



# Mental Health Services

## RESOURCE DIRECTORY

## Community-based Resources *(updated as at May 2020)*

**Page  
Number**

### 1) Helplines

1.1) Crisis Helpline and Suicide Prevention .....	2
1.2) General .....	2-3
1.3) Addictions .....	3-4
1.4) Children and Youth .....	4-5
1.5) Seniors .....	5
1.6) Emergency Ambulance .....	5

### 2) Services

#### 2.1) Addictions

i) General .....	6
ii) Alcohol and Drugs .....	8
iii) Gambling .....	11
iv) Gaming .....	11
iv) Rehabilitation Centres / Houseway Houses .....	12
v) Counselling .....	15
vi) Employment Support .....	18
vii) Recovery Support Groups .....	19

2.2) Suicide Prevention .....	24
-------------------------------	----

#### 2.3) Children and Youth

i) General .....	26
ii) Counselling .....	29
iii) Residential / Rehabilitation Homes .....	30

#### 2.4) Adults

i) General .....	31
ii) Community Mobile Team .....	36
iii) Counselling .....	38
iv) Training and Employment .....	44
v) Day Activity / Day Rehabilitation Centres .....	46
vi) Residential / Rehabilitation Homes .....	47

#### 2.5) Seniors

i) General .....	49
ii) Community Mobile Team .....	53
iii) Counselling .....	55
iv) Dementia Day Care Centres .....	56
v) Nursing Homes .....	58

2.6) Caregiver Support .....	61
------------------------------	----

2.7) Public / Restructured Hospital Services.....	65
---	----

2.8) Peer Support Specialist Programme .....	69
--	----

### 3) Resources

71

*N.B: This list is not exhaustive. If you would like to share any other information that would support persons with mental health conditions, kindly contact Ms Seri Ayuni at [NCSS\\_Mental\\_Health@ncss.gov.sg](mailto:NCSS_Mental_Health@ncss.gov.sg).*

# Helplines

To find out more about mental health helplines and services that are available near you, please visit Belle, the Beyond the Label Helpbot, on Beyond the Label Facebook Messenger at [www.facebook.com/beyondthelabelsg](http://www.facebook.com/beyondthelabelsg).

1.1) Crisis Helpline and Suicide Prevention		
<b>Mental Health Helpline</b> /Institute of Mental Health	Open to public who come into contact with individuals who are experiencing any mental health crisis.	Tel: 6389 2222 (24 hours)
<b>Hotline</b> /Samaritans of Singapore (SOS)	Provide emotional support for individuals having difficulty coping during a crisis, thinking of suicide or affected by suicide.	Tel: 1800-221 4444 (24 hours) Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>
<b>National CARE Hotline</b>	Provide psychological and emotional support to those who may need a listening ear during the COVID-19 outbreak.	Tel: 6202 6868 (24 hours)

1.2) General		
<b>Counselling Helpline</b> /Singapore Association of Mental Health	Provide information and assistance on mental health matters and psychosocial issues.	Tel: 1800-283 7019 (Mondays to Fridays from 9am to 6pm, except public holidays)
<b>Counselling Hotline</b> /Care Corner Counselling Centre	Provide emotional support for Mandarin-speaking individuals.	Tel: 1800-3535 800 (Mondays to Sundays from 10am to 10pm. Closed on public holidays)
<b>Dementia Helpline</b> /Alzheimer's Disease Association	Provide information and assistance to caregivers caring for persons with dementia.	Tel: 6377 0700 (Mondays to Fridays from 9am to 6pm)
<b>Dementia InfoLine</b> /Health Promotion Board	Open 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)
<b>Hear4U</b> /CARE Singapore	Offer non-crisis psychological first aid and support to anyone in Singapore who are suffering from the negative emotional impact brought on by COVID-19. This service is provided in the form of voice and text (WhatsApp) and is inclusive in allowing those who have visual or hearing difficulties to access emotional support.	Tel/WhatsApp: 6978 2728 (Mondays to Fridays from 10am to 5pm)  Additional helplines for Migrant communities: Tel/Whatsapp (English): 6978 2725 Tel/Whatsapp (Chinese): 6978 2724 Tel/Whatsapp (Bengali): 6978 2723

		Tel/Whatsapp (Tamil): 6978 2722
<b>Helpline/Clarity Singapore Limited</b>	Provide emotional support for individuals experiencing stress, anxiety, anger and depression.	Tel: 6757 7990 (Mondays and Fridays from 8.30am to 5.30pm, Tuesdays to Thursdays from 9am to 6pm, Saturdays from 9am to 4pm)
<b>Lifeline NUS/National University of Singapore</b>	For NUS students who experience life threatening psychological emergencies. Below are some examples of psychological emergencies: <ul style="list-style-type: none"> <li>• Having suicidal intentions</li> <li>• Experiencing severe panic or anxiety attacks</li> <li>• Dealing with news of death or severe injury to family or peers</li> <li>• Traumatized or disoriented from recent physical violence</li> </ul>	Tel: 6516 7777 (24 hours)
<b>Singapore Armed Forces (SAF) Counselling Hotline/The Central Manpower Base</b>	For SAF Personnel who needs assistance with psychological issues, financial issues, or complaints and grievances. You may choose to remain anonymous throughout your call. Face-to-face counselling is also available at the SAF Counselling Centre on request or referral.	Tel: 1800-278 0022 (24 hours)
<b>Support for Wellness Achievement Programme (SWAP) Hotline/Institute of Mental Health</b>	Provide emotional support for individuals experiencing or at-risk of developing psychosis or other mental illnesses.	Tel: 6389 2972 / 9017 8212 (Mondays to Fridays from 9am to 5pm)
<b>Yuan Yuan Helpline (Mandarin)/Shan You</b>	Offer service to individuals facing bereavement, critical illness, unexpected challenges in their lives or who may just need a listening ear.	Tel: 6741 0078 (Mondays to Fridays from 12pm to 6pm and Saturdays from 1pm to 5pm. Closed on Sundays and Public Holidays)

### 1.3) Addictions

<b>Addictions Helpline/WE CARE Community Services</b>	Provide assistance to individuals struggling with an addictive disorder.	Tel: 6547 5459 (Mondays to Fridays from 8.30am to 9pm and Saturdays from 10am to 8pm)
<b>All Addictions Helpline/National Addictions Management Service</b>	Provide a range of services to assist individuals who are dealing with addiction problems.	Tel: 6-RECOVER (6-7326837) (24 hours)

<b>Anti-Scam Hotline/</b> 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)
<b>Gambling Helpline/</b> One Hope Centre	Provide assistance for individuals overcoming gambling addiction and related issues arising from a lifestyle of compulsive gambling and reckless borrowing.	Tel: 6547 1011 (Mondays to Fridays from 9am to 6pm)
<b>HELP123/TOUCH</b> Community Services	Help123 is a one-stop service for youth cyber wellness issues. Youths, parents, educators and school counsellors may reach out to the counsellors via online chat, email or phone.	Tel: 1800 6123 123 (Mondays to Fridays from 10am to 6pm)  Email: <a href="mailto:hello@help123.sg">hello@help123.sg</a>  Webchat: <a href="http://www.help123.sg">www.help123.sg</a> (Mondays to Fridays from 2pm to 10pm)
<b>National Problem Gambling Helpline/</b> National Council on Problem Gambling	Provide over the phone counselling on problem gambling, information on application of casino exclusion orders and other gambling related services.	Tel: 1800-666 8668 (Mondays to Sundays from 8am to 11pm)  Webchat: <a href="https://livesupport.imh.com.sg">https://livesupport.imh.com.sg</a>
<b>talk2SANA/</b> Singapore Anti-Narcotics Association	Open to public to talk about any drug-related issues. All chats are anonymous and confidential, and no sign up is required.	Webchat: <a href="http://talk2sana.com/tools-for-change/live-chat/">http://talk2sana.com/tools-for-change/live-chat/</a> (Mondays to Fridays from 6pm to 9.30pm)
<b>TOUCHLine/</b> TOUCH Community Services	Provide emotional support and practical advice for ages 12 to 25 years old on gaming addiction, Internet-related issues and information on youth programmes.	Tel: 1800 377 2252 (Mondays to Fridays from 9am to 6pm, excluding Public Holidays and eve of Christmas, New Year's Day and Chinese New Year)
<b>X Ah Long Helpline/</b> National Crime Prevention Council	Provide information on loan-sharking activities without having to go to the police. Individuals can choose not to reveal their personal details.	Tel: 1800-X-AH-LONG (1800-9-24-5664) (Mondays to Fridays from 9am to 5pm)

#### 1.4) Children and Youth

<b>Assistline/</b> Brahm Centre	Provide support for youth who are struggling emotionally and parents who need support in better parenting and communication strategies.	Tel: 6655 0000 (Mondays to Fridays from 9am to 6pm) OR 8823 0000 (whatsapp after office hours)
---------------------------------	---	--



<b>Tinkle Friend Helpline</b> /Singapore Children's Society	Provide 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, 2.30pm to 5.00pm)  Webchat: <a href="http://www.tinklefriend.sg">www.tinklefriend.sg</a> (Mondays to Thursdays, 2.30pm to 7.00pm and Fridays, 2.30pm to 5.00pm)
<b>Helpline/Limitless (Ltd)</b>	Provide emotional and practical support for youths aged 12 to 25 years old who are facing issues with their mental health, social exclusion, or poverty.	Please fill in the form at <a href="http://www.limitless.sg/talk">www.limitless.sg/talk</a> . Mode of contact: Call/ Text/ Whatsapp.

<b>1.4) Seniors</b>		
<b>Singapore Silver Line</b> /Agency for Integrated Care	Provide eldercare information to the caregivers and seniors or to get connected to eldercare and caregiver support services in Singapore.	Tel: 1800-650-6060 (Mondays to Fridays from 8.30am to 8.30pm and on Saturdays from 8.30am to 4.00pm)

<b>1.5) Emergency Numbers</b>		
<b>Emergency Medical Service (EMS)</b> /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 <a href="#">here</a> for the list of medical emergencies.	Tel: 995 (24 hours)
<b>Non-Emergency Ambulance Service</b> /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 <a href="#">here</a> for the list of non-emergencies.  <i><b>Note:</b> There is usually a half-hour waiting time, and cash payment is required on the spot. View <a href="#">here</a> for the basic charges.</i>	Tel: 1777 (24 hours)

# Services

## 2.1) Addictions

### Addiction – General

Service / Programme	Description	Address	Contact
<b>Addiction Management Program</b>  <i>Service Provider:</i> Ministry of Therapy	Provide a holistic treatment for a wide variety of habitual behaviour including, but not limited to, those in the following list:  1) Alcohol addiction 2) Gambling addiction 3) Gaming addiction 4) Internet addiction 5) Sexual craving 6) Pornography  For more information, please click <a href="#">here</a> .	76 Playfair Road, LHK2 Lobby 3, #06-05 Singapore 367996	Tel: 9438 1671 Email: -
<b>Addiction Recovery College</b>  <i>Service Provider:</i> National Addictions Management Service	Provide range of courses, workshops and resources for persons recovering from addictions/addiction-related issues and their families. It also allows participants to find out more about addictions and learn practical steps towards recovery.  For more information, please click <a href="#">here</a> .	<b>NAMS Clinic</b> Blk 9 (Level 1) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	Tel: 6732 6837 Email: <a href="mailto:nams_arc@imh.com.sg">nams_arc@imh.com.sg</a>
<b>Drop-in Centre</b>  <i>Service Provider:</i> We CARE Community Services	Provide a safe and supportive place for the recovering persons to bond with safe recovering friends. The centre also provides a wide range of holistic activities that help recovering persons to re-integrate better into family and work life. All activities are free of charge and is open to WE CARE drop-in members only.  For more information on the programmes, please click <a href="#">here</a> .	<b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074	Tel: 6547 5459 Email: <a href="mailto:leslie@wecare.org.sg">leslie@wecare.org.sg</a>

<p><b>Educational and Therapy Programmes</b></p> <p><i>Service Provider:</i> We CARE Community Services</p>	<p>Target at relapse prevention, emotional management or addiction awareness education.</p> <p>For more information on the programmes, please click <a href="#">here</a>.</p>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074</p>	<p>Tel: 6547 5459 Email: <a href="mailto:NoorSida@wecare.org.sg">NoorSida@wecare.org.sg</a></p>
<p><b>Forensic Services</b></p> <p><i>Service Provider:</i> Promises Healthcare Pte Ltd</p>	<p>Provide comprehensive psychiatric assessment and treatment for individuals and families with co-occurring legal issues and mental health concerns. Services include addiction and other mental health conditions.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Novena Medical Centre</b> 10 Sinaran Drive #09-21/22/23 Singapore 307506</p>	<p>Clinical services: 6397 7309 Email: <a href="mailto:clinic@promises.com.sg">clinic@promises.com.sg</a></p>
<p><b>National Addictions Management Service (NAMS) Satellite Clinics</b></p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>The clinics help those who have an addiction problem or know of a loved one who may need help. The care team specialising in addictions can provide a thorough assessment and customise a treatment plan for the clients and their family.</p> <p>For treatment and comprehensive services, clients are encouraged to visit the NAMS clinic at the Institute of Mental Health or NAMS satellite clinics at Queenstown or Geylang.</p> <p>For more information on NAMS Satellite Clinics, please click <a href="#">here</a>.</p> <p>For more information on Community Wellness Clinics, please click <a href="#">here</a>.</p>	<p><b>NAMS Clinic</b> Blk 9 (Level 1) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p> <p><b>Community Wellness Clinic, Queenstown</b> Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958</p> <p><b>Community Wellness Clinic, Geylang</b> Geylang Polyclinic 21 Geylang East Central Singapore 389707</p>	<p>For more information and appointment: Call 6-RECOVER (6-7326837).</p>
<p><b>Addiction Treatment Services</b></p> <p><i>Service Provider:</i> The Cabin Singapore</p>	<p>Provide proven and effective addiction treatment in an outpatient setting. It focuses on substance addictions as well as process addictions like gambling, sex and compulsive use of the internet.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Novena Medical Centre</b> 10 Sinaran Drive, #11-02 Singapore 307506</p>	<p>Tel: 3158 9949 Email: <a href="mailto:contact@thecabin singapore.com.sg">contact@thecabin singapore.com.sg</a></p>



