

USEFUL RESOURCES

MSF

Child Protective Service (MSF) 1800-777 0000

Mon to Fri: 8.30am - 5.30pm

For further information or for reporting of child abuse

ComCare Call 1800 222 0000

24 hours

For information on the ComCare Assistance available

Child Protection Specialist Centres

Community social work agencies that provides child-centric, family-focused and community-based support to families and children who are at-risk of harm or severe neglect.

HEART@Fei Yue Child Protection Specialist Centre 6819 9170

Mon to Fri: 9am – 6pm

Big Love Child Protection Specialist Centre 6445 0400

Mon to Fri: 9am – 6pm

Safe Space, PAVE Child Protection Specialist Centre 62660171

Mon and Thu: 9am – 1pm, 2pm – 6pm, 6pm – 9pm (by appointment only)

Tue, Wed & Fri: 9am – 1pm, 2pm – 6pm

Family Violence Specialist Centres

Community-based services for persons affected by family violence.

Centre for Promoting Alternatives to Violence (PAVE) 6555 0390

Mon, Tue, Thu & Fri: 9 am – 1pm; 2pm – 6pm

Weds: 9am – 6pm; 6.30pm – 9.30pm (by appointment only)

TRANS SAFE Centre 6449 9088

Mon to Fri: 9am – 5pm

Care Corner Project stART 6476 1482

Mon to Fri: 10am – 5pm

Mon & Tue: 5pm – 9pm (by appointment only)

Restructured Hospitals with Psychiatry/Psychology Services

Institute of Mental Health (IMH)

Tel: 6389 2000 (Appointment Line)

Child Guidance Clinic, IMH

Tel: 6389 2200 (Appointments) 6389 2000 (Enquiry)

Mon to Fri: 8am – 6pm

For young patients (18 years old and below) who are facing emotional or behavioural problems. Referrals to Mood and Anxiety (MAC) or Forensic Rehabilitation, Intervention,

Evaluation & Network Development Services (FRIENDS) clinics must be made by doctor upon consult.

KK Women and Children's Hospital

Tel: 6294 4050 (Appointment Line)

Mon to Fri: 8.30am – 5.30pm; Sat: 8.30am – 1pm

Internal referral may be made to the Psychosocial Trauma Support Service (PTSS) for specialised assessment and intervention for trauma-related issues in children.

Alexandra Hospital (JurongHealth)

Tel: 6476 8828 (Appointment Line)

Mon to Fri: 8.30am – 5.30pm

Sat: 8am – 12.30pm

Changi General Hospital (Specialist Clinic 'Q')

Tel: 6850 3333

Email: Appt_Centre@cgh.com.sg

Khoo Teck Puat Hospital (Alexandra Health Pte Ltd)

Tel: 6555 8828 (Appointment Line)

Mon to Fri: 8am – 5.30pm

Sat: 8am to 12.30pm

National University Hospital

Tel: 6772 2002 (Central Appointment)

Singapore General Hospital (Department of Psychiatry)

Tel: 6321 4377 (Central Appointment)

Tan Tock Seng Hospital

Psychological Medicine Clinic 4A

Tel: 6889 4343

Psychological Services Clinic 4A

Tel: 6889 4343

General Mental Health

Samaritans of Singapore (SOS) 1800-221 4444

24 hours

For people in crisis, thinking of suicide or affected by suicide.

IMH Helpline 6389 2222

24 hours

For psychiatric emergencies.

Singapore Association for Mental Health (SAMH) Helpline 1800 283 7019

Mon to Fri: 9am – 6pm

For people who have psychological, psychiatric or social problems and others who need information for such persons.

Counselling / Family issues

National Helpline (Family Service Centres) 1800 838 0100

Mon to Fri: 9am – 5pm; Sat: 9am – 1pm

For counselling, information and referrals, family life education.

Care Corner Counselling Centre 1800 353 5800

Daily: 10am – 10pm

For family, marital, or personal problems.

HELP Family Service Centre 6457 5188

Mon to Fri: 9am – 6pm

For single-parent families seeking help.

Shan You Counselling Centre (Yuan Yuan Helpline) 6741 0078

Mon to Fri: 12pm – 6pm; Sat: 1pm – 5pm

For Mandarin-speaking community with family, marital and personal issues including bereavement, critical illness and other crisis.

As-Salaam Family Support Centre 6745 5862

Mon to Fri: 8.30am – 5.30pm; Sat: 8.30am – 5pm

For Malay-speaking and/or Muslim who have gone through death or divorce.

SINDA Family Service Centre 1800-295 4554

Mon to Fri: 8.30am – 6pm

For Indian families in need of assistance or counselling.

Children and Youth Helplines

Tinkle Friend Singapore Children's Society 1800 2744 788

Mon to Fri: 2.30pm – 5pm

Online chat available (Mon to Fri 2.30pm – 5.30pm; Wed 6.30pm – 8.30pm)

National toll-free helpline for primary-school-aged children. Provides support, advice, and information to lonely and distressed children, especially in situations when their parents or main caregivers are unavailable.

eCounselling Centre (eC2) Fei Yue Project 180 6787 1135 www.ec2.sg

Mon to Fri: 9.30am – 6pm

An online facility offering free counselling to youths.

Pregnancy

BABES (Beyond Social Services) 1800-TEENMOM (1800-833 6666)

SMS: 8111 3535

24 hours

For teenagers with child.

MUM-TO-BE Helpline (Thye Hua Kwan Moral Society) 1800-MUM-TO-BE (1800-686-86-23)

24 hours

To offer confidential support to pregnant women of all ages in difficult situations.

Pregnancy Crisis Service (PCS) 6339 9770

24 hours

For expectant mothers facing unwanted pregnancies. Also runs a shelter for unwed mothers.

Singapore Planned Parenthood Association Counselling Hotline 1800 775 8582

Mon to Fri: 9am – 6pm

To help young people and adults deal with sexuality-related problems and concerns.

Dayspring New Life Centre 6463 0182

Mon to Fri: 9.30am to 5.30pm

For women and families with unsupported pregnancies.

Addictions

Alcoholics Anonymous 6475 0890

24 hours

For those who are alcohol-dependent and their families.

National Addictions Management Service (NAMS) 6-7326837 (6-RECOVER)

Mon to Fri: 8.30am – 10pm

For individuals with various addictions including substance behavioural addictions.

WE CARE Community Services 6547 5459

Mon to Fri: 8.30am – 9pm; Sat: 10am – 8pm

For individuals and families who need help with addictions.

Other Relevant

Association of Women for Action and Research (AWARE) Helpline 1800-774-5935

Mon to Fri: 3pm – 9.30pm

For women in distress or at a time of uncertainty in their lives.

AWARE Sexual Assault Care Centre 67790282

Mon to Fri: 10am to midnight

For people who have experienced sexual assault. Safe, free and confidential services.

Men-in-Crisis Helpline (ADAM Association) 1800 626 2626

Mon to Fri: 12pm – 8pm

For men with issues.

SG Enable 1800 8585 885

Mon to Fri: 8.30am – 6pm; Sat: 8.30am – 12.30pm

For information and referral services for persons with disabilities (child and adult).