

Help is Available

Call around - Seek someone you can trust and who suits your needs & personality.
This list was compiled to help facilitate your search, however,
please check if fees apply and if subsidies are available.

24-hour helplines – call if you're feeling depressed or distressed

SOS 1767

<https://www.sos.org.sg/email-befriending>

IMH Helpline 6389-2222

National Care Hotline 1800 202 6868

SAF Hotline (for SAF Personnel): 1800 278 0022

SAMH Helpline 1800-283-7019

<https://www.samhealth.org.sg/about-samh/contact-us/>

COUNSELLING SERVICES

FOR YOUTHS

The Zen Dylan Koh Fund <https://www.tzdkfund.org/>

- FREE and confidential counselling for young people (25 years and under). Must apply.
Managed by Limitless.

Chat Hub at *Scape <https://www.chat.mentalhealth.sg/>

6493 6500, 6493 6501 or e-mail chat@mentalhealth.sg
- for ANY concerns about your well-being and need direction.

Touch Line 1800 377 2252 (Daily 10am to 10pm) <https://www.touch.org.sg/about-touch/our-services/touch-youth-intervention-homepage>

Tinkle Friend 1800 274 4788 (Mon-Fri Office Hrs) - for children (**7-12yrs**)
<https://www.tinklefriend.sg/>

Youth Line (Youth Challenge) 6336 3434 (Mon –Fri 8.30am to 6.00pm)
<https://www.youthlineuk.com/what-is-counselling/>

GENERAL COUNSELLING SERVICES (Office hours may apply)

Morning Star Community Services 6285 1377 (office hours)
<https://www.morningstar.org.sg/therapy/>

Shan You Counselling 6741 9293 (office hours) <http://www.shanyou.org.sg/>

Brahm Centre Counselling <https://brahmcentre.com/counsellingcentrehotline/>
66550000 and 88230000 (WhatsApp available)

Care Corner Counselling Centre (Mandarin) 1800-353-5800 (office hours)
<https://www.carecorner.org.sg/counselling-centre>

Viriya Counselling Helpline 6256 1311 (office hours)
<https://viriy.org.sg/our-services/specialist-services/>

Metoyou Cyber Counselling 6445 0100 (office hours)
<https://www.facebook.com/metoyou.cybercare>

Catholic Family Life Counselling Services 6488-0278 (office hours)
<https://www.familylife.sg/RestorettoFlourish>

Singapore Buddhist Free Clinic (SBFC) 6841 3370 (Hotline)
<https://www.safc.org.sg/counselling-service>

Wesley Counselling Services 6837-9214 (office hours)
<https://wesleymc.org/care/counselling>

Faith Methodist Church Counselling 6471-9420 (office hours)
<https://www.faithmc.sg/care-help/counselling/>

Barker Road Methodist Church Counselling 6250-6787 (office hours)
<https://www.brmc.org.sg/ministries/counselling/counselling-2>

CampusPsy <https://www.facebook.com/campuspsy/>

Limitless <http://www.limitless.sg/talk>

Text Messaging Help

OTR Listens <https://otrlistens.net/>

BELLE (Beyond the Label Helpbot)
<https://www.ncss.gov.sg/our-initiatives/beyond-the-label/belle-beyond-the-label-helpbot#>

SOS Care Text <https://www.sos.org.sg/about/our-services>

GRIEF SUPPORT COUNSELLING

If you have lost any loved one to suicide

(a child, friend, colleague, parent, grandchild, grandparent etc)

SOS' Healing Bridge and LOSS group <https://www.sos.org.sg/about/our-services>

Grief Matters Helpline 8181 0448 Email: griefmatters@montfortcare.org.sg
<https://www.griefmatters.org.sg/services/>

For Parents - If you have lost a child to suicide:

Healing Hearts (for suicide-bereaved MOTHERS only)

Organised by The Therapy Room (Dr Geraldine Tan)

- 6467 8903 or WhatsApp 9727 3317 <http://www.thetherapyroom.com.sg/>

Child Bereavement Support Singapore (CBSS) – <https://www.cbss.sg/>

- loss of a child by any circumstances, regardless of how recent or long ago

PIETA Singapore (Catholic-Christian faith based though all are welcome)

<https://www.pietasingapore.org/>

- loss of a child by any circumstances, regardless of how recent or long ago