



*Serve all with Love*

# Alvernia Psychological Health Centre



# Holistic & Integrated Mental Health Support

Let **Alvernia Psychological Health Centre** journey with you. Our psychiatrists and psychologists, together with a specialised team of pastoral counsellors, occupational therapists, trainers and allied health professionals, are here to support you every step of the way.



Whether you prefer to drop in at our **Outpatient Centre**, or require the support of a dedicated **Inpatient Ward**, we offer comprehensive psychological and psychiatric services, all within a private, full-service hospital.

# Our Services

Our doctors and healthcare professionals can treat and support the following conditions:



## **Mood Disorders**

(e.g. depressive disorder, bipolar disorder)



## **Anxiety Disorders**

(e.g. social anxiety disorder, panic disorder)



## **Obsessive-Compulsive Disorder (OCD)**



## **Stress- and Trauma-related Disorders**



## **Sleep-wake Disorders**



## **Psychotic Disorders**



## **Adjustment Disorders**



## **Neurocognitive Disorders** (e.g. dementia)



## **Neurodevelopmental Disorders**

(e.g. Autism Spectrum Disorder – ASD, Attention-Deficit Hyperactivity Disorder – ADHD)



We also provide specialised psychiatric assessments for mental capacity assessments for Lasting Power of Attorney (LPA) certification, application for deputyship, and will-making.



## **Alvernia Psychological Health Centre**

Mount Alvernia Hospital

Main Lobby, beside Lift 4A, near the Chapel



Phone / WhatsApp: 6347 6760



APHC@mtalvernia.sg



Monday to Friday: 8:00am to 5:00pm

Saturday, Sunday & Public Holiday: Closed

# Our Team

## Medical Director & Principal Psychiatrist



Dr Lim Wei Shyan

M.D. (Singapore)  
MRCPsych (U.K.)

Dr Lim is a psychiatrist with more than twelve years of experience in clinical practice. He graduated with a Doctor of Medicine (M.D.) degree from Duke-NUS Graduate Medical School, and was immediately accepted into Psychiatry Residency training upon graduation. He subsequently also qualified for Membership of the Royal College of Psychiatry (United Kingdom) and received accreditation by the Specialist Accreditation Board, Singapore.

During his service in the public sector, Dr Lim acquired invaluable experience in managing a broad range of psychiatric conditions in patients of a diverse age range – from childhood to old age. From this broad experience, he also developed expertise in other specialised psychiatric assessments, such as mental capacity assessments for Lasting Power of Attorney (LPA) certification, application for deputyship, and will-making.

Dr Lim is passionate about clinical education as well. He drew positive accolades as an engaging and popular teacher when he was appointed a lecturer at both the Yong Loo Lin School of Medicine and Lee Kong Chian School of Medicine. He was also a Core Clinical Faculty Member and an Associate Programme Director in the National Psychiatry Residency Programme.

Besides running his practice at Mindscape Wellbeing Psychiatry, Dr Lim is a Visiting Psychiatrist at three nursing homes, providing psychiatric care for seniors residing there. Up until March 2025, he also served as a Visiting Consultant for the Child and Adolescent Psychiatry service in the National University Hospital.

### Achievements

- NUS YLLSOM Dean's Award for Teaching Excellence (twice)
- Yishun Health Teaching Excellence Award (twice)
- National Healthcare Group Teaching Excellence Award
- LKCMed Special Recognition Award

## Clinical Psychologists



### Yammie Chin

M Psych (Clin), BA (Hons)  
Perinatal Mental Health Practitioner (PMH-C)  
Accredited Triple P (Positive Parenting Programme) Practitioner  
MSPS and Registered Psychologist (Singapore)  
Approved Clinical Supervisor (SRP)

Yammie is a compassionate Clinical Psychologist with over a decade of experience across government, hospital, community, and private settings, providing psychotherapy to youths, adults, couples, and families. She is skilled in supporting a broad range of mental health concerns, including mood and anxiety disorders, trauma and grief, self-harm and suicidal behaviours, personality disorders, and relational conflicts. As a perinatal mental health specialist and parent herself, she understands the emotional demands of caregiving and is committed to supporting families through transitions like parenthood, parenting stress, and changing family dynamics. In therapy, Yammie blends insight with action, drawing on an integrative approach grounded in evidence-based modalities such as ACT, CBT, DBT, and trauma-focused therapies. She offers a safe, collaborative space for healing and growth, and conducts therapy in both English and Mandarin.



### Poh Ping Qi

M Psych (Clin), BA (Hons)  
Perinatal Mental Health Practitioner (PMH-C)  
Accredited Triple P (Positive Parenting Programme) Practitioner  
MSPS and Registered Psychologist (Singapore)

Ping Qi is a mother to two curious and fearless young children, and her own journey through motherhood has shaped her deeply. Having experienced anxiety during her own motherhood journey - she came to understand firsthand the emotional challenges many mothers face and felt the deep lack of awareness surrounding maternal mental health. Motivated to create safer, more supportive spaces for women, Ping Qi became a perinatal mental health specialist, the first Singaporean psychologist registered with Postpartum Support International. She is passionate about making mental health support more accessible, believing that when parents are cared for, families thrive, and children grow up feeling safe, supported and emotionally secure.