<p><b>Introduction To Addiction Treatment</b></p> <p><i>Service Provider:</i> The Center for Psychology</p>	<p>Provide treatments for alcohol abuse, gambling addiction, sex and love addiction, internet and cyber game addiction, substance abuse and more.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>491B River Valley Road Valley Point Office Tower #04-01 Singapore 248373</p>	<p>Tel: 6733 2893 Email: <a href="mailto:contact@center4psy.com">contact@center4psy.com</a></p>
---	---	---	---

### Addiction – Alcohol and Drugs

Service / Programme	Description	Address	Contact
<p><b>Addiction Medicine Programme</b></p> <p><i>Service Provider:</i> Changi General Hospital</p>	<p>Provide treatment and counselling for substance and gambling addictions only. Patients will receive subsidized care when referred by a polyclinic.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Changi General Hospital</b> 2 Simei Street 3 Singapore 529889</p>	<p>Tel: 6788 8833 Email: -</p>
<p><b>Addictions</b></p> <p><i>Service Provider:</i> Nobel Psychological Wellness Clinic</p>	<p>Provide consultation for persons who wish to quit drug or alcohol problems.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Nobel Psychological Wellness Clinic @ Novena</b> Novena Medical Centre 10 Sinaran Drive, #09-35 Singapore 307506</p> <p><b>Nobel Psychological Wellness Clinic @ AMK</b> 452 Ang Mo Kio Ave 10 #01-1773 Singapore 560452</p> <p><b>Nobel Psychological Wellness Clinic @ TripleOne Somerset</b> 111 Somerset Road #01-10A Singapore 238164</p>	<p>Tel: 6397 2993 After clinic hours: 6535 8833 Emergency Hotline: 9622 1555 (24 hours)</p> <p>Tel: 6459 2630 Email: -</p> <p>Tel: 6733 9560 Email: -</p>
<p><b>Educational Resources</b></p> <p><i>Service Provider:</i> Central Narcotics Bureau</p>	<p><b>Anti-Drug Workplace Talk</b></p> <p>Educate adults on issues relating to drug abuse.</p> <p>For more information, please click <a href="#">here</a>.</p> <p><b>Drug Buster Academy</b></p> <p>Hi-tech and futuristic learning experience for youths aged 10 to 18 years old to learn the dangers</p>	<p>Police Cantonment Complex, Blk B 393 New Bridge Road Singapore 088763</p>	<p>Tel: 6325 6732 Email: <a href="mailto:idrussaaban@cnb.gov.sg">idrussaaban@cnb.gov.sg</a> (Mr Idrus Shaaban)</p> <p>Tel: 1800-325 6666 Email: <a href="mailto:cnb_feedback@cnb.gov.sg">cnb_feedback@cnb.gov.sg</a></p>

	<p>and consequences of drugs and inhalant abuse in a mobile bus.</p> <p>For more information, please click <a href="#">here</a>.</p>		
	<p><b>Preventive Drug Education</b></p> <p>Educate youths on the dangers of drugs and strengthening their resilience against drugs. CNB also hosts school talks and exhibitions to empower lower primary and secondary students with the knowledge of commonly used drugs and drug abuse.</p> <p>For more information, please click <a href="#">here</a>.</p>		<p>Tel: 1800-325 6666 Email: <a href="mailto:cnb_preventive_education_unit@cnb.gov.sg">cnb_preventive_education_unit@cnb.gov.sg</a></p>
<p><b>Humanity and Moral Education Programme</b></p> <p><i>Service Provider:</i> Hira Society</p>	<p>Offer a range of moral courses with an understanding and the practice of leading to a happy, healthy and wholesome character to the families with members struggling with drug addiction.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>5A Jalan Pisang Singapore 199027</p>	<p>Tel: 6291 0611 / 6291 0612 Email: <a href="mailto:info@hirasociety.org.sg">info@hirasociety.org.sg</a></p>

<b>ReLive - Clinic for Adolescents</b>  <i>Service Provider:</i> National Addictions Management Service	Specially set up to provide an integrated treatment service to adolescents aged 13 to 18 years old struggling with substance or behavioural addiction issues.  For more information, please click <a href="#">here</a> .	<b>NAMS Clinic</b> Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	Appointment line: 6389 2200  Tel: 6-RECOVER (6-7326837)
<b>Step-Up Centre</b>  <i>Service Provider:</i> Singapore Anti-Narcotics Association	Enable recovering drug addicts to intentionally “step up” to the challenges faced in their recovery and reintegration in a positive and supportive environment.  For more information, please click <a href="#">here</a> .	2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025	Tel: 6732 1122 Email: <a href="mailto:sana@sana.org.sg">sana@sana.org.sg</a>
<b>S.T.E.A.D.Y – Strengthening and Enhancing the Ability of Decision-making in Youths</b>  <i>Service Provider:</i> Singapore Anti-Narcotics Association	S.T.E.A.D.Y is a new programme dedicated to assisting youths to be more risk-averse of drug-related issues and decrease their likelihood in engaging in anti-social behaviours.  For more information, please click <a href="#">here</a> .	2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025	Tel: 6732 1122 Email: <a href="mailto:sana@sana.org.sg">sana@sana.org.sg</a>
<b>YouthReach</b>  <i>Service Provider:</i> Operation Renewal (Singapore)	To educate the young residents on the dangers and effect of substance abuse. Substance Abuse Awareness talks are also conducted in collaboration with schools.  For more information, please click <a href="#">here</a> .	14 Jalan Dinding Singapore 739831	Tel: 6288 0708 Email: <a href="mailto:enquiry@oprenal.org.sg">enquiry@oprenal.org.sg</a>
<b>Youth Enhanced Supervision (YES)</b>  <i>Service Provider:</i> Youth Guidance Outreach Services	YES Scheme is a 6-month programme for first-time drug offenders aged 21 and below. YES seeks to enhance the current drug supervision regime with casework and counselling, in addition to urine supervision. This programme requires family participation, as family support is integral to rehabilitation.  For more information, please click <a href="#">here</a> .	10 Lorong 27A Geylang Emmanuel House, #02-03 Singapore 388107  804 Woodlands St 81 #01-37 Singapore 730804  125 Ang Mo Kio Ave 6 #01-4077 Singapore 560125	Tel: 6745 1490 Email: <a href="mailto:admin@ygos.org.sg">admin@ygos.org.sg</a>  Tel: 6368 8392 Email: <a href="mailto:admin@ygos.org.sg">admin@ygos.org.sg</a>  Tel: 6451 6519 Email: <a href="mailto:admin@ygos.org.sg">admin@ygos.org.sg</a>

## Addiction – Gambling

Service / Programme	Description	Address	Contact
<b>Problem Gambling Rehabilitation Programme</b>  <i>Service Provider:</i> The Silver Lining Community Services Ltd	Provide a free and confidential gambling rehabilitation course where gamblers and their family members can interact within a safe and non-judgmental environment.  For more information, please click <a href="#">here</a> .	<b>East</b> 11 Playfair Road Singapore 367986  <b>West</b> Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296	Tel: 6749 0400 Email: <a href="mailto:admin@silver-lining.org">admin@silver-lining.org</a>
<b>Gambling Recovery Programmes</b>  <i>Service Provider:</i> One Hope Centre	The recovery programmes are conducted periodically in English and Mandarin. It helps clients overcome their problem-gambling related issues for the long term through a holistic approach by addressing their emotional and spiritual growth.  For more information, please click <a href="#">here</a> .	8 New Industrial Road #04-04B, LHK 3 Building Singapore 536200	Tel: 6547 1011 (4 lines) Email: <a href="mailto:help@onehopecentre.org">help@onehopecentre.org</a>

## Addiction – Gaming

Service / Programme	Description	Address	Contact
<b>eGEN Cyber-Counselling Service</b>  <i>Service Provider:</i> Fei Yue Community Service	eGEN is an online platform comprising weblog, forums and cyber counselling to reach out to youths aged 13 to 25 years old. They will learn to better manage their issues and gain knowledge of community resources to tap on.  For more information, please click <a href="#">here</a> .	<b>Project 180 (Youth Services)</b> 145 Simei Street 2 #01-06 Singapore 520145	Tel: 6422 1599 Email: <a href="mailto:project180@fycc.org">project180@fycc.org</a>
<b>TOUCH Cyber Wellness</b>  <i>Service Provider:</i> TOUCH Community Services	A cyber wellness and new media literacy programme for children, teenagers, parents and educators; it aims to inculcate respect, a balanced lifestyle and responsible use of digital technologies to help families grow together in the digital age.  For more information, please click <a href="#">here</a> .	<b>TOUCH Cyber Wellness</b> 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693	Tel: 6343 6925/6730 9520 Email: <a href="mailto:cyberwellness@touch.org.sg">cyberwellness@touch.org.sg</a>

<p><b>MeToYou Cyber Care</b></p> <p><i>Service Provider:</i> Montfort Care</p>	<p>A cyber wellness programme for youths aged 12 to 18 years old, to improve their lives of youths and of their families who are facing challenges associated with the internet.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Marine Parade Family Service Centre</b> 53 Marine Terrace #01-215 Singapore 440053</p>	<p>Tel: 6446 0300 Email: <a href="mailto:contact@metoyo.u.org.sg">contact@metoyo.u.org.sg</a></p>
<p><b>Internet and Gaming</b></p> <p><i>Service Provider:</i> National Addictions Management Service (NAMS)</p>	<p>Provide comprehensive assessment and treatment for those addicted to internet/ gaming, or show signs of risk.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>NAMS Clinic</b> Institute of Mental Health Buangkok Green Medical Park, Blk 9 (Basement 1) 10 Buangkok View Singapore 539747</p>	<p>Tel: 6732 6837 Email: <a href="mailto:nams@imh.com.sg">nams@imh.com.sg</a></p>

### Addiction – Rehabilitation Centres/Halfway Houses

Service / Programme	Description	Address	Contact
<p><b>18 Months Residential Rehabilitation Programme</b></p> <p><i>Service Provider:</i> Breakthrough Missions</p>	<p>Provide Gospel-based drug rehabilitation residential programme through life building activities, recreations, spiritual development and skills training to train one's mind, body and spirit to be positive and healthy.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>24 Yew Siang Road Singapore 117758</p>	<p>Tel: 6479 7756 Email: <a href="mailto:enquiry@breakthroughmissions.org.sg">enquiry@breakthroughmissions.org.sg</a></p>
<p><b>Ashram Halfway House</b></p> <p><i>Service Provider:</i> Hindu Endowments Board</p>	<p>Help Indian substance abusers in the rehabilitation and reintegration into society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>3930 Durban Road Singapore 759642</p>	<p>Tel: 6753 9730 Email: <a href="mailto:enquiries@ashram.org.sg">enquiries@ashram.org.sg</a></p>
<p><b>Community Rehabilitation Centre</b></p> <p><i>Service Provider:</i> Trybe Limited</p>	<p>The centre aims to immerse the residents in a relationship-driven, transformational environment to lead a purposeful and drug-free life.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>343 Jamaica Road Singapore 757759</p>	<p>Tel: 6481 9882 Email: <a href="mailto:ask-CRC@trybe.org">ask-CRC@trybe.org</a></p>
<p><b>DARE Centre (Drug &amp; Alcohol Rehabilitation)</b></p>	<p>A Christian halfway house and residential centre for male adults who seek help in overcoming</p>	<p>735 Old Choa Chu Kang Road, Singapore 699798</p>	<p>Tel: 6793 8816 Email: <a href="mailto:darecentre@teenchallenge.org.sg">darecentre@teenchallenge.org.sg</a></p>

<p><b>Centre)</b></p> <p><i>Service Provider:</i> Teen Challenge (Singapore)</p>	<p>substance and behaviour addictions.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<p><b>Green Haven</b></p> <p><i>Service Provider:</i> Singapore Buddhist Welfare Services</p>	<p>The only Buddhist halfway house in Singapore. It provides 6 to 12-months residential rehabilitation and treatment programme for male ex-drug offenders.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>10 Admiralty Road East Singapore 759988</p>	<p>Tel: 6565 6880 Email: -</p>
<p><b>Halfway House (Residential Rehabilitation Programme)</b></p> <p><i>Service Provider:</i> The New Charis Mission</p>	<p>Provide a holistic rehabilitation programme for ex-drug offenders to help them to reintegrate into society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 1, #01-01 Singapore 409074</p>	<p>Tel: 64833707 Email: <a href="mailto:office@tncm.org.sg">office@tncm.org.sg</a></p>
<p><b>HighPoint Halfway House</b></p> <p><i>Service Provider:</i> HighPoint Community Services Association (HCSA) Community Services</p>	<p>HCSA Highpoint is a halfway house that aids male ex-drug offenders to rebuild their lives through services that assist them to better reintegrate as members of society and reduce their reliance on criminal behaviour as responses to their needs.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1 Lorong 23 Geylang Singapore 388352</p>	<p>Tel: 6745 3532 Email: <a href="mailto:angela@hcsa.org.sg">angela@hcsa.org.sg</a></p>
<p><b>Individual Transitional Accomodation Programme (iTAP)</b></p> <p><i>Service Provider:</i> iC@RE HUB</p>	<p>A secular female shelter program to help newly released female ex-offenders and those recovering from substance or behavioural addictions reintegrate into society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>The Hub is situated in Balestier. Full address is not known.</p>	<p>Tel: 6250 2393 Email: <a href="mailto:lenghoe@icarehub.org.sg">lenghoe@icarehub.org.sg</a></p>
<p><b>Jamiyah Halfway House or Darul Islah</b></p> <p><i>Service Provider:</i> Jamiyah Singapore</p>	<p>Serve as a centre for rehabilitation of drug abusers so that they can lead a new life before they are discharged from the home and reintegrated back to the society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>No. 352 Pasir Panjang Road, Singapore 118694</p>	<p>Tel: 6776 9101 Email: <a href="mailto:jhh@jamiyah.org.sg">jhh@jamiyah.org.sg</a></p>



