

## **USEFUL RESOURCES**

### **MSE**

**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.

**Big Love Child Protection Specialist Centre 6445 0400**

Mon to Fri: 9am – 6pm

**HEART@Fei Yue Child Protection Specialist Centre 6819 9170**

Mon to Fri: 9am – 6pm

**National Anti-Violence Helpline (NAVH) 1800-777 0000**

Operating Hours: 24 hours

**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](http://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).