



About NAMS

The National Addictions Management Service (NAMS), formerly known as the Community Addictions Management Programme (CAMP), was incorporated in 2008 to provide treatment for a broad range of addictions, including addiction to gambling, drugs, alcohol, sex, the Internet, and gaming.

Managed by a multi-disciplinary team of specialists including psychiatrists, psychologists, counsellors, medical social workers and nurses, patients will be thoroughly assessed to determine a treatment plan that best suits them.

Located at the Institute of Mental Health (IMH), NAMS includes the Specialist Outpatient Clinic C (SOC C) as its outpatient arm and the inpatient Serenity Centre which provides residential detoxification and rehabilitation services.

Specialist Outpatient Clinic C

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

Mon- Thu 8.00am - 5.30pm

Fri 8.00am - 5.00pm

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Medical Green Park
10 Buangkok Green
Singapore 539747
Tel: 6389 2200 (for appointment)
E-mail: imh_appt@imh.gov.sg

National Problem Gambling Helpline: 1800 6 668 668
All Addictions Helpline: 6-RECOVER (6-732 6837)

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/

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Managing Addictions

NATIONAL
ADDICTIONS
MANAGEMENT SERVICE





Programmes

We conduct individual, group and family therapy programmes for both patients and their family members.

Individual and group counselling enable patients to increase their knowledge and understanding of addiction and develop effective relapse prevention plans. Family counselling supports families in their caregiving role, and helps with the patients' reintegration into the family.

Our programmes include:

Gambling Addiction Management through Education (GAME)

Through a series of eight psycho-education 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.

Continual Recovery through Education & Skills Training (CREST)

CREST is a group programme that addresses all types of addictions. It is designed to help patients to 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.

Family Programme on Problem Gambling (FPPG)

Open to members of the public, FPPG is for anyone who wishes to learn how to manage and help friends and family members with a gambling problem.

For more information on any of our programmes, please call 6-RECOVER (6732 6837).



Training, Community Partnerships and Outreach

We work with 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.

We also conduct forums and talks regularly 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. Through these talks, we hope to 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.

Research

Our Research team evaluates the effectiveness of our treatment programmes and conducts research to increase our understanding of how addictions affect Singaporeans.

