

Help is Available

Call around - Seek someone you can trust and who suits your needs & personality

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

SOS 1800-221-4444

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

IMH Helpline 6389-2222

SAF Hotline (for SAF Personnel): 1800-278-0022

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

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

CHAT*Scape <https://www.chat.mentalhealth.sg/>

6493 6500, 6493 6501 or e-mail chat@mentalhealth.sg

- provides confidential mental health check for young people aged 16-30

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

callme@brahmcentre.com - provides support to anyone in distress.

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

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

1800-283-7019

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

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

Tinkle Friend <https://www.tinklefriend.sg/>

1800 274 4788 (Mon-Fri Office Hrs) - for children (7-12yrs)

Youth Line 6336 3434 (Mon –Fri 8.30am to 6.00pm)

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

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

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

Metoyou Cyber Counselling <https://www.metoyou.org.sg/> 6445 0100

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

CARA Unmask <https://www.caraunmask.com/how-cara-works> – a emotional support platform with anonymous and secure conversations with peer supporters and counsellors

Acceset – offers youths emotional support and education on mental health care
<https://www.acceset.com/>

Club HEAL <http://www.clubheal.org.sg/services/> - aims to assist and empower persons with mental health issues to regain confidence in themselves and others in their journey towards community reintegration.

FOR SURVIVORS

If you are a suicide SURVIVOR
(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/>

If you are a PARENT who has lost a child to suicide:

Healing Bridge for suicide survivors - run by SOS
1800 221 4444 <https://www.sos.org.sg/about/our-services>

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 PROGRAMMES

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/>

Hush Tea Bar – a social movement focused on self-care and social inclusion
<http://www.hushteabar.com/>

Brahm Centre – programmes on mindfulness <http://brahmcentre.com/programs/>