

Mount Alvernia strengthens commitment to psychological wellness with new centre

Mount Alvernia Hospital launches the Alvernia Psychological Health Centre, offering holistic and integrated mental health services for individuals across all life stages.

Mental illness has long carried stigma and remained an underserved area of healthcare in Singapore. Today, awareness is growing, and conversations on mental health are becoming part of the mainstream.

Many of us may know of a friend, colleague or family member who has struggled with stress, depression, or anxiety. Mental health challenges can affect anyone regardless of age, gender, or background, and their impact extends beyond the individual to entire families.

Looking ahead, the need for accessible and comprehensive mental health care is expected to increase. Our youth are grappling with the pressures of social media and academic stress, while Singapore's rapidly ageing population faces issues such as loneliness, grief, and depression. These realities call for more integrated and compassionate forms of support.

It is in response to these pressing needs that Mount Alvernia Hospital has launched the Alvernia Psychological Health Centre (APHC).

The opening of APHC marks a significant step forward in Mount Alvernia Hospital's commitment to mental health. With this initiative, we aim to provide more integrated and holistic care to this important sector with growing needs.

Dr James Lam, CEO of Mount Alvernia Hospital

Support for every stage of life

Mental health challenges often look different depending on where one is in life.

- Adolescents (13-18 years) may face academic stress, social anxiety, cyberbullying, or identity struggles.
- Young adults (19-30 years) often wrestle with career pressure, relationship difficulties, and the transition to independence.
- Adults (31-59 years) juggle workplace stress, family responsibilities, and burnout.
- Seniors (60 and above) may cope with grief, declining health, or social isolation.

At APHC, individuals across all these life stages can find support tailored to their unique needs. From psychiatric evaluations and medical treatment, to psychological counselling and therapy, to pastoral care and occupational therapy, APHC provides care that is both clinical and compassionate.

Mental health is not a one-size-fits-all journey. Every individual has a different set of circumstances, challenges, and strengths. At APHC, our approach is to listen, understand, and provide personalised care that supports patients holistically – in mind, body and spirit.

Dr Lim Wei Shyan, Psychiatrist and Medical Director of APHC

A full spectrum of services

APHC offers help for a wide range of conditions, including:

- Mood disorders such as depression and bipolar disorder
- Anxiety disorders including panic disorder and social anxiety
- Obsessive-compulsive disorder
- Stress- and trauma-related disorders
- Sleep disorders
- Early psychotic disorders
- Adjustment disorders
- Neurocognitive disorders such as dementia
- Neurodevelopmental disorders including autism spectrum disorder and ADHD

All services are delivered in a supportive, inclusive environment that encourages healing and recovery.

A dedicated psychiatric ward: The St John Paul II Ward

For individuals who require inpatient psychiatric care, APHC houses the St John Paul II Ward, a thoughtfully designed space that prioritises safety, comfort, and dignity.

The ward features eight private single rooms, each styled in soothing colours and furnished with a homestyle bed and a personal television, creating a warm, residential atmosphere that helps ease the stress of hospitalisation.

Rooms are also designed to balance safety and comfort.

Beyond its physical design, the ward includes spaces for therapy and recovery: an activity room for structured therapy, group work, and recreational programmes that encourage social interaction and healing, and a dedicated Electroconvulsive Therapy (ECT)



procedure room with recovery bay for patients who need this treatment.

Being part of Mount Alvernia Hospital also means that patients benefit from seamless access to medical, nursing and therapeutics services beyond the ward, ensuring continuity of care.

Holistic and integrated care

APHC takes a team-based approach to treatment. Psychiatrists and psychologists work in tandem with occupational therapists, pastoral counsellors, trainers, and allied health professionals to address not just medical needs, but also the emotional, social, and spiritual aspects of mental health.

This model reflects a growing recognition that psychological well-being cannot be separated from other parts of life, and that recovery is best achieved when the individual is seen and supported as a whole.

Reaching out for support

Mental health challenges can sometimes feel overwhelming, but reaching out for professional support can make a meaningful difference. Whether you are navigating depression, anxiety, grief, or burnout, or whether you are concerned about a loved one, APHC offers a safe, compassionate environment for healing.

At APHC, you do not have to walk this journey alone.



Scan the QR code to find out more about the services offered at Alvernia Psychological Health Centre.
Phone/Whatsapp: 6347 6760
Email: APHC@mtalvernia.sg

About Mount Alvernia Hospital

Founded on Catholic values by the Franciscan Missionaries of the Divine Motherhood in 1961, Mount Alvernia Hospital (MAH) is the only not-for-profit general acute tertiary care private hospital in Singapore. With 340 beds, it is supported by over 300 on-campus specialist doctors and 1,400 accredited doctors. Dedicated clinical pastoral care forms part of MAH's holistic care for patients and their families regardless of background or belief.

As a not-for-profit hospital, MAH channels its surpluses towards improving hospital facilities, supporting the Assisi Hospice, and giving back to underserved communities through outreach programmes, all guided by the motto Serve all with Love.

Content provided by Mount Alvernia Hospital