## Pastoral Counsellors



### Yioe Ling Bong

Master of Arts in Counselling, NTU-NIE, Singapore  
Master of Health Science in Aged Services, VU, Australia  
Clinical Pastoral Education

Yioe Ling is a Registered Counsellor and Clinical Member of the Singapore Association of Counselling and a member with the Association of Christian Counsellors, Singapore. She is a principal pastoral care counsellor in Mount Alvernia Hospital. Her areas of expertise include adult anxiety, depression, grief and loss, transition, personal growth and spiritual distress, as well as marriage and family. She was a counsellor with St Andrew's Nursing Home working with individuals with various psychiatric conditions to reintegrate into community. Beyond counselling, Yioe Ling was also involved in a longitudinal study on youth at risk with the Institute of Mental Health as a research psychologist. She contributes to community services in the areas of mental wellness and community reintegration.



### Dominic Tan

Master of Counselling, University of Queensland, Australia  
Master of Arts in Christian Studies, Alphacrucis College, Brisbane  
Clinical Pastoral Education

Dominic brings both professional expertise and lived experiences to his practice. Having navigated his own mental health journey, he is deeply passionate about supporting others who face similar challenges. He walks alongside his clients, believing that everyone deserves a life filled with meaning and purpose—and works collaboratively to help them discover and build that life. He is an Allied Member of the Singapore Association of Counselling and working towards being a clinical member. He is also a member with the Association of Psychotherapists and Counsellors, Singapore and the Association of Christian Counsellors, Singapore. Currently a clinical pastoral care counsellor in Mount Alvernia Hospital, his previous work includes being a care coordinator and counsellor in Brahm Centre, and a spiritual and pastoral carer in Anglicare Southern Queensland, Australia. His areas of expertise are with adolescents and adults with anxiety, depression, addiction, grief and loss, spiritual distress as well as marriage and couple-related issues.



### Margaret Chye

Master of Counselling, Singapore University of Social Sciences  
Clinical Pastoral Education

Margaret is a clinical pastoral care counsellor in Mount Alvernia Hospital and Assisi Hospice. With a diverse professional background spanning government, healthcare, education and private sectors, Margaret brings experience supporting youth and adults with anxiety, depression, grief and loss, spiritual distress, as well as marriage and family-related challenges. Using Person-of-the-Therapist, she proactively uses herself from her clinical and personal experiences in the therapeutic process, thus acting as a healing conduit within the therapeutic encounter. Margaret is a Provisional Clinical Member of the Singapore Association of Counselling.



## Melissa Tee

Master of Arts in Counselling, Singapore Bible College, Singapore  
Clinical Pastoral Education

Melissa serves as a clinical pastoral care counsellor at Mount Alvernia Hospital and Assisi Hospice. She draws upon her experience in both social service and private practice settings. She compassionately supports individuals, couples, and families as they journey through the complex challenges of trauma, grief and loss, spiritual distress, relational struggles, as well as anxiety and depression. Beyond her counselling practice, Melissa is committed to community education, sharing her insights on mental health across Southeast Asia. She is especially passionate about integrating psychology and theology to nurture mental well-being within Christian communities. Melissa holds a deep belief that every story is precious and worthy of being heard. She provides a compassionate and safe space for healing, drawing from humanistic and systemic approaches that gently guide each person one step closer toward hope, growth, and wholeness. Melissa is a Provisional Clinical Member of the Singapore Association for Counselling. She is also a member of the Association of Christian Counsellors (Singapore).

## Psychiatric Nurse Clinician



## Chua Pei Shan

BSc (Nursing), National University of Singapore  
Advanced Diploma in Nursing (Mental Health)

With over 15 years of experience supporting individuals with mental health challenges, Pei Shan is dedicated to providing person-centred, compassionate care directly to patients. She has worked with people across the lifespan – from adolescents to older adults – and has experience working in both public and private settings. Empathy is at the heart of her approach. This is shaped by a personal appreciation of what it means to struggle and to heal. She advocates actively for the patients and families she supports, walking alongside them on their journey to recovery.

## Occupational Therapist



## Pearlyn Ee

Bachelor of Science, Occupational Therapy  
Glasgow Caledonian University, Scotland

Pearlyn graduated from Glasgow Caledonian University in 2015 and is a registered Occupational Therapist under the Allied Health Professions Council in Singapore. She has worked in Tan Tock Seng Hospital previously before joining Mount Alvernia Hospital in 2023. She has experience seeing a range of cases requiring physical and cognitive rehabilitation.

**MOUNT ALVERNIA HOSPITAL**

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