<p><b>Men's Crisis Centre</b></p> <p><i>Service Provider:</i> Operation Renewal (Singapore)</p>	<p>Assist men who have hit bottom such as generation of poverty, lack of job skills, substance abuse, repeat felons and homelessness with temporary accomodation while they are given practical assistance to seek long-term housing and employment.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>14 Jalan Dinding Singapore 739831</p>	<p>Tel: 6288 0708 Email:<a href="mailto:enquiry@oprenal.org.sg">enquiry@oprenal.org.sg</a></p>
<p><b>PERTAPIS Halfway House</b></p> <p><i>Service Provider:</i> PERTAPIS</p>	<p>Provide treatment and rehabilitative services to substance abusers so as to enable them to reintegrate into society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>50 Lor 34 Geylang Road Singapore 398239</p>	<p>Tel: 6746 4752 Email:<a href="mailto:enquiry@pertapis.org.sg">enquiry@pertapis.org.sg</a></p>
<p><b>Residential Rehabilitation Programme</b></p> <p><i>Service Provider:</i> The Turning Point</p>	<p>Provide necessary help and resources to female substance abusers, prisoners and ex-offenders to live addiction and crime free lives and become responsible contributing members of society with the support of their families and the community.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>341 Jamaica Road Singapore 757615</p>	<p>Tel: 6257 8364 Email:<a href="mailto:turningp@singnet.com.sg">turningp@singnet.com.sg</a></p>
<p><b>Shelter for Men-in-crisis</b></p> <p><i>Service Provider:</i> New Hope Community Services</p>	<p>Provide temporary housing to former substance-abuse offenders whom might have been rejected by their families for various reasons or not have a conducive home environment for their return.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>148 Yishun Street 11 #01-123 Singapore 760148</p>	<p>Tel: 6305 9620 Email:<a href="mailto:general@newhopecs.org.sg">general@newhopecs.org.sg</a></p>
<p><b>The Helping Hand</b></p> <p><i>Service Provider:</i> The Helping Hand</p>	<p>A Christian half-way house for the rehabilitation of ex-drug addicts. The rehabilitation programs are geared to help each individual not only regain self-confidence and self-esteem, but to also enable them to go back to a regular daily schedule while practicing self discipline and good work habits.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>819 Upper Serangoon Road, Singapore 534678</p>	<p>Tel: 6283 2204 Email:<a href="mailto:sschia@thehelpinghand.org">sschia@thehelpinghand.org</a></p>

<p><b>The Hiding Place</b></p> <p><i>Service Provider:</i> Christian Home Mission Ltd</p>	<p>A Christian Home for a new beginning. It is setup for the rehabilitation of drug addicts, ex-prisoners, alcoholics, gambling addicts, homeless orphans, inhalant abusers, wayward teens, young offenders, troubled youths and those in need of help.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>50 Jalan Lekar Singapore 698945</p>	<p>Tel: 6483 5348 Email: <a href="mailto:admin@hidplace.com.sg">admin@hidplace.com.sg</a></p>
<p><b>Watchman's Home</b></p> <p><i>Service Provider:</i> Watchman's Home</p>	<p>A private halfway house in Singapore. It provides shelter, counseling, residential programs, and biblical teaching for the homeless, ex-convicts, jobless, drug addicts and outcasts of the society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1035 Upper Changi Road North, Singapore 507676</p>	<p>Tel: 9790 2060 Email: <a href="mailto:enquiry@watchmanhome.com">enquiry@watchmanhome.com</a></p>

### Addiction – Counselling

Service / Programme	Description	Address	Contact
<p><b>Adullam Life Counselling</b></p> <p><i>Service Provider:</i> Adullam Life Counselling</p>	<p>A non-profit organisation that provides financial mediation and counselling to those who are heavily in debt due to gambling or undesirable life habits, as well as to their family members who suffer due to the debt related issues.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>151 Chin Swee Road Manhattan House #08-04 Singapore 169876</p>	<p>Tel: 9423 8832 / 6659 7844 Email: <a href="mailto:admin@adullam.org.sg">admin@adullam.org.sg</a></p>
<p><b><a href="#">Counselling Services</a></b></p> <p><i>Service Provider:</i> WE CARE Community Services</p>	<p><b>Individual Counselling</b></p> <p>The individual counselling, which is private and confidential, is targeted to help you in maintaining abstinence and return to a normal, productive lifestyle.</p> <p>Individual counselling programmes include:</p> <ol style="list-style-type: none"> <li>1. Atypical Theft Offending</li> <li>2. Gambling Addiction Recovery Intervention Programme</li> <li>3. Substance or Alcohol Recovery</li> <li>4. Sex, Porn &amp; Love Addiction</li> <li>5. Internet &amp; Gaming Addiction</li> </ol>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074</p>	<p>Appointment line: 6547 5459 Email: <a href="mailto:help@wecare.org.sg">help@wecare.org.sg</a></p>

	<p><b>Group Therapy</b></p> <p>Allow individuals to explore relationships in a safe and confidential setting. Through the sharing process, individuals learn about themselves and often find support and encouragement. Group therapy is also a safe place to practice alternative methods of dealing with addictions.</p> <p>The group therapy programmes include:</p> <ol style="list-style-type: none"> <li>1. Mindfulness-Based Relapse Prevention (MBRP)</li> <li>2. Women's Therapy Group</li> </ol>		
	<p><b>Family Counselling</b></p> <p>Provide counselling for family members of recovering individuals or actively using addicts who are affected by the individual's behaviour. Through these sessions, family members develop skills to manage their emotions. They also learn how to support their addicted loved ones effectively while managing their own self-care.</p>		
<p><b>Case Management Services</b></p> <p><i>Service Provider:</i> Singapore Anti-Narcotics Association</p>	<p>An aftercare programme which offers support, casework and counselling to ex-offenders and their families to help them re-integrate back into our society.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025</p>	<p>Tel: 6732 1122 Email: <a href="mailto:sana@sana.org.sg">sana@sana.org.sg</a></p>
<p><b>Cyber Wellness Counselling</b></p> <p><i>Service Provider:</i> TOUCH Community Services</p>	<p>Provide assessment, counselling services and intervention programmes to both individuals and families. The counsellors help resolve cyber-wellness related issues, so that the clients can better manage and improve their lives.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>TOUCH Cyber Wellness</b> Leisure Park Kallang 5 Stadium Walk, #04-02 Singapore 397693</p>	<p>General enquiries: 6730 9520</p> <p>Centre Programmes: 6343 6925</p> <p>TOUCHline (Counselling): 1800-377 2252</p>

<p><b>Family, Marriage and Sex Therapy Clinic</b></p> <p><i>Service Provider:</i> Adam Road Medical Centre</p>	<p>Offer counselling services for individuals, couples and families to help resolve relationship difficulties concerning depression, drug or alcohol abuse, low confidence, stress, anger as well as sexuality and expression.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>559 Bukit Timah Road #01-02 King's Arcade Singapore 269695</p>	<p>Tel: 6466 7777 (4 lines) Email: <a href="mailto:nm@arh.com.sg">nm@arh.com.sg</a></p>
<p><b>Family Matters</b></p> <p><i>Service Provider:</i> National Addictions Management Service (NAMS)</p>	<p>A specialised individual counselling service for family members who experience tremendous stress and feelings of helplessness from living with someone with an addiction. For more information, please click <a href="#">here</a>.</p>	<p><b>NAMS Clinic</b> Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>Consultation is by appointment.</p> <p>To find out more or to make appointments, please contact our Helplines at 6-RECOVER (6-7326837) or 1800-6668668.</p>
<p><b>Individual and Family Counselling</b></p> <p><i>Service Provider:</i> The Silver Lining Community Services Ltd</p>	<p>Provide debt problems counselling and visitations to the individual in need and their families (if required).</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>East</b> 11 Playfair Road Singapore 367986</p> <p><b>West</b> Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296</p>	<p>Tel: 6749 0400 Email: <a href="mailto:admin@silver-lining.org">admin@silver-lining.org</a></p>
<p><b>Prison and Hospital Outreach</b></p> <p><i>Service Provider:</i> Operational Renewal (Singapore)</p>	<p>Provide counselling sessions for the residents of The Renewal Centre at Drug Rehabilitation Centre and Prisons.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>14 Jalan Dinding Singapore 739831</p>	<p>Tel: 6288 0708 Email: <a href="mailto:enquiry@oprenal.org.sg">enquiry@oprenal.org.sg</a></p>
<p><b>Prisons Institutions</b></p> <p><i>Service Provider:</i> The New Charis Mission</p>	<p>Aim to educate and counsel inmates. Much can be done to prepare a person during incarceration, as early as upon the arrest of a person, volunteers steps in to help prepare him emotionally and mentally before beginning his prison sentence.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 1, #01-01 Singapore 409074</p>	<p>Tel: 6483 3707 Email: <a href="mailto:office@tncm.org.sg">office@tncm.org.sg</a></p>

<p><b>Free Counselling</b></p> <p><i>Service Provider:</i> National Crime Prevention Council (NCPG)</p>	<p>NCPG works with three key agencies to provide counselling and group support for problem gamblers and their families. Please call any of the following agencies to make an appointment.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>THK Centre For Family Harmony @Circuit</b> 37 Circuit Road, #02-455 Singapore 370037</p> <p><b>The Resilienz Clinic</b> 10 Sinaran Drive, #10-03 Novena Medical Centre Singapore 307506</p> <p><b>Psychealth Practice (under Healthway Medical Group)</b> The Centrepont 176 Orchard Road, #06-01 Singapore 238843</p>	<p>Tel: 6747 7514 Email: <a href="mailto:cfh@thkmc.org.sg">cfh@thkmc.org.sg</a></p> <p>Tel: 6397 7300 Email: <a href="mailto:appointment@resilienz.com.sg">appointment@resilienz.com.sg</a></p> <p>Tel: 6252 6266 Email: <a href="mailto:daretochange@healthwaymedical.com">daretochange@healthwaymedical.com</a></p>
<p><b>Functional Family Therapy</b></p> <p><i>Service Providers:</i> Epworth Community Services and Ministry of Social and Family Development (MSF)</p>	<p>A specialised programme for delinquent and substance-using adolescents. It is a short term intensive counseling service provided for probationers and their family in collaboration with MSF.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Epworth Family Welfare</b> 107 Bukit Batok West Ave 6, #01-98 Singapore 650107</p>	<p>Tel: 6562 2211 Email: -</p>

### Addiction – Employment Support

Service / Programme	Description	Address	Contact
<p><b>Empowerment of Women Initiative</b></p> <p><i>Service Provider:</i> Singapore Anti-Narcotics Association</p>	<p>A fully sponsored certification course in make-up skills. Upon graduation, graduands are offered jobs in beauty industry and the option to pursue a Diploma in Beauty Skills for those who qualify.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025</p>	<p>Tel: 6732 1122 Email: <a href="mailto:sana@sana.org.sg">sana@sana.org.sg</a></p>
<p><b>IT Training</b></p> <p><i>Service Provider:</i> Hira Society</p>	<p>Hira is regionally known as the place for drug addicts and former drug addicts to turn to upon returning to society. It offers training in IT-related courses e.g. MS Office, 2D Gaming Development, etc to 100 low-incomed individuals every year.</p>	<p>5A Jalan Pisang Singapore 199027</p>	<p>Tel: 6291 0611 / 6291 0612 Email: <a href="mailto:info@hirasociety.org.sg">info@hirasociety.org.sg</a></p>

	For more information, please click <a href="#">here</a> .		
<b>Lifeskills Workshop (Drop-in Centre)</b>  <i>Service Provider:</i> We CARE Community Services	Provide basic life-skills training to improve employability, social and communication skills (job interview, basic financial management, computer, conversational English) for recovering person who are ready to re-enter the workforce and re-integrate with society.  For more information, please click <a href="#">here</a> .	<b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074	Tel: 6547 5459 Email: <a href="mailto:Alexlim@wecare.org.sg">Alexlim@wecare.org.sg</a>
<b>Self Reliance Programme</b>  <i>Service Provider:</i> The Silver Lining Community Services Ltd	Besides helping gamblers quit their habits through the agency's gambling rehabilitation course, they also help those who have lost their jobs and are interested in becoming a Rojak seller, as a form of income to support their family.  For more information, please click <a href="#">here</a> .	<b>East</b> 11 Playfair Road Singapore 367986  <b>West</b> Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296	Tel: 6749 0400 Email: <a href="mailto:admin@silverlinin.g.com.sg">admin@silverlinin.g.com.sg</a>
<b>Skills Training and Employment Assistance (Step Up Centre)</b>  <i>Service Provider:</i> Singapore Anti-Narcotics Association	Provide skills training, job referrals, online job search assistance, resumé writing and interview coaching for former offenders to re-enter the workforce.  For more information, please click <a href="#">here</a> .	2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025	Tel: 6732 1122 Email: <a href="mailto:sana@sana.org.sg">sana@sana.org.sg</a>

### Addiction – Recovery Support Groups

Service / Programme	Description	Address	Contact
<b>Alcoholics Anonymous (AA) Singapore</b>  <i>Service Provider:</i> AA Singapore	AA is a fellowship of men and women who share their experiences, strengths and hopes with each other that may solve their common problem and help others to recover from alcoholism.  For more information, please click <a href="#">here</a> .	View <a href="#">here</a> for the list of meetings.	Tel: 6475 0890 Email: <a href="mailto:help@singaporeaa.org">help@singaporeaa.org</a>



