh.com.sg)



6389 2263/2239



Programme  
information



Hear from  
a GDMH  
graduate

Organised by:



Division of Graduate Medical Studies  
Yong Loo Lin School of Medicine

80%\* course fee subsidy from MOH for eligible applicants who complete the programme. 50 core CME points upon completion of the programme. \*Subject to terms and conditions.

## Course Structure

The Graduate Diploma in Mental Health course curriculum consists of the following modules:

- 1 **Psychosis**
- 2 **Mood, Anxiety and Grief**
- 3 **Addiction**
- 4 **Child and Adolescent Mental Health, including Learning Disabilities**
- 5 **Psychogeriatrics**
- 6 **Personality Disorders and Psychological Therapies**

caring for  
your community's  
mental health

## Learning Objectives

The curriculum is delivered through lectures, case discussions, case write-up assignments and clinical attachments, with close supervision and guidance from IMH doctors.

Participants will learn more about:

- Identifying and diagnosing common psychiatric disorders
- The principles of different treatment approaches
- Applying assessment methodologies to different mental health disorders
- Managing and prescribing basic psychiatric medications

## Eligibility

The course is open to the following:

- Doctors with a recognised basic medical degree qualification registered with the Singapore Medical Council
- GPs who have completed housemanship
- GPs with an interest in mental health, including GPs on the Mental Health-GP Partnership Programme
- Primary care physicians; and
- Doctors with an interest in mental health

## Registration

Registration for each new intake starts in March to July with the course commencing in September. Applicants who complete the course are eligible for 80%\* course fee subsidy from MOH and CME points.

\*subject to terms and conditions

To register your interest, please write to [gdmh@imh.com.sg](mailto:gdmh@imh.com.sg)



Scan QR code  
for more information

