

## MENTAL HEALTH RESOURCES

The following is a starting point for anyone looking for assistance with managing their mental health. As far as possible, the organisations here provide free or subsidised services to their clients and beneficiaries.

Service	Description	Contact/Operating Hours
IMH's Mental Health Helpline	For persons facing a mental health crisis	6389 2222 (24-hour)
Samaritans of Singapore (SOS)	For people in crisis, thinking of suicide or affected by suicide.	1800-221-4444 (24-hour)
Community Health Assessment Team (CHAT)	Provide assistance and support to young people of age 16 to 30 with mental health related concerns	6493 6500/6501 <a href="mailto:chat@mentalhealth.sg">chat@mentalhealth.sg</a> webCHAT <a href="http://www.chat.mentalhealth.sg">www.chat.mentalhealth.sg</a> (Tue – Sat, 1-8pm)
TOUCHline (TOUCH Youth)	A helpline for youth-related issues. It is manned by TOUCH Youth's team of counsellors who provide cyber wellness/ youth-related information or advice to both parents and youths.	Helpline: 1800 377 2252  (Mon to Fri, 9am – 6pm, except Public Holidays, eve of New Year, Chinese New Year & Christmas)
Care Corner	Provides highly-subsidised professional counselling services to individuals, couples and families.	6258-6601 <a href="mailto:cccc@carecorner.org.sg">cccc@carecorner.org.sg</a>  Mandarin counselling helpline: 1800 3535 800
Sage Counselling Centre	Provides a helpline for any person aged 50 years and above, or anyone who wants to talk about or enquire on issues or services related to older persons. The centre also provides free counselling services to Singaporeans and PRs aged 50 years old and above, and their caregivers or family members.	Helpline: 1800 555 5555 (Mon to Fri, 9am – 7pm, Sat 9am – 1pm)  6354 1191 <a href="https://www.sagecc.org.sg/">https://www.sagecc.org.sg/</a>

Singapore Association for Mental Health	Provides information and assistance on mental health matters and psychological matters.	1800-283-7019 (9am – 6pm, Mon to Fri)
eCounselling Centre (eC2) (Fei Yue Project 180)	An online facility offering free counselling to youths. Please visit <a href="http://www.ec2.sg">www.ec2.sg</a> or <a href="http://www.egen.sg">www.egen.sg</a> for more information.	Mon to Fri: 10am - 12pm 2pm – 5.30pm (except public holidays)
Tinkle Friend Helpline/Singapore Children’s Society	Provide support, advice and information to primary school children in distress, especially in situations when their parents or main caregivers are unavailable.	1800 274 4788 (Mon – Fri, 2.30pm to 5pm)  Online chat <a href="http://www.tinklefriend.sg">www.tinklefriend.sg</a> (Mon – Thu, 2.30pm – 5pm)
National CARE Hotline	Provides emotional and psychological support to those affected by the Covid-19 pandemic.	1800-202-6868 8am – 12am (midnight) daily
Mindline.sg	An interactive platform by the MOH Office for Healthcare Transformation (MOHT), includes a clinically validated self-assessment tool and AI chatbot.	<a href="https://mindline.sg/">https://mindline.sg/</a>
My Mental Health	A microsite by Temasek Foundation and Agency for Integrated Care – provides resources such as locally developed mental health-related articles and online forums.	<a href="https://stayprepared.sg/mymentalhealth">https://stayprepared.sg/mymentalhealth</a>
Silver Ribbon (Singapore)	An organisation that combats mental health stigma and encourages early treatment. Provides free counselling services in English, Mandarin and multiple Mandarin dialects	6386 1928 <a href="https://www.silverribbonsingapore.com/">https://www.silverribbonsingapore.com/</a>
AWARE	A women’s advocacy organisation that provides a helpline and counselling services for women.	Helpline: 1800 777 5555 (Mon – Fri, 10am – 6pm)  <a href="https://www.aware.org.sg/">https://www.aware.org.sg/</a>