<p><b>Al-Anon Family Group</b></p> <p><i>Service Provider:</i> Al-Anon Singapore</p>	<p>Al-Anon provides group support for the families of alcoholics. Al-Anon Singapore's website has details of the Al-Anon family group and where to find meeting venues.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>View <a href="#">here</a> for the list of meetings.</p>	<p>Tel: 9894 1201 Email:<a href="mailto:contactus@al-anonsingapore.org">contactus@al-anonsingapore.org</a></p>
<p><b>Gambling Addiction Recovery Centre</b></p> <p><i>Service Provider:</i> Blessed Grace Social Services Ltd</p>	<p>Help gambling addicts recover from their addiction, regain self-worth and dignity in life, restore broken relationships and family ties, and rebuild a life of destiny and significance.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>16 Arumugam Road #04-02B LTC Building D Singapore 409961</p>	<p>Tel: 8428 6377 Email:<a href="mailto:christina.lim@blesedgrace.com">christina.lim@blesedgrace.com</a></p>
<p><b><a href="#">Group Programmes</a></b></p> <p><i>Service Provider:</i> National Addictions Management Service (NAMS)</p>	<p><b>BRIDGE</b></p> <p>BRIDGE strives to help clients of NAMS connect with one another and develop positive relationships with each other and with the wider community. This programme takes in NAMS clients only.</p> <hr/> <p><b>BRIDGE Family</b></p> <p>This programme is for family members of drug users. Through the programme, family members learn about addiction, the process of recovery and relapse prevention. The group is open to both the clients of NAMS as well as the general public.</p> <hr/> <p><b>Gambling Addiction Management through Education (GAME)</b></p> <p>GAME allow gamblers to learn about and understand gambling addiction, and help them break the addiction through counselling and group therapy. This programme caters to NAMS clients only.</p> <hr/> <p><b>Gambling Addiction Management through Education (GAME) – Family</b></p> <p>Game Family is an eight-session psycho-educational and support group for family members of gamblers struggling with gambling</p>	<p><b>NAMS Clinic</b> Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>For further enquiries, please call the All Addictions Helpline at 6-RECOVER (6-7326837) or National Problem Gambling Helpline at 1800-6-668-668.</p>

	<p>addiction. The group is open to both the clients of NAMS as well as the general public.</p> <p><b>GAME – Gamblers Anonymous (GA)</b></p> <p>GAME-GA is a recovery support group based on the concepts and principles of Gamblers Anonymous.</p>		
<p><a href="#">Group Therapy Programmes</a></p> <p><i>Service Provider:</i> Promises Healthcare Pte Ltd</p>	<p><b>THRIVE</b></p> <p>A highly interactive facilitator-led program for long-term abstinence and sobriety. It aims to provide individuals recovering from their substance and behavioural addictions with specific tools to better understand and process their emotions through experiential learning.</p> <p><b>Pathways</b></p> <p>Help in the rehabilitation of those with addictive behaviours.</p> <p><b>Acceptance</b></p> <p>Help those with compulsive sexual behaviour.</p> <p><b>Compulsive and Atypical Theft</b></p> <p>Aim to help through interventions to prevent compulsive behaviours.</p> <p><b>Psychodrama</b></p> <p>Involve spontaneous experiential and movement therapy which helps an individual to address problems in a creative way.</p>	<p><b>Novena Medical Centre</b> 10 Sinaran Drive #09-21/22/23 Singapore 307506</p>	<p>Tel: 6397 6994 Email: <a href="mailto:admin@promises.com.sg">admin@promises.com.sg</a></p>
<p><b>Mindfulness for Recovery</b></p> <p><i>Service Provider:</i> We CARE Community Services</p>	<p>Mindful practice aims to help participants to break away from their own destructive habitual patterns. This group is catered for people with a history of addictions, reactive behaviours or mood disorders.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074</p>	<p>Tel: 6547 5459 Email: <a href="mailto:admin@wecare.org.sg">admin@wecare.org.sg</a></p>
<p><b>Narcotics Addiction Recovery Centre</b></p>	<p>Help narcotics addicts recover from their addiction, regain self-worth and dignity in life, restore broken relationships and family ties, and</p>	<p>16 Arumugam Road #04-02B LTC Building D Singapore 409961</p>	<p>Tel: 8428 6377 Email: <a href="mailto:christina.lim@blesedgrace.com">christina.lim@blesedgrace.com</a></p>

<p><i>Service Provider:</i> Blessed Grace Social Services Ltd</p>	<p>rebuild a life of destiny and significance.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<p><b>New Seekers Support-Group Programme</b></p> <p><i>Service Provider:</i> One Hope Centre</p>	<p>Provide weekly support-group meetings to a wide range of individuals; from newcomers who seek a solution to their immediate gambling-related problems to our regular clients who are on their journey to recovery.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>St Andrew's Cathedral</b> 11 St Andrew's Rd Singapore 178959</p> <p><b>Geylang Chinese Methodist Church</b> 52 Aljunied Road Singapore S389820</p>	<p>Tel: 6547 1011 Email: <a href="mailto:help@onehopecentre.org">help@onehopecentre.org</a></p>
<p><b>Recovery Support Groups (RSG)</b></p> <p><i>Service Provider:</i> We CARE Community Services</p>	<p>WE CARE hosts various self-help RSG meetings on a daily basis. Meetings are open to all recovering individuals.</p> <p>For more information on the types of meetings, please click <a href="#">here</a>.</p>	<p><b>Kembangan-Chai Chee Community Hub</b> 11 Jalan Ubi Blk 5, #01-41 Singapore 409074</p>	<p>Tel: 6547 5459 Email: <a href="mailto:AlexLim@wecare.org.sg">AlexLim@wecare.org.sg</a></p>
<p><b>Recovery Zones – Groups</b></p> <p><i>Service Provider:</i> The Cabin Singapore</p>	<p>An intensive 6-month addiction rehabilitation treatment programme catering to clients' individual needs based on clinical assessment.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Novena Medical Centre</b> 10 Sinaran Drive, #11-02 Singapore 307506</p>	<p>Tel: 3158 9949 Email: <a href="mailto:contact@thecabin.org.sg">contact@thecabin.org.sg</a></p>
<p><b>Support Group Sessions</b></p> <p><i>Service Provider:</i> The Silver Lining Community Services Ltd</p>	<p>Provide a safe and non-judgemental environment where gamblers and their family members can interact with one another on a weekly basis.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>East</b> 11 Playfair Road Singapore 367986</p> <p><b>West</b> Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296</p>	<p>Tel: 6749 0400 Email: <a href="mailto:admin@silverlining.org">admin@silverlining.org</a></p>
<p><b>Support Group Sessions</b></p> <p><i>Service Provider:</i> Women in Recovery Association (WIRA)</p>	<p>Female recovering drug addicts meet to discuss and share common issues and concerns, and give support to each other in their recovery journey.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Mailing Address:</b> WIRA Association P O Box No: 1127 Singapore Post Centre Singapore 914038</p>	<p>Tel: 8339 7690 Email: <a href="mailto:admin@wira.org.sg">admin@wira.org.sg</a></p>

<p><b>SG<sup>2</sup>@TJ (Stop Gambling, Start Growing @ Taman Jurong)</b></p> <p><i>Service Provider:</i> Lakeside Family Services</p>	<p>A latest service offered in Taman Jurong Centre to help and support individuals and families affected by gambling. It offers a weekly group meeting on Wednesdays.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Lakeside Family Services (Taman Jurong)</b> 21 Yung Ho Road The Agape #03-01 Singapore 618593</p>	<p>Tel: 6265 6522 Email: <a href="mailto:lfstj@lakeside.org.sg">lfstj@lakeside.org.sg</a></p>
--	---	---	---

## 2.2) Suicide Prevention

Service / Programme	Description	Address	Contact
<b>Crisis Support</b>  <i>Service Provider:</i> Samaritans of Singapore (SOS)	SOS initiates follow-up for high suicide risk individuals identified through the hotline, email befriending, and third party referrals.  For more information, please click <a href="#">here</a> .	10 Cantonment Close #01-01 Singapore 080010	24-Hour Hotline: 1800-221 4444 Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>
<b>Gatekeepers Intervention Skills Workshop</b>  <i>Service Provider:</i> Samaritans of Singapore (SOS)	Gatekeepers play an important role in suicide prevention as they are usually the first to come in contact with those who may be at risk of suicide. It is essential for them to be able to identify these at-risk individuals and direct them to the appropriate resources in a timely and professional manner.  For more information, please click <a href="#">here</a> .	10 Cantonment Close #01-01 Singapore 080010	24-Hour Hotline: 1800-221 4444 Email: <a href="mailto:externaltraining@sos.org.sg">externaltraining@sos.org.sg</a>
<b>Local Outreach to Suicide Survivors (LOSS)</b>  <i>Service Provider:</i> Samaritans of Singapore (SOS)	SOS provides immediate and long-term emotional support to those who have lost a loved one or someone they knew to suicide.  For more information, please click <a href="#">here</a> .	10 Cantonment Close #01-01 Singapore 080010	24-Hour Hotline: 1800-221 4444 Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>
<b>Specialist Counselling</b>  <i>Service Provider:</i> Samaritans of Singapore (SOS)	Counselling is available for individuals going through a suicide crisis or who have just experienced a suicide loss. This service is by appointment only.  For more information, please click <a href="#">here</a> .	10 Cantonment Close #01-01 Singapore 080010	24-Hour Hotline: 1800-221 4444 Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>
<b>Healing Bridge</b>  <i>Service Provider:</i> Samaritans of Singapore (SOS)	A suicide bereavement support group for those who have lost a loved one or someone they knew to suicide.  For more information, please click <a href="#">here</a> .	10 Cantonment Close #01-01 Singapore 080010	24-Hour Hotline: 1800-221 4444 Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>

Service / Programme	Description	Address	Contact
<p><b>Applied Suicide Intervention Skills Training</b></p> <p><i>Service Provider:</i> Samaritans of Singapore (SOS) and Social Service Institute (SSI)</p>	<p>The ASIST was developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention course.</p> <p>During the two-day interactive course, participants learn to intervene and help prevent the immediate risk of suicide.</p> <p>For more information, please visit Social Service Institute page <a href="#">here</a>.</p>	<p>298 Tiong Bahru Rd, #18-01, #19-01 Central Plaza, Singapore 168730</p>	<p>Tel: 6589 5569 Email: <a href="mailto:Sherlene_CHAN@ncss.gov.sg">Sherlene_CHAN@ncss.gov.sg</a></p>



## 2.3) Children and Youth

### Children and Youth – General

Service / Programme	Description	Address	Contact
<b>Community Health Assessment Team (CHAT)</b>  <i>Service Provider:</i> Institute of Mental Health	Provide free mental health assessment and treatment recommendations to young people between ages 16 and 30 years old with mental health concerns. CHAT also has an online presence in their website.  For more information, please click <a href="#">here</a> .	<b>*SCAPE</b> 2 Orchard Link #05-05 Singapore 237978	Tel: 6493 6500 / 6493 6501 Email: <a href="mailto:chat@mentalhealth.sg">chat@mentalhealth.sg</a>
<b>Child and Adolescent Psychiatric Unit</b>  <i>Service Provider:</i> Adam Road Medical Centre	Provide psychological assessment and treatment for physical aggression, anxiety disorder and other mental health related issues. Family involvement and liaison with schools is paramount in treatment.  For more information, please click <a href="#">here</a> .	559 Bukit Timah Road #01-02 King's Arcade Singapore 269695	Tel: 6466 7777 (4 lines) Email: <a href="mailto:nm@arh.com.sg">nm@arh.com.sg</a>
<b>Child Guidance Clinics (CGCs)</b>  <i>Service Provider:</i> Institute of Mental Health	Provide consultation for young patients aged 18 years old and below who are facing emotional or behavioural problems.  The CGCs provide the following specialty clinics: 1) <a href="#">The Mood &amp; Anxiety Clinic (MAC)</a> 2) <a href="#">Forensic Rehabilitation, Intervention, Evaluation &amp; Network Development Services (FRIENDS)</a>  For more information about CGCs, please click <a href="#">here</a> .	<b>Child Guidance Clinic, IMH</b> Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Sunrise Wing, Blk 3, Basement 1 Singapore 539747  <b>Child Guidance Clinic, HPB</b> Health Promotion Board Building, 3 Second Hospital Avenue, #03-01 Singapore 168937	Tel: 6389 2000 / 6389 2222 (24 hours)
<b>Child Psychology</b>  <i>Service Provider:</i> Promises Healthcare Pte Ltd	Provide evidence-based therapeutic interventions and comprehensive diagnostic and psycho-educational evaluations for children and adolescents. For more information, please click <a href="#">here</a> .	<b>Novena Medical Centre</b> 10 Sinaran Drive #09-21/22/23 Singapore 307506	Tel: 6397 7309 Email: <a href="mailto:clinic@promises.com.sg">clinic@promises.com.sg</a>

