

Five-Year Review of Adolescent Mental Health Usage in Singapore

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Abstract

Introduction: To provide a review of adolescent mental health service utilisation in a child and adolescent mental health outpatient clinic in Singapore. **Materials and Methods:** Data from all new adolescent cases seen over a 5-year period in the Child Guidance Clinic were analysed. A review of services provided is also included. **Results:** Adolescent mental health usage has been on an increase with a rise in the number of cases diagnosed with depression. There has also been an increase in the number of forensic cases seen in the department. **Conclusions:** There is a growing demand for adolescent mental health services. As the demands and stresses on today's youth increase, there is likely to be a continued increase in the demand for such services. The challenge in the future is to provide adolescent mental health services in cost-effective packages that will meet the needs as well as stay financially viable.

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