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| Helplines  |
| **1.1) General**  |
| **Clarity Singapore** Limited  | Provide confidential emotional support for individuals experiencing stress, anxiety, anger and depression.  | Tel: 6757 7990 (Mondays to Fridays from 9am to 6pm and Saturdays from 9am to 4pm)  |
| **ComCare**/Ministry of Social and Family Development  | A toll-free service for low-income individuals and families who may require any form of social assistance which includes financial assistance.  | Tel: 1800-222 0000 (Mondays to Sundays from 7am to 12 midnight)  |
| **Counselling Helpline**/Singapore Association of Mental Health  | Manned by an experienced group of mental health professionals, this helpline provides information and assistance on mental health matters and psychosocial issues.  | Tel: 1800-283 7019 (Mondays to Fridays from 9am to 6pm, except public holidays)  |
| **Dementia Helpline**/ Alzheimer’s Disease Association  | Provide assistance and information to caregivers caring for persons with dementia.  | Tel: 6377 0700 (Mondays to Fridays from 9am to 6pm)  |
| **Dementia InfoLine**/ Health Promotion Board  | A toll-free service that opens to public who wish to find out more information about dementia. The line is available in all 4 languages – English, Chinese, Malay and Tamil.  | Tel: 1800-223 1123 (Mondays to Fridays from 8.30am to 5pm and Saturdays from 8.30am to 1pm)  |
| **Hotline Counselling/** Care Corner Singapore Ltd  | Manned by trained volunteers from, Mandarin-speaking callers can share their problems in total anonymity and strict confidentiality.  | Tel: 1800-353 5800 (Mondays to Sundays from 10am to 10pm. Closed on public holidays)  |
| **Mental Health Helpline**/Institute of Mental Health  | Manned by qualified counsellors, this helpline is made available to the public who come into contact with individuals who are experiencing any mental health crisis.  | Tel: 6389 2222 (24 hours)  |
| **Samaritans of Singapore** (SOS)  | Manned by trained volunteers, this helpline provides emotional support to people who have difficulty coping during a crisis, who are thinking of suicide or affected by suicide.  | Tel: 1800-221 4444 (24 hours) Email:pat@sos.org.sg  |

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| **1.2) Addictions**  |
| **Anti-Scam Hotline**/ National Crime Prevention Council  | Provide advice to the public on sophisticated scams, should they suspect that they have fallen for one.  | Tel: 1800-722 6688 (Mondays to Fridays from 9am to 5pm)  |
| **All Addictions Helpline**/National Addictions Management Service (NAMS)  | Provide a range of services to assist people who are dealing with addiction problems.  | Tel: 6-RECOVER (6732 6837) (24 hours)  |
| **Credit Counselling Singapore**  | For consumers seeking help for serious debt problems.  | Tel: 6225 5227 (Mondays to Fridays except for Public Holidays)  |
| **National Council on Problem Gambling Helpline**/National Council on Problem Gambling  | Manned by trained counsellors and para-counsellors from the NAMS, this helpline provides over the phone counselling on problem gambling, information on application of casino exclusion orders and other related information and referrals.  | Tel: 1800-666 8668 (24 hours)  |
| **One Hope Centre**  | Provide assistance for people to overcome gambling addiction and related issues arising from a lifestyle of compulsive gambling and/or reckless borrowing.  | Tel: 6547 1011 (Mondays to Fridays from 9am to 6pm)  |
| **WE CARE Community Services Ltd**  | Manned by the professional counsellors, this helpline provides assistance to someone who is struggling with an addictive disorder.  | Tel: 6547 5459 (Mondays to Fridays from 8.30am to 9pm and Saturdays from 10am to 8pm)  |
| **X Ah Long Helpline/** National Crime Prevention Council  | An avenue for people to provide information on loan-sharking activities without having to go to the police. You can choose not to reveal your personal details.  | Tel: 1800-X-AH-LONG (1800-9-24-5664) (Mondays to Fridays from 9am to 5pm)  |
| **1.3) Children and Youth**  |
| **Association of Women for Action and Research** (AWARE)  | This helpline is run by women, for women. It aims to offer empathy, support, information and encouragement to women in need of assistance.  | Tel: 1800-774 5935 (Mondays to Fridays from 3pm to 9.30pm)  |
| **Pregnancy Crisis Service**/Family Life  | Support anyone who may be facing an unwanted, suspected or unexpected pregnancy.  | Tel: 6339 9770 (24 hours)  |

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| **Sexual Assault Care Centre**/AWARE  | Manned by trained volunteers, this helpline is for those who have experienced sexual assault.  | Tel: 6779 0282 (Mondays to Fridays from 10am till midnight)  |
| **Tinkle Friend Helpline**/Singapore Children’s Society  | A toll-free helpline that provides support, advice and information to primary school children in distress, especially in situations when their parents or main caregivers are unavailable.  | Tel: 1800-274 4788 (Mondays to Fridays from 2.30pm to 5pm)  |
| **TOUCHline**/TOUCH Community Services  | Provide emotional support and practical advice for youths and their family on general and cyber wellness related issues.  | Tel: 1800-377 2252 (Mondays to Fridays from 9am to 6pm)  |

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| **1.5) Emergency Numbers**  |
| **Emergency Medical Service** (EMS) /Singapore Civil Defence Force  | The service is designed to provide an immediate response to patients with life-threatening situations. EMS should therefore be called during medical emergencies. View here for the list of medical emergencies.  | Tel: 995 (24 hours)  |
| **Non-Emergency Ambulance Service**/Singapore Civil Defence Force  | Some private ambulances are able to assist families in transporting the person to hospitals for psychiatric assessment and treatment. You will need to inform the operator about patient’s condition and behaviour, and the nearest ambulance service will be activated. View here for the list of non-emergencies. ***Note:*** *There is usually a half-hour waiting time, and cash payment is required on the spot. View here for the basic charges.*  | Tel: 1777 (24 hours)  |

1. **Mental Health in Polyclinics Programme**

The Mental Health in Polyclinics Programme consists of doctors, psychologists, medical social workers and nurses. They work together to support the polyclinics’ patients with mild to moderate mental health conditions. With a multi-disciplinary team, clients with mental health/dementia and chronic physical conditions can be managed within the polyclinics.

**Please call respective polyclinics’ general appointment line to make appointment for consultation. Client will only be referred to mental health or dementia clinics as determined by polyclinic doctor upon consultation.**

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|  | **Service Providers**  | **Mental Health** | **Dementia** | **Contact Details** |
| 1. | Ang Mo Kio Polyclinic | √ | √ | National Healthcare Group PolyclinicsAppointment Line:6355 3000 |
| 2. | Woodlands Polyclinic | √ |  |
| 3. | Yishun Polyclinic | √ | √ |
| 4. | Jurong Polyclinic  | √ |  | National University Polyclinics Appointment Line:6355 3000 |
| 5.  | Choa Chu Kang Polyclinic  |  | √ |