Service / Programme	Description	Address	Contact
<p><b>Do You M.I.N.D?</b></p> <p><i>Service Provider:</i> TOUCH Community Services</p>	<p>A programme that uses innovative approaches such as adventure-based experiential learning and virtual reality immersive experience to equip youths with knowledge to mind their mental health.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>TOUCH Youth Intervention</b> 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693</p>	<p>Tel: 6730 9552 Email: <a href="mailto:mentalhealth@touch.org.sg">mentalhealth@touch.org.sg</a> (By appointment only)</p>
<p><b>Melrose Care</b></p> <p><i>Service Provider:</i> Children's Aid Society</p>	<p>Melrose Care is a regional centre with specialised therapies such as Art Therapy &amp; Play Therapy as well as psychological assessment &amp; treatment for children, youth and families in need in the community.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>557 Woodlands Drive 53 #01-63, Singapore 730557</p>	<p>Tel: 6970 0971 Email: <a href="mailto:melrosecare@childrensaidssociety.org.sg">melrosecare@childrensaidssociety.org.sg</a></p>
<p><b>Mindfulness for Kids</b></p> <p><i>Service Provider:</i> Brahm Centre Limited</p>	<p>A tailored course for kids aged 7 to 11 years old. It aids in expanding the attentional control and emotional regulation eventually leading to more connectedness between the teacher and student.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Novena Centre</b> 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562</p> <p><b>Simei Centre</b> 227 Simei Street 4 Singapore 520227</p>	<p>Tel: 6258 0831 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a></p> <p>Tel: 6786 0800 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a></p>
<p><b>Mindfulness for Teens</b></p> <p><i>Service Provider:</i> Brahm Centre Limited</p>	<p>A tailored course for teens aged 12 to 15 years old. It serves to raise the awareness of youths where they learn how to direct their attention to their experience as it is unfolding, moment-by-moment, with open-minded curiosity and acceptance.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Novena Centre</b> 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562</p> <p><b>Simei Centre</b> 227 Simei Street 4 Singapore 520227</p>	<p>Tel: 6258 0831 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a></p> <p>Tel: 6786 0800 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a></p>
<p><b>Psychological Services Unit (PSU)</b></p> <p><i>Service Provider:</i> AMKFSC Community Services Ltd</p>	<p>PSU helps clients with psychological health problems and behavioural problems to manage life stressors. It also uses a holistic approach to empower individuals to help address immediate concerns, build strengths and prepare them to overcome future</p>	<p>223D Compassvale Walk #01-673 Singapore 544223</p>	<p>Tel: 6312 8100 Email: <a href="mailto:psureferral@amkfsc.org.sg">psureferral@amkfsc.org.sg</a></p>

Service / Programme	Description	Address	Contact
	challenges.  For more information, please click <a href="#">here</a> .		
<b>Response, Early Intervention and Assessment in Community Mental Health (REACH)</b> <i>Service Provider:</i> Institute of Mental Health	A community-based mental health service set up to work closely with schools, community agencies and family doctors to help students with emotional, behavioural and/or developmental disorders. For more information, please click <a href="#">here</a> .	<b>REACH (North) Office</b> Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747  <b>REACH (South) Office</b> Health Promotion Board, 3 Second Hospital Avenue, #03-01 Singapore 168937  <b>REACH (East) Office</b> No. 5, Jalan Masjid, Kembangan Court, #01-07 Singapore 418924  <b>REACH (West) Office</b> Dept of Psychological Medicine, University Medicine Cluster, National University Hospital, 1E Kent Ridge Road, NUHS Tower Block Level 9, Singapore 119228	Appointments are made through the school counsellors only.
<b>SAMH YouthReach</b>  <i>Service Provider:</i> Singapore Association for Mental Health	Specialise in integrating children and youths identified with emotional and psychological issues. It also offers psychosocial support and life skills training to children and youths and their families.  For more information, please click <a href="#">here</a> .	<b>Social Service Hub @ Tiong Bahru</b> 298 Tiong Bahru Road #10-06 Central Plaza Singapore 168730	Tel: 6593 6424 Email: <a href="mailto:samhyr@singnet.com.sg">samhyr@singnet.com.sg</a>
<b>Your Empowered Self (YES)</b>  <i>Service provider:</i> Clarity Singapore Limited	Aim to assist youths between ages 18 to 30 who are at risk or experiencing mental health issues. The initiative provides mental health workshops, psychotherapy and various platforms of engagement to help form communities.  For more information, please click <a href="#">here</a> .	<b>Yishun</b> 854 Yishun Ring Road #01-3511 Singapore 760854  <b>Agape Village</b> 7A Lorong 8 Toa Payoh #04-01 Singapore 319264	Tel : 6757 7990 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a>  Tel : 6801 7467 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a>

Service / Programme	Description	Address	Contact
<b>Upper Room</b>  <i>Service Provider:</i> TOUCH Community Services	A mental health support group for youths facing mental health issues. It aims to strengthen these youths by equipping them with positive coping strategies and habits. The Upper Room provides a safe environment for youths to openly share about their mental health issues.  For more information, please click <a href="#">here</a> .	<b>TOUCH Youth Intervention</b> 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693	Tel: 6730 9520 Email: <a href="mailto:tcs@touch.org.sg">tcs@touch.org.sg</a>

### Children and Youth – Counselling

Service / Programme	Description	Address	Contact
<b>ACE STAR</b>  <i>Service Provider:</i> Calvary Community Care	Provides counselling services to youths between 13 to 25 years of age who experience challenges that may cause personal distress through partnerships with schools and the community. They also conduct customized workshops to educate and enhance mental wellness.  For more information, please click <a href="#">here</a> .	147 Potong Pasir Avenue 1 #02-83 Singapore 350147	Tel: 6281 1866 Email: <a href="mailto:care@calvary.org.sg">care@calvary.org.sg</a>
<b>Child &amp; Adolescent Counseling</b>  <i>Service Provider:</i> The Center for Psychology	For younger children and adolescents aged 3 to 18 years who experiencing anxiety, depression, addictions and other conditions.  For more information, please click <a href="#">here</a> .	491B River Valley Road #04-01 Valley Point Office Tower Singapore 248373	Tel: 6733 2893 Email: <a href="mailto:contact@center4psy.com">contact@center4psy.com</a>
<b>Children and Youth Counselling</b>  <i>Service Provider:</i> The Singapore Counselling Centre	Provide counselling, psychotherapy and psychological services for children and youth aged 4 to 18 years old experiencing personal, relationship, and work related difficulties.  For more information, please click <a href="#">here</a> .	51 Cuppage Road #03-03 Singapore 229469	Tel: 6339 5411 Email: <a href="mailto:counselling@scc.sg">counselling@scc.sg</a>
<b>Counselling &amp; Support Group</b>  <i>Service Provider:</i>	Provide mental health counselling for students who might be at the onset of developing a mental health condition. In addition, they	<b>TOUCH Youth Intervention</b> 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693	Tel: 6730 9552 Email: <a href="mailto:mentalhealth@touch.org.sg">mentalhealth@touch.org.sg</a> (By appointment only)

Service / Programme	Description	Address	Contact
TOUCH Community Services	<p>will be part of a support group, named Upper Room, that will help them build resilience within.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<b>Counselling Service</b>  <i>Service Provider:</i> Limitless (Ltd)	<p>Provide complimentary counselling, therapy and case management for youths aged 12 to 25 years old, who are facing issues with mental health, or social exclusion, as well as those who have stopped going to school and would like help to achieve a better future.</p> <p>For more information, please click <a href="#">here</a>.</p> <p><i>Note: For youths who are struggling with mental health conditions and cannot afford treatment, you can apply for The Zen Dylan Koh Fund <a href="#">here</a>.</i></p>	Not applicable.	Email: <a href="mailto:hello@limitless.sg">hello@limitless.sg</a> OR contact through their website portal: <a href="https://www.limitless.sg/contact">https://www.limitless.sg/contact</a>

### Children and Youth – Residential / Rehabilitation Homes

Service / Programme	Description	Address	Contact
<b>Melrose Home</b>  <i>Service Provider:</i> Children's Aid Society	<p>Provide the best care and guidance for the vulnerable children and youth through a holistic approach, especially in the areas of cognitive, physical, emotional and mental development.</p> <p>For more information, please click <a href="#">here</a>.</p>	35 Boon Lay Avenue Singapore 649962	Tel: 6466 5758 Email: <a href="mailto:ask@childrensaidsociety.org.sg">ask@childrensaidsociety.org.sg</a>

## 2.3) Adults

### Adults – General

Service / Programme	Description	Address	Contact
<b>Depression and Bipolar Support Groups</b>  <i>Service Provider:</i> PSALT Care	<p>Open to anyone who have sought treatment, whether at government or medical institutions or counselling agencies for issues related to anxiety, depression and bipolar disorders.</p> <p>For more information, please click <a href="#">here</a>.</p>	<b>Novena Medical Centre</b> 10 Sinaran Drive #09-22 Singapore 307506	Tel:- Email: <a href="mailto:info@psaltcare.com">info@psaltcare.com</a>
<b>Depression Treatment Services</b>  <i>Service Provider:</i> Adelphi Psych Medicine Clinic	<p>Provide holistic care treatment for depression and a range of therapy services that include cognitive behavioural.</p> <p>For more information, please click <a href="#">here</a>.</p>	<b>The Adelphi</b> 1 Coleman St #04-32 Singapore 179803	Tel: 6250 9833 Email:-
<b>Early Psychosis Intervention Programme (EPIP)</b>  <i>Service Provider:</i> Institute of Mental Health	<p>Take in people between the ages of 16 and 40 who have been newly diagnosed with first episode psychosis.</p> <p>For more information, please click <a href="#">here</a>.</p>	<b>Institute of Mental Health</b> Woodbridge Hospital 10 Buangkok View Singapore 539747  <b>Community Wellness Clinic, Queenstown</b> Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958	Appointment line: 6389 2000  Tel: 6474 4872 Email: -
<b>Equine-Assisted Wellbeing Programmes</b>  <i>Service Provider:</i> Rainbow Wish	<p>Specially designed for alleviating depression in cancer or chronic illness sufferers, the socially disadvantaged and anyone who is sad, through interacting with horses. The programmes are designed in consultation with Pegasus ECT, the Experiential Counselling Techniques specialist from USA.</p> <p>For more information, please click <a href="#">here</a>.</p>	100 Turf Club Road #01-02S, Horsecity (Bukit Timah), Within Gallop Stable @ Horsecity Singapore 287992	Tel: 9085 0321 Email: <a href="mailto:enquiry@rainbowwish.org">enquiry@rainbowwish.org</a>
<b>Equine-Assisted Therapy (EAT)</b>  <i>Service Provider:</i> Rainbow Wish	<p>EAT encompasses a range of treatments that includes activities with horses to promote physical, occupational, and emotional growth in persons with anxiety, dementia, depression, traumatic</p>	100 Turf Club Road #01-02S, Horsecity (Bukit Timah), Within Gallop Stable @ Horsecity Singapore 287992	Tel: 9085 0321 Email: <a href="mailto:enquiry@rainbowwish.org">enquiry@rainbowwish.org</a>



Service / Programme	Description	Address	Contact
	brain injuries, behavioural and abuse issues, post-traumatic stress disorder, drug and alcohol addiction, and many others.  For more information, please click <a href="#">here</a> .		
<b>SAMH Insight Centre</b>  <i>Service Provider:</i> Singapore Association for Mental Health	A community-based programme that specialises in working with persons with mental health issues and their caregivers.  For more information, please click <a href="#">here</a> .	69 Lorong 4 Toa Payoh #01-365 Singapore 350139	Tel: 6283 1576 Email: <a href="mailto:counselling@samhealth.org.sg">counselling@samhealth.org.sg</a>
<b>MindCare</b>  <i>Service Provider:</i> AMKFSC Community Services Ltd	MindCare is the mental health division of AMKFSC Community Services Ltd. It aims to respond to the increasing needs for community mental health support. The team of helping professionals in the community seek to promote mental health resiliency among the clients served.  For more information, please click <a href="#">here</a> .	643 Ang Mo Kio Ave 5 #01-3001 Singapore 560643	Tel: 6553 6643 Email: <a href="mailto:mindcare@amkfs.c.org.sg">mindcare@amkfs.c.org.sg</a>
<b>Mindfulness Parenting</b>  <i>Service Provider:</i> Brahm Centre Limited	Parents will learn to apply mindfulness to gain clarity in their minds and put the joy back into parenting.  For more information, please click <a href="#">here</a> .	<b>Novena Centre</b> 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562  <b>Simei Centre</b> 227 Simei Street 4 Singapore 520227	Tel: 6258 0831 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a>  Tel: 6786 0800 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a>

Service / Programme	Description	Address	Contact
<p><b>Mental Health (Psychology) Services</b></p> <p><i>Service Provider:</i> National University Polyclinics (NUP) and National Healthcare Group (NHG) Polyclinics</p>	<p>Aim to address the concerns of children, adolescents, adults and the elderly by providing assessment, counselling and psychotherapy on stress-related problems.</p> <p>For more information on mental health services at NUP, please click <a href="#">here</a>.</p> <p>For more information on mental health services at NHGP, please click <a href="#">here</a>.</p>	<p><u>NUP Polyclinics</u></p> <p><b>Bukit Batok Polyclinic</b> 50 Bukit Batok West Avenue 3 Singapore 659164</p> <p><b>Choa Chu Kang Polyclinic</b> 2 Teck Whye Crescent Singapore 688846</p> <p><b>Clementi Polyclinic</b> 451 Clementi Avenue 3 #02-307 Singapore 120451</p> <p><b>Jurong Polyclinic</b> 190 Jurong East Avenue 1 Singapore 609788</p> <p><b>Pioneer Polyclinic</b> 26 Jurong West Street 61 Singapore 648201</p> <p><u>NHG Polyclinics</u></p> <p><b>Ang Mo Kio Polyclinic</b> 21 Ang Mo Kio Central 2 Singapore 569666 (between COURTS and Ang Mo Kio Public Library)</p> <p><b>Hougang Polyclinic</b> 89 Hougang Avenue 4 Singapore 538829</p> <p><b>Toa Payoh Polyclinic</b> 2003 Toa Payoh Lorong 8 Singapore 319260</p> <p><b>Woodlands Polyclinic</b> 10 Woodlands Street 31 Singapore 738579</p> <p><b>Yishun Polyclinic</b> 30A Yishun Central 1 Singapore 768796</p>	<p>Appointment line: 6355 3000</p>
<p><b>Mood Disorders Clinic</b></p> <p><i>Service Provider:</i></p>	<p>A specialist outpatient service that provides continuity of care for patients discharged from the Mood Disorder Unit. The clinic</p>	<p><b>Institute of Mental Health</b> Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>General enquiries: 6389 2000</p>

