

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. Information is correct as at Oct 2021.

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

COUNSELLING SERVICES

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.

Assist Line - provides support to anyone in distress.

66550000 (Office Hours) 88230000 (Call/Whatsapp during/after Office Hrs)

<http://brahmcentre.com/assistline/> assistme@brahmcentre.com
callme@brahmcentre.com

SAMH Helpline 1800-283-7019

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

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)

Teenage Crisis Centre (Teen Challenge) 6346-9332 Mon-Fri 9:00am - 6:00pm

Family Life Society Counselling Centre 6488-0278 Mon-Fri 9:00am - 5:30pm

Shan You Counselling 6741 9293 <http://www.shanyou.org.sg/>

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

Viriya Counselling Helpline 6256 1311 (Mon-Fri 10am to 5pm)
<https://viriy.org.sg/our-services/specialist-services/>

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

Fei Yue eCounselling Centre <https://www.fycc.org/contact-us/>

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

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

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

Wesley Counselling Services 6837-9214 (office hours)

Faith Methodist Church Counselling 6471-9420 (office hours)

Barker Road Methodist Church Counselling 6250-6787 (office hours)

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>

LOSS SURVIVORS

If you have lost a loved one to suicide
(a 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 griefmatters@montfortcare.org.sg
<https://www.griefmatters.org.sg/services/>

SUPPORT GROUP for PARENT SURVIVORS who has lost a child to suicide:

Healing Hearts for suicide-bereaved MOTHERS only
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)
<https://pietasingapore.wixsite.com/pietasingapore>
- loss of a child by any circumstances, regardless of how recent or long ago

WELLNESS activities

BE ENGAGED in wellness programmes

Over the Rainbow <http://overtherainbow.sg/>

Shadee.care - A better shade of Life <https://shadee.care/>

Resilience Collective <https://www.resilience.org.sg/>