

## ***Autism Services at Neuro-Behavioural Clinic***

We are a multidisciplinary team consisting of Psychiatrists and Allied Health Specialists such as Psychologists, Social Workers and Occupational Therapists.

We provide clinically-proven autism assessment services and evidence-based intervention programs for individuals, groups as well as parent education programs. Our approach is family-centred and community-based.

Ongoing research in the area of Autism Spectrum Disorder is also one of our primary goals. Our research areas encompass basic and applied research, which are not limited to the study of genetics, neurobehavioural processes and evidence-based assessments and intervention.

## ***Appointment and Referrals***

Referrals are accepted through a psychiatrist from Child Guidance Clinic only.

To make an appointment to see a psychiatrist at Child Guidance Clinic, you may contact us at:

Appointment line: **6389 2200**

Enquiries: 6389 2000

Fax: 6534 3677

Email: [HPB@imh.com.sg](mailto:HPB@imh.com.sg)

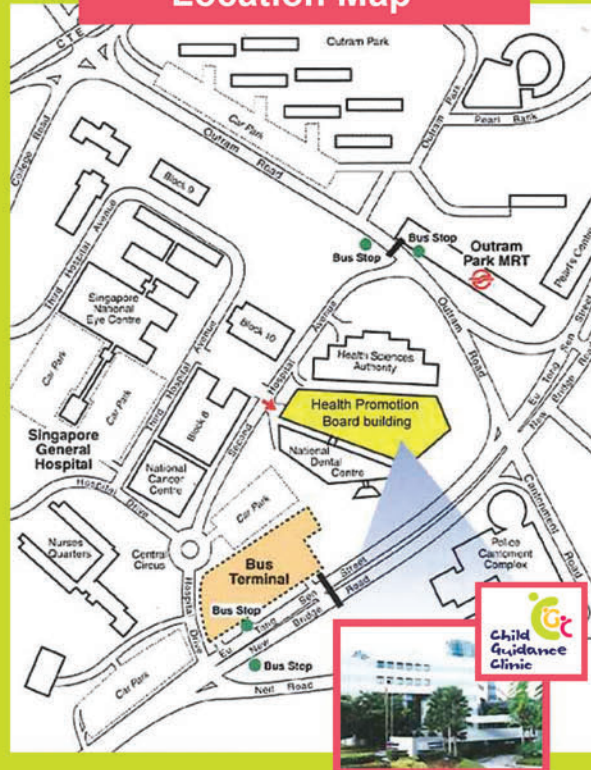
Monday to Fridays  
8 am to 5 pm

## ***Location and Directions***

We are located at:

Child Guidance Clinic  
Health Promotion Board Building #03-01  
3 Second Hospital Avenue  
Singapore 168937

### **Location Map**



Bus No:  
**Outram Road:**  
33, 63, 75, 520, 605, 851.

**Eu Tong Sen Street:**  
2, 12, 54, 61, 62, 81, 103, 124, 143, 147, 166,  
167, 174, 190, 196, 197, 520, 607, 961

MRT Station:  
**Outram Park**

March 2011

# ***Neuro-Behavioural Clinic***

## ***Autism Services***

**NBC**  
Neuro-Behavioural Clinic





# At A Glance...

## Autism Services offered at Neuro-Behavioural Clinic

The Neuro-Behavioural Clinic offers services to children and youths between 5 to 19 years old, who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) or an Autism Spectrum Disorder (ASD).

Our Autism Services include:

### INDIVIDUAL PROGRAMS

- Diagnosis and Assessment
- Parent Education
- Individualized intervention in areas including anxiety management, self-organization and social skills etc.
- Psychological Management of co-morbid mental health issues
- Pharmacological Management of co-morbid mental health issues
- Referral to community resources or consultation with schools

### GROUP PROGRAMS

- Groups addressing emotion regulation such as Anxiety and Anger Management
- Transition groups e.g. From Primary 6 to Sec 1
- Social Skills programs



## What are Autism Spectrum Disorders?

Autism Spectrum Disorders (ASD) are a range of developmental disorders of the brain characterized as:

- Difficulties in socializations
- Difficulties in communication
- Restricted or repetitive pattern of behaviors and interests

It is estimated that 1 out of 150 children today have some form of ASD.



## Some common symptoms of ASD

Individuals with ASD present differently, but some of these signs that warrant further investigation include:

- Avoidance of eye-contact
- Solitary, prefers to be alone
- Have trouble understanding other's feelings or talking about their own
- No interest in others or have trouble relating to others
- Repeats certain behaviors in the same manner
- Laughs or cries without apparent reason
- Unusual way of playing or no play
- Have difficulty with changes in schedule or routine

Individuals with ASD may also present with difficulties in other aspects such as anxiety, eating problems and learning disabilities.