Service / Programme	Description	Address	Contact
Institute of Mental Health	<p>also accepts referrals from healthcare professionals for individuals with complex mood disorders.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<p><b>Our HEALing Voice</b></p> <p><i>Service Provider:</i> Club HEAL</p>	<p>Provide a structured platform to increase the empowerment of persons recovering from mental health issues through equipping them to share their lived experience and engaged in peer mentoring.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Club HEAL Head Office (West)</b> 244 Bukit Batok East Ave 5, #01-02 Singapore 650244</p>	<p>Tel: 6899 3463 Email: <a href="mailto:sumaiyah@clubheal.org.sg">sumaiyah@clubheal.org.sg</a></p>
<p><b>Psycho-education Workshops</b></p> <p><i>Service Provider:</i> Clarity Singapore Limited</p>	<p>The workshops comprise of group psychotherapy and intervention programmes, mental health workshops and activities and public talks. The workshop can be customized to help community, school and organization to deliver their mission more effectively.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Yishun</b> 854 Yishun Ring Road #01-3511 Singapore 760854</p> <p><b>Agape Village</b> 7A Lorong 8 Toa Payoh #04-01 Singapore 319264</p>	<p>Tel : 6757 7990 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a></p> <p>Tel : 6801 7467 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a></p>

Service / Programme	Description	Address	Contact
<p><b>Psychiatry Services</b></p> <p><i>Service Provider:</i> Nobel Psychological Wellness Clinic</p>	<p>Offer specialist consultation for the diagnosis and treatment of various conditions related to psychiatry and psychology, such as depression, insomnia, panic disorder and other mental health concerns.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Nobel Psychological Wellness Clinic @ Novena</b> Novena Medical Centre 10 Sinaran Drive, #09-35 Singapore 307506</p> <p><b>Nobel Psychological Wellness Clinic @ AMK</b> 452 Ang Mo Kio Ave 10 #01-1773 Singapore 560452</p> <p><b>Nobel Psychological Wellness Clinic @ TripleOne Somerset</b> 111 Somerset Road #01-10A Singapore 238164</p>	<p>Tel: 6397 2993 After clinic hours: 6535 8833 Emergency Hotline: 9622 1555 (24 hours)</p> <p>Tel: 6459 2630 Email: -</p> <p>Tel: 6733 9560 Email: -</p>
<p><b>Psychotherapy Services</b></p> <p><i>Service Provider:</i> MindCare Clinic</p>	<p>Offer a variety of treatment modalities including pharmacotherapy (medications) and various forms of psychotherapy (talk therapy). The team of specialists treat a wide variety of emotional health and psychiatric disorders such as depression, stress, anxiety and other mental health conditions.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1 Farrer Park Station Road Farrer Park Medical Centre Connexion, #10-19 Singapore 217562</p>	<p>Tel: 6705 5111 Email: <a href="mailto:info@mindcarespecialist.com">info@mindcarespecialist.com</a></p>
<p><b>SAMH Creative Mindset</b></p> <p><i>Service Provider:</i> Singapore Association for Mental Health</p>	<p>Bring mental wellness to all through meaningful arts experiences. The centre is led by a team of art therapists and facilitators. No prior art knowledge or training is needed.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Our Tampines Hub 1 Tampines Walk, South Plaza, Lobby J, #03-06 Singapore 528523</p>	<p>Tel: 6344 8451 Email: <a href="mailto:creativemindsethub@samhealth.org.sg">creativemindsethub@samhealth.org.sg</a></p>
<p><b>SAMH Creative SAY!</b></p> <p><i>Service Provider:</i> Singapore Association for Mental Health</p>	<p>Offers sports, outdoor and art activities to help spark conversations, promote general wellbeing, cultivate resilience and prevent the onset of mental health conditions.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>317 Woodlands Street 31 #01-196 Singapore 730317</p>	<p>Tel: 6362 4845 Email: <a href="mailto:creativesay@samhealth.org.sg">creativesay@samhealth.org.sg</a></p>

Service / Programme	Description	Address	Contact
<b>Viriya Grief Support Programme</b>  <i>Service Provider:</i> Viriya Community Services	Provide the timely and necessary support to help families and individuals cope with their grief during time of loss and continue to live life meaningfully and well.  For more information, please click <a href="#">here</a> .	72 Shrewsbury Road Singapore 307837	Tel: 6285 8033 Email: <a href="mailto:contact@viriya.org.sg">contact@viriya.org.sg</a>
<b>Viriya Psychological Services</b>  <i>Service Provider:</i> Viriya Community Services	Provide psychological assessments and therapeutic interventions to support families and individuals and help them achieve better psychological and mental wellness.  For more information, please click <a href="#">here</a> .	72 Shrewsbury Road Singapore 307837	Tel: 6285 8033 Email: <a href="mailto:contact@viriya.org.sg">contact@viriya.org.sg</a>

### Adults – Community Mobile Team

Service / Programme	Description	Address	Contact
<b>Peer Bridger</b>  <i>Service Provider:</i> Singapore Anglican Community Services	A pilot programme that supports persons in recovery to make successful transitions to community living upon discharge from mental health step-down care facilities. Peer Support Specialists will provide reintegration support throughout clients' transition.	<b>Anglican Care Centre (Pasir Ris)</b> 534 Pasir Ris Drive 1 #01-266 Singapore 510534  <b>Anglican Care Centre (Simei)</b> 10 Simei Street 3 Singapore 529897  <b>Anglican Care Centre (Hougang)</b> 20 Buangkok View Blk 4 Singapore 534194  <b>Anglican Care Centre (Farrer Park)</b> 375 Race Course Road Singapore 218644  <b>SAMH Group Homes</b> 239 Bukit Batok East Avenue 5, #01-165 Singapore 650239	Tel: 6584 4633 Email: <a href="mailto:acc_pasirris@sacs.org.sg">acc_pasirris@sacs.org.sg</a>  Tel: 6812 0888 Email: <a href="mailto:acc_simei@sacs.org.sg">acc_simei@sacs.org.sg</a>  Tel: 6386 9338 Email: <a href="mailto:acc_hougang@sacs.org.sg">acc_hougang@sacs.org.sg</a>  Tel: 6202 9669 Email: <a href="mailto:acc_farrerpark@sacs.org.sg">acc_farrerpark@sacs.org.sg</a>  Tel: 6564 7003 Email: <a href="mailto:grouphomes@samhealth.org.sg">grouphomes@samhealth.org.sg</a>

Service / Programme	Description	Address	Contact
<b>SAMH Mobile Support Team</b>  <i>Service Provider:</i> Singapore Association for Mental Health	Mobile Support Team was formed to reach out to individuals and their caregivers in the community who may be at risk of having mental illness and are usually identified by the police, grassroots, Town Councils and HDB officers.  For more information, please click <a href="#">here</a> .	<i>Not applicable.</i>	Tel: 8511 2678 Email: <a href="mailto:samhmobile@samhealth.org.sg">samhmobile@samhealth.org.sg</a>
<b>COMmunity Intervention Team (COMIT)</b>			
COMIT is an allied-health led, multi-disciplinary team embedded in the community, aimed at providing holistic services for clients with mental health or dementia care needs and their caregivers. The team provides intervention and assessment of clients with mental health needs and support in the community to ensure that clients remain on track in their recovery journey. <b>Please refer to the list of COMIT service providers below.</b>			
Service Provider	Address	Contact	
<a href="#">Alzheimer's Disease Association</a>	20 Bendemeer Road, #01-02 BS Bendemeer Centre, Singapore 339914	Tel: 6293 9971	
<a href="#">AMKFSC Community Services Ltd</a>	223D Compassvale Walk, #01-673 Compassvale Vista, Singapore 544223	Tel: 6312 8100	
<a href="#">Brahm Centre Ltd</a>	71 Irrawaddy Road, #03-09 Ren Ci Hospital, Singapore 329562	Tel: 6258 0831	
<a href="#">Clarity Singapore Limited</a>	854 Yishun Ring Road, #01-3511 Singapore 760854	Tel: 6801 7467	
<a href="#">Club HEAL</a>	244 Bukit Batok East Ave 5, #01-02 Singapore 650244	Tel: 6899 3463	
<a href="#">Fei Yue Community Services</a>	185 Bukit Batok West Ave 6, #01-187 Singapore 650185	Tel: 6563 1106	
<a href="#">Filos Community Services Ltd</a>	38 Chai Chee Avenue, #01-177 Singapore 461038	Tel: 6242 5978	
<a href="#">Montfort Care</a>	53 Marine Terrace, #01-215 Singapore 440053	Tel: 6446 0300	
<a href="#">Singapore Anglican Community Services</a>	<b>Anglican Care Centre (Bukit Batok)</b> 10 Simei St 3, Singapore 529897  <b>Anglican Care Centre (Pasir Ris)</b> 534 Pasir Ris Drive 1 #01-266 Singapore 510534  <b>Anglican Care Centre (Yishun)</b>	Tel: 6586 1064     Tel: 6584 4633	

Service / Programme	Description	Address	Contact
		707 Yishun Avenue 5 #01-36 Singapore 760707	Tel: 6753 5311
<a href="#">Singapore Association for Mental Health, The</a>		69 Toa Payoh Lor 4, #01-365, SAMH Centre, Singapore 310069	Tel: 6255 3222
<a href="#">St Luke's Hospital</a>		2 Bukit Batok St 11 Singapore 659674	Tel: 6563 2281
<a href="#">Tsao Foundation</a>		298 Tiong Bahru Road, #15-01 Central Plaza, Singapore 168730	Tel: 6593 9500

### Adults – Counselling

Service / Programme	Description	Address	Contact
<b>Counselling Centre</b>  <i>Service Provider:</i> Care Corner Counselling Centre	Provide face-to-face clinical counselling and group therapy sessions for individuals and families to help them address issues and achieve individual growth in the areas of their marital, relationship, psychological and emotional needs.  For more information, please click <a href="#">here</a> .	62B Lorong 4 Toa Payoh #02-143 Singapore 312062	Tel: 6353 1180 Email: <a href="mailto:cccc@carecorner.org.sg">cccc@carecorner.org.sg</a>
<b>Clinical and Counselling Services</b>  <i>Service Provider:</i> Shan You	The centre provides support to individuals and families facing mental health issues arising from the anxiety and stresses of lifestyle pressures. It integrates Mind-Body Medicine and Mindfulness into its counselling services.  For more information, please click <a href="#">here</a> .	5 Upper Boon Keng Road Multi-storey Car Park #02-15 Singapore 380005	Tel: 6741 9293  Requests for Counselling and Social Care services: <a href="mailto:shanyou@shanyou.org.sg">shanyou@shanyou.org.sg</a>
<b>Counselling Service</b>  <i>Service Provider:</i> Club2Care	Club2Care seeks to promote mental well-being in the Singapore Indian community. It aspires to help individuals with mental health conditions or those in distress regain mental wellness and lead a fulfilling lives. It offers complimentary counselling services (by appointment only).  For more information, please click <a href="#">here</a> .	<i>Not applicable.</i>	Email: <a href="mailto:club2care@gmail.com">club2care@gmail.com</a>
<b>Counselling Service</b>	Provide counselling and psychotherapy services to the	<b>Novena Centre</b> 71 Irrawaddy Road	Tel: 6258 0831 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a>



Service / Programme	Description	Address	Contact
<p><i>Service Provider:</i> Brahm Centre Limited</p>	<p>general public. This service is available to anyone who needs help.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Ren Ci Hospital #03-09 Singapore 329562</p> <p><b>Simei Centre</b> 227 Simei Street 4 Singapore 520227</p>	<p><a href="#">com</a></p> <p>Tel: 6786 0800 Email: <a href="mailto:info@brahmcentre.com">info@brahmcentre.com</a></p>
<p><b>Counselling Service</b></p> <p><i>Service Provider:</i> Counselling and Care Centre</p>	<p>The focus of therapy is to help individuals move forward in life and living by awakening and bringing forth their inner resources for growth, learning and renewed confidence.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Hong Lim Complex</b> 536 Upper Cross Street #05-241 Singapore 050536</p>	<p>Tel: 6536 6366 Email: <a href="mailto:info@counsel.org.sg">info@counsel.org.sg</a></p>
<p><b>Counselling Services</b></p> <p><i>Service Provider:</i> Olive Branch</p>	<p>Provide counselling services to individuals, couples, families, schools and corporations to better understand and cope with emotional crises so as to improve self-esteem as well as mental and physical health.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>229 Mountbatten Road, Mountbatten Square #02-32 Singapore 398007</p>	<p>Tel: 8322 8861 Email: <a href="mailto:sam@olivebranch.com.sg">sam@olivebranch.com.sg</a></p>
<p><b>Counselling Services</b></p> <p><i>Service Provider:</i> O'Joy Care Services</p>	<p>Provide counselling for persons aged 21 years old and above who are struggling with depression, anxiety and other mental health issues. Persons aged 18-20 years old would be assessed for suitability for services on a case-by-case basis.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Blk 5 Upper Boon Keng Rd, #02-10, Singapore 380005</p>	<p>Tel: 6749 0190 Email: <a href="mailto:hello@ojoy.org">hello@ojoy.org</a></p>
<p><b>Counselling Services</b></p> <p><i>Service Provider:</i> SACAC Counselling</p>	<p>Provide counselling and psychotherapy support to individuals (from preschool children to adults), couples and families, using a range of modalities, to help them cope with issues of stress, anxiety, depression, addiction, anger management, relationship and marital concerns, family transitions</p>	<p>Thong Teck Building 15 Scotts Road #09-04 Singapore 228218</p>	<p>Tel: 6733 9249 Whatsapp: 8285 0476 Email: <a href="mailto:admin@sacac.sg">admin@sacac.sg</a></p>

Service / Programme	Description	Address	Contact
	<p>and trauma.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<p><b>Counselling Service</b></p> <p><i>Service Provider:</i> Silver Ribbon (Singapore)</p>	<p>Provide counselling support in early identification and treatment of mental illness.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>H.O.L.A. - Hang On. Life's Awesome</b> 208 Serangoon Central #01-238 Singapore 550208</p> <p><b>The Linkage</b> Wisma Geylang Serai 1 Engku Aman Turn Level 4 Singapore 408528</p> <p><b>Raintree Sanctuary</b> 550 Hougang St 51 #01-168 Singapore 530550</p>	<p>Appointment line: 6386 1928</p> <p>Appointment line: 6509 0271</p> <p>Appointment line: 6385 3714</p>
<p><b>Counselling Service</b></p> <p><i>Service Provider:</i> Focus on the Family Singapore</p>	<p>Provide counselling for individuals, married couples and families. Examples of services for individual counselling include:</p> <ul style="list-style-type: none"> <li>• Stress &amp; anxiety complex</li> <li>• Coping with and handling depression</li> <li>• Suffering grief &amp; loss</li> </ul> <p>For more information, please click <a href="#">here</a>.</p>	<p>9 Bishan Place #08-03 Junction 8 Office Tower Singapore 579837</p>	<p>Tel: 6336 1444 Email: <a href="mailto:focus@family.org.sg">focus@family.org.sg</a></p>
<p><b>Counselling Service</b></p> <p><i>Service Provider:</i> SAGE Counselling Centre</p>	<p>The face-to-face counselling service carried out by the professional counsellors provides an avenue for the clients and/or their caregivers and family members to discuss various issues and concerns including psychological health issues.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1 Jurong West Central 2 #06-04, Jurong Point Shopping Centre Singapore 648886</p>	<p>Tel: 6354 1191 Email: <a href="mailto:counselling@sagecc.org.sg">counselling@sagecc.org.sg</a></p>
<p><b>Counselling and Psychotherapy Services</b></p> <p><i>Service Provider:</i> Alliance</p>	<p>Alliance Counselling is a team of multilingual counsellors and psychologists. They provide empathetic professional support and guidance to men, women, couples, children, teenagers and</p>	<p>501 Bukit Timah Road #04-03, Cluny Court Singapore 259760</p>	<p>Tel: 6466 8120 Email: <a href="mailto:admin@alliancecounselling.com.sg">admin@alliancecounselling.com.sg</a></p>

Service / Programme	Description	Address	Contact
Counselling	families facing with mental health problems.  For more information, please click <a href="#">here</a> .		
<b>Counselling and Psychotherapy Services</b>  <i>Service Provider:</i> Scott Psychological Centre	Provide counselling and psychotherapy in a soothing, private, and safe environment tackling wide variety of emotional/psychological difficulties including depression, anxiety, addictions, obsessive compulsive disorder and other of various kinds.  For more information, please click <a href="#">here</a> .	360 Orchard Road International Building #10-10 Singapore 238869	Tel: 6733 8919 Email: <a href="mailto:appointment@scottpsychologicalservices.com">appointment@scottpsychologicalservices.com</a>
<b>Counselling and Psychotherapy Services</b>  <i>Service Provider:</i> The Center for Psychology	The clinical team of psychologists and counsellors involve a formal, rewarding, and professional relationship within which the client can safely explore and recover from difficult and often painful emotional experiences such as depression, phobias, eating disorder and many others.  For more information, please click <a href="#">here</a> .	491B River Valley Road #04-01 Valley Point Office Tower Singapore 248373	Tel: 6733 2893 Email: <a href="mailto:contact@center4psy.com">contact@center4psy.com</a>
<b>Counselling Service</b>  <i>Service Provider:</i> VA Psychology Center	Offer safe, open-minded and confidential counselling as well as a range of psychological assessments. Some of the treatment areas, which are not exclusive of, including depression, trauma and others.  For more information, please click <a href="#">here</a> .	41 Sunset Way Clementi Arcade #02-06 Singapore 597071	Tel: 6235 9602 Email: <a href="mailto:info@vapc.sg">info@vapc.sg</a>
<b>Family Therapy Institute</b>  <i>Service Provider:</i> Persatuan Pemuda Islam Singapura (PPIS)	Provides therapeutic services to individuals, couples and families, to resolve familial and marital issues through counselling. It addresses a range of issues from addiction, mental health, marital and parenting issues, grief, divorce and many more.  For more information, please click	Blk 1 Eunos Crescent #01-2509 Singapore 400001	Tel: 6745 0613 Email: <a href="mailto:fti@ppis.sg">fti@ppis.sg</a>

Service / Programme	Description	Address	Contact
	<a href="#">here.</a>		
<b>Viriya Therapy Centre (VTC)</b>  <i>Service Provider:</i> Viriya Community Services	Aim to enhance each individual's potential for purposeful living through intentional transformation. VTC adopts a systemic and family-focused approach in enabling our clients to enhance their quality of life. The programmes and services include Psychological Assessments and Testing, Psycho-education Workshops and others.  For more information, please click <a href="#">here.</a>	72 Shrewsbury Road Singapore 307837	Tel: 6285 8033 Email: <a href="mailto:contact@viriya.org.sg">contact@viriya.org.sg</a>
<b>Individuals &amp; Group Counselling Services</b>  <i>Service Provider:</i> Clarity Singapore Limited	Provide counselling service for individuals in distress. Therapeutic interventions are catered particularly to help those with mild to moderate mental illness.  For more information, please click <a href="#">here.</a>	<b>Yishun</b> 854 Yishun Ring Road #01-3511 Singapore 760854  <b>Agape Village</b> 7A Lorong 8 Toa Payoh #04-01 Singapore 319264	Tel : 6757 7990 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a>  Tel : 6801 7467 Email: <a href="mailto:lightingtheway@clarity-singapore.org">lightingtheway@clarity-singapore.org</a>
<b>Integrative Mediation and Counselling</b>  <i>Service Provider:</i> EMCC	Through EMCC's counselling and mediation work, the programme aims to enable people to effectively manage personal, marital, family and organisational challenges, and to repair and preserve their relationships with others.  For more information, please click <a href="#">here.</a>	331 North Bridge Road #22-01/06 Odeon Towers Singapore 188720	Tel: 6788 8220 Email: <a href="mailto:services@emcc.org.sg">services@emcc.org.sg</a>
<b>Maternal Wellness</b>  <i>Service Provider:</i> Clarity Singapore Limited	Provide counselling to support women suffering from perinatal mood and anxiety disorders (PMADs).  For more information, please click <a href="#">here.</a>	<b>Yishun</b> 854 Yishun Ring Road #01-3511 Singapore 760854  <b>Agape Village</b> 7A Lorong 8 Toa Payoh #04-01 Singapore 319264  <b>Mount Alvernia Hospital</b> Medical Centre B, #01-21	Tel: 6757 7990 Email: <a href="mailto:ask@clarity-singapore.org">ask@clarity-singapore.org</a>  Tel: 6801 7467 Email: <a href="mailto:ask@clarity-singapore.org">ask@clarity-singapore.org</a>  Tel: 6347 6688 By appointment only.

Service / Programme	Description	Address	Contact
		820 Thomson Road Singapore 574623	
<b>Psychiatry Services</b>  <i>Service Provider:</i> Pacific Healthcare Holdings	A private clinic service that offers counselling, evaluation and treatment for patients of all ages and needs, ranging from acute emotional disorders to difficulties in managing stress or interpersonal conflict.  For more information, please click <a href="#">here</a> .	290 Orchard Road #19-01 Tower 1, Lobby F Singapore 238859	Tel: 6883 6955 Email: <a href="mailto:enquiry@pachealthholdings.com">enquiry@pachealthholdings.com</a>
<b>Psychiatry Services</b>  <i>Service Provider:</i> Raffles Hospital	A private hospital service that provides therapies and medications, ranging from family and individual counselling to behavioural modification. It also includes addictions and stress-related issues.  For more information, please click <a href="#">here</a> .	<b>Raffles Counselling Centre</b> 585 North Bridge Road Level 13 Singapore 188770	Tel: 6311 2330 Email: <a href="mailto:specialist@raffleshospital.com">specialist@raffleshospital.com</a>
<b>SAMH Community Education &amp; Engagement</b>  <i>Service Provider:</i> Singapore Association for Mental Health (SAMH)	Aim to increase awareness about mental health issues to promote good mental well-being and reduce the social stigma surrounding mental illness.  For more information, please click <a href="#">here</a> .	<i>Not applicable.</i>	Tel: 6255 3222 Email: <a href="mailto:comed@samhealth.org.sg">comed@samhealth.org.sg</a>
<b>WINGS Counselling Centre</b>  <i>Service Provider:</i> Ramakrishna Mission Singapore	Provide professional assistance and guidance in resolving personal or psychological problems for pre-schoolers, children, youths, individual's couples, parents and families through counselling.  For more information, please click <a href="#">here</a> .	179 Bartley Road, Singapore 539784	Tel: 6288 7324 Email:-

Service / Programme	Description	Address	Contact
<b>Video Call Counselling</b>  <i>Service Provider:</i> High Vibe (Safe Space App)	Video Call Counselling safeguards the well-being of both clients and therapists during COVID-19 by having safe distancing. You can continue with your couple or group therapy sessions via video call counselling during Circuit Breaker.  For more information, please click <a href="#">here</a> .	Ngee Ann Poly Incubator Blk 31, 535 Clementi Road, #01-16A Singapore 599489	Tel: 9062 5149 Email: <a href="mailto:contact@safespace.sg">contact@safespace.sg</a>  To book your session, please visit <a href="https://safespace.sg/">https://safespace.sg/</a> and click on "Book A Video Call".
<b>Pro-bono Video Call Counselling For Healthcare Workers</b>  <i>Service Provider:</i> High Vibe (Safe Space App)	Pro-bono video call counselling by the Safe Space™ therapists for healthcare workers that need support.  For more information, please click <a href="#">here</a> .	Ngee Ann Poly Incubator Blk 31, 535 Clementi Road, #01-16A Singapore 599489	Tel: 9062 5149 Email: <a href="mailto:contact@safespace.sg">contact@safespace.sg</a>  To book your session, please visit <a href="https://safespace.sg/">https://safespace.sg/</a> and click on "Book A Video Call".

### Adults – Training and Employment Support

Service / Programme	Description	Address	Contact
<a href="#"><u>Integrated Employment Services</u></a>  <i>Service Providers:</i> Singapore Anglican Community Service	<b>Employment Support Services (ESS)</b>  Provide employment services that help persons in recovery seek sustained employment in the competitive job market. It also provides the business community with comprehensive employment services to support them in integrating these individuals in the workplace.  Services include: 1) Vocational readiness assessment 2) Vocational training – basic skills and community based 3) Job placement 4) On-site support	<b>Singapore Anglican Community Service</b> 10 Simei Street 3 Singapore 529897	Tel: 6812 0878 Email: <a href="mailto:eap@sacs.org.sg">eap@sacs.org.sg</a>
	<b>Employment Internship Programme (EIP)</b>  Provide on the job training for persons in recovery from mental health issues to prepare them for		

Service / Programme	Description	Address	Contact
	<p>open employment. The objectives are to:</p> <ol style="list-style-type: none"> <li>1) Enhance the job readiness and sustainability of persons in recovery through on the job training in specified industries;</li> <li>2) Enhance knowledge and skills of employers in supporting persons in recovery; and</li> <li>3) Showcase employability of persons in recovery.</li> </ol> <p><b>Employee Assistance Programme Plus (EAP+)</b></p> <p>Provide workplace support for employees with or at-risk of having mental health issues through a multi-disciplinary team consisting of professionals and peer support specialists. The programme also provides advisory support and training on creating an inclusive and supportive workplace.</p>		
<p><b>Occupational Therapy: Activities, Vocation and Empowerment (OctAVE)</b></p> <p><i>Service Provider:</i> Institute of Mental Health</p>	<p>OctAVE is a psychosocial rehabilitation centre that offers a range of outpatient rehabilitation programmes. These programmes seek to promote community integration for persons with mental illness, by nurturing their potential and providing them with therapeutic support to facilitate their recovery.</p> <p>The programmes available are categorised into four major domains:</p> <ol style="list-style-type: none"> <li>1) Clinical Rehabilitation</li> <li>2) Empowerment</li> <li>3) Vocational Training</li> <li>4) <a href="#">Job Club</a></li> </ol> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>OctAVE@IMH</b> Occupational Therapy Department Institute of Mental Health Buangkok Green Medical Park, Blk 1, 10 Buangkok View, Singapore 539747</p> <p><b>OctAVE@Bukit Batok</b> Bukit Batok Polyclinic Level 3, 50 Bukit Batok West Ave 3 Singapore 659164</p> <p><b>OctAVE@Cantonment</b> 25 Cantonment Road Singapore 089744</p>	<p>Tel: 6389 2904 Email: -</p> <p>Tel: 6566 7462 Email: -</p> <p>Tel: 6479 7353 Email: -</p>
<p><b>SAMH MINDSET Learning Hub</b></p>	<p>Aim to work with persons in recovery from mental health issues for their vocational training and employment needs. It is a</p>	<p>257 Jurong East Street 24 #01-405 Singapore 600257</p>	<p>Tel: 6665 9220 Email: <a href="mailto:mindsetLH@samhealth.org.sg">mindsetLH@samhealth.org.sg</a></p>



Service / Programme	Description	Address	Contact
<i>Service Provider:</i> Singapore Association for Mental Health	collaboration between the Jardine Matheson Group through its registered charity, MINDSET Care Limited and SAMH.  For more information, please click <a href="#">here</a> .		

### Adults – Day Activity / Day Rehabilitation Centres

Programme	Description	Address	Contact
<b>Mental Wellness Centres (Rehabilitation)</b>  <i>Service Provider:</i> Club HEAL	Provide day rehabilitation services for clients with psychiatric issues to assist and empower persons with mental health issues to reintegrate back to the community.  For more information, please click <a href="#">here</a> .	<b>Club HEAL Head Office (West)</b> 244 Bukit Batok East Ave 5, #01-02 Singapore 650244  <b>Club HEAL @ Pasir Ris East (East)</b> 148 Pasir Ris St 13 #01-24 Singapore 510148  <b>Club HEAL @ Marsiling (North)</b> 317 Woodlands St 31 #01-194 Singapore 730317	Tel: 6899 3463 Email: <a href="mailto:info@clubheal.org.sg">info@clubheal.org.sg</a>
<b>Day Rehabilitation Services</b>  <i>Service Provider:</i> Singapore Anglican Community Service	A wide range of structured rehabilitation programmes are available to support persons with mental health issues in the recovery process through practical life skills training, and social and recreational activities.  Professional case managers work closely with these individuals to achieve rehabilitation goals and recovery.  For more information, please click <a href="#">here</a> .	<b>Anglican Care Centre (Bukit Batok)</b> 267 Bukit Batok East Avenue 4, #01-206 Singapore 650267  <b>Anglican Care Centre (Yishun)</b> 707 Yishun Avenue 5 #01-36 Singapore 760707  <b>Anglican Care Centre (Pasir Ris)</b> 534 Pasir Ris Drive 1 #01-266 Singapore 510534  <b>Anglican Care Centre (Hougang)</b> 20 Buangkok View, Blk 4 Singapore 534194	Tel: 6562 4881 Email: <a href="mailto:acc_bukitbatok@acs.org.sg">acc_bukitbatok@acs.org.sg</a>  Tel: 6753 5311 Email: <a href="mailto:acc_yishun@sacs.org.sg">acc_yishun@sacs.org.sg</a>  Tel: 6584 4633 Email: <a href="mailto:acc_pasirris@sacs.org.sg">acc_pasirris@sacs.org.sg</a>  Tel: 6386 9338 Email: <a href="mailto:acc_hougang@sacs.org.sg">acc_hougang@sacs.org.sg</a>

Programme	Description	Address	Contact
		<b>Anglican Care Centre (Simei)</b> 10 Simei Street 3 Singapore 529897	Tel: 6812 0888 Email: <a href="mailto:acc_simei@sacs.org.sg">acc_simei@sacs.org.sg</a>
<b>Friendship And Mind Enrichment (FAME) Club</b> <i>Service Provider:</i> Bethesda C.A.R.E Centre	Seek to rehabilitate patients recovering from mental illness and facilitate their re-integration into the community.  For more information, please click <a href="#">here</a> .	242 Hougang St 22 #01-93 Singapore 530242	Tel: 6340 4164 Email: <a href="mailto:lilychan@bcare.org.sg">lilychan@bcare.org.sg</a> (Mrs Lily Chan)
<b>SAMH Oasis Day Centre</b>  <i>Service Provider:</i> Singapore Association for Mental Health	A training and rehabilitation centre which provides psychosocial rehabilitation for persons with psychiatric conditions.  For more information, please click <a href="#">here</a> .	139 Potong Pasir Avenue 3, #01-132 Singapore 350139	Tel: 6283 1576 Email: <a href="mailto:oasis@samhealth.org.sg">oasis@samhealth.org.sg</a>

### Adults – Rehabilitation Residential/Nursing Homes

Service / Programme	Description	Address	Contact
<b>SAMH Activity Hub</b>  <i>Service Provider:</i> Singapore Association for Mental Health	Conduct rehabilitative programmes to assist residents of Pelangi Village in their recovery and re-integration into the community.  For more information, please click <a href="#">here</a> .	8 Buangkok Green Singapore 539752	Tel: 6315 6778 Email: <a href="mailto:samhah@singnet.com.sg">samhah@singnet.com.sg</a>
<b>Banyan Home @ Pelangi Village</b>  <i>Service Provider:</i> Singapore Chee Hoon Kog Moral Promotion Society	Provide quality and professional care to residents with chronic psychiatric condition. Its various therapeutic, social and recreational programs enable the residents to redeem their sense of identity and dignity under a relaxed and cheerful ambience.  For more information, please click <a href="#">here</a> .	12 Buangkok Green Singapore 539754	Tel: 6489 8318 Email: <a href="mailto:kohsc@chkmps.org.sg">kohsc@chkmps.org.sg</a>
<b>SAMH Group Homes</b>  <i>Service Provider:</i> Singapore Association for Mental Health	Provide opportunities for persons with well-managed psychiatric conditions to experience community integration in the heartlands.  For more information, please click <a href="#">here</a> .	239 Bukit Batok East Avenue 5, #01-165 Singapore 650239	Tel: 6564 7003 Email: <a href="mailto:grouphomes@samhealth.org.sg">grouphomes@samhealth.org.sg</a>

<p><b>Psychiatric Sheltered Home</b></p> <p><i>Service Provider:</i> Singapore Anglican Community Service</p>	<p>A sheltered home for persons with mental health conditions who have undergone psychiatric rehabilitation and are ready to reintegrate into the community. For more information, please click <a href="#">here</a>.</p>	<p><b>Anglican Care Centre (Farrer Park)</b> 375 Race Course Road Singapore 218644</p>	<p>Tel: 6202 9669 Email:<a href="mailto:acc_farrerpark@sacs.org.sg">acc_farrerpark@sacs.org.sg</a></p>
<p><b>St Andrew's Nursing Home</b></p> <p><i>Service Provider:</i> St Andrew's Mission Hospital</p>	<p>Provide long-term care for residents suffering from psychiatric illnesses.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>St. Andrew's Nursing Home (Buangkok)</b> 60 Buangkok View Singapore 534012</p>	<p>Tel: 6880 5330 Email:<a href="mailto:enquiries@sanh.org.sg">enquiries@sanh.org.sg</a></p>
<p><b>Sunlove Home</b></p> <p><i>Service Provider:</i> Sunlove Abode For Intellectually-Infirm Ltd</p>	<p>Provide long-term residential care to persons with psychiatric disabilities who are either destitute, neglected or whose caregivers are incapable of caring for them. It also provides short-term respite care for families.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Buangkok Green Medical Park, 70 Buangkok View Singapore 534190</p>	<p>Tel: 6387 3548 Email:<a href="mailto:sunlovehq@gmail.com">sunlovehq@gmail.com</a></p>
<p><b>Careserve Residential Care</b></p> <p><i>Service Provider:</i> XiSer CareServe</p>	<p>A step-down care facility caring for long staying female patients from IMH. It takes care of the destitute individual with mental disorder, regardless of race or religion for those who need long term care and support.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Buangkok Green Medical Park, 10 Buangkok View Blk 5, Level 5 &amp; 6 Singapore 539747</p>	<p>Tel: 6387 4728 Email:<a href="mailto:taipeisocialservice@gmail.com">taipeisocialservice@gmail.com</a></p>

## 2.4) Seniors

### Seniors – General

Service / Programme	Description	Address	Contact
<b>Active Minds for Elderly with Dementia</b>  <i>Service Provider:</i> Filos Community Service	Provide home based intervention with therapeutic activities aimed at maintaining mental health of elderly aged 55 years old and above with early to moderate dementia living in the community.  For more information, please click <a href="#">here</a> .	38 Chai Chee Avenue #01-177 Singapore 461038	Tel: 6242 5978 / 6636 3787 Email: <a href="mailto:info@filos.sg">info@filos.sg</a>
<b><a href="#">Care in the Community</a></b>  <i>Service Provider:</i> Filos Community Service	<b>Social Wellness Programme</b> Promote social, emotional, physical and mental wellness for all elderly aged 40 years and above.  <b>More Than Friends Programme</b> This befriending programme is for vulnerable elderly aged 40 years and above with chronic diseases, empowering them to self manage their physical and mental conditions more effectively in the community.		
<b>ADA Resource and Training Centre (ARTC)</b>  <i>Service Provider:</i> Alzheimer's Disease Association (ADA)	ARTC is the training and consultancy arm of ADA. It provides training programmes for professionals, family caregivers, and foreign domestic workers, as well as consultancy services for agencies providing dementia care services.  For more information, please click <a href="#">here</a> .	70 Bendemeer Road #06-02 Luzerne Building Singapore 339940	Tel: 6293 9971 Email: <a href="mailto:professional_trg@alz.org.sg">professional_trg@alz.org.sg</a>
<b>Alzheimer's and Dementia Care</b>  <i>Service Provider:</i> Comfort Keepers	Provide care assistance for Alzheimer's patients, which include assisting them with dressing or personal grooming, etc.  For more information, please click <a href="#">here</a> .	<b>Head Office</b> 221 Henderson Road Henderson Building #07-18 Singapore 159557  <b>Bedok Office</b> 198 Joo Chiat Road #03-01 Singapore 427469	Tel: 6336 3376 Email: <a href="mailto:service@comfortkeepers.com.sg">service@comfortkeepers.com.sg</a>  Tel: 6348 9007 Email: <a href="mailto:bedok@comfortkeepers.com.sg">bedok@comfortkeepers.com.sg</a>

Service / Programme	Description	Address	Contact
		<p><b>Jurong &amp; Bukit Batok</b>            10 Bukit Batok Crescent            The Aspire #04-02            Singapore 658079</p> <p><b>Queenstown &amp; Clementi</b>            308 Tanglin Road            #01-05A            Singapore 247974</p>	<p>Tel: 6515 5308            Email: <a href="mailto:helpinghands@comfortkeepers.com.sg">helpinghands@comfortkeepers.com.sg</a></p> <p>Tel: 6734 5160            Email: <a href="mailto:queenstown@comfortkeepers.com.sg">queenstown@comfortkeepers.com.sg</a></p>
<p><b>Alzheimer's Disease and Dementia Clinic</b></p> <p><i>Service Provider:</i>            National Neuroscience Institute (NNI)</p>	<p>NNI is a national referral centre for patients with neurological conditions. The clinic manages a wide range of patients with cognitive impairment and provides a multi-disciplinary dementia assessment and management service.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>NNI @ TTSH Campus</b>            Neuroscience Clinic, Level 1, National Neuroscience Institute, Tan Tock Seng Hospital, 11 Jalan Tan Tock Seng            Singapore 308433</p> <p><b>NNI @ SGH Campus</b>            Neuroscience Clinic, Blk 3, Singapore General Hospital, Outram Road            Singapore 169608</p>	<p>Appointment line:            6357 7095            Email: <a href="mailto:appointments@nni.com.sg">appointments@nni.com.sg</a></p> <p>Appointment line:            6321 4377            Email: <a href="mailto:appointments@sgh.com.sg">appointments@sgh.com.sg</a></p>

Service / Programme	Description	Address	Contact
<b>Aged Psychiatry Community Assessment &amp; Treatment Service (APCATS)</b>  <i>Service Provider:</i> Institute of Mental Health	A community-oriented psychogeriatric outreach service for older persons aged 65 years and above living in the Central region of Singapore. APCATS does not provide crisis intervention or one-off or ad-hoc assessment.  For more information, please click <a href="#">here</a> .	Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok Green Singapore 539747	Tel: 6389 2175 Email: <a href="mailto:apcats@imh.com.sg">apcats@imh.com.sg</a>
<b>APCATS – Regional Eldercare Agencies Partnership (APCATS REAP)</b>  <i>Service Provider:</i> Institute of Mental Health	APCATS REAP is an extension of APCATS. It aims to: <ol style="list-style-type: none"> <li>1) Extend partnership with community eldercare agencies and primary care practitioners to meet the psychosocial needs of the elderly in the community;</li> <li>2) Empower the community eldercare agencies and primary care practitioners to manage the elderly with mental disorders through training, consultation and support.</li> <li>3) Enhance awareness and facilitate early detection of mental disorders in the elderly.</li> </ol> For more information, please click <a href="#">here</a> .		
<b>Community Psychogeriatric Programme (CPGP)</b>  <i>Service Provider:</i> Changi General Hospital	The CPGP is dedicated to improving the mental health of older persons aged 65 years and above, and younger persons in dementia, living in the Eastern region of Singapore and are unable to access hospital or outpatient services.  For more information, please click <a href="#">here</a> .	<b>Changi General Hospital</b> 2 Simei Street 3 Singapore 529889	Tel: 6426 7504 / 6426 7506 Email: <a href="mailto:CPCG@cgh.com.sg">CPCG@cgh.com.sg</a>
<b>Dementia Care System</b>  <i>Service Provider:</i> Tsao Foundation	Provide a system of medical, social and emotional care to home-dwelling elders with dementia that simultaneously supports their caregivers and family members. This improves the home support and care eco-system for the elders,	298 Tiong Bahru Road #15-01/06 Central Plaza Singapore 168730	Tel: 6593 9588 Email: <a href="mailto:hmdcs@tsaofoundation.org">hmdcs@tsaofoundation.org</a>

Service / Programme	Description	Address	Contact
	<p>enabling them to age optimally, in the familiar environment of home and community.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<b>Geriatric Psychiatric Out-Reach Assessment Consultation and Enablement (G-RACE)</b>  <i>Service Provider:</i> National University Hospital	<p>An outreach service to provide psychiatric assessment and treatment for elderly with mental health conditions living in the western region of Singapore.</p> <p>For more information, please click <a href="#">here</a>.</p>	<b>Department of Psychological Medicine</b> NUHS Tower Block, Level 9, 1E Kent Ridge Road Singapore 119228	Tel: 6872 4118 Email: <a href="mailto:g_race@nuhs.edu.sg">g_race@nuhs.edu.sg</a>
<b>Memory Clinic</b>  <i>Service Provider:</i> Institute of Mental Health	<p>Offer assessment, support, information and advice to those with memory problems and their caregivers through a series of structured interviews for the diagnosis of dementia.</p> <p>For more information, please click <a href="#">here</a>.</p>	Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	General enquiries: 6389 2000 (24 hours)  Appointment line: 6389 2200
<b>Mind-Able Programme</b>  <i>Service Provider:</i> Caregiving Welfare Association	<p>A form of early therapeutic intervention for elderly wanting to live a healthy lifestyle and for elderly who have been diagnosed with Dementia.</p> <p>For more information, please click <a href="#">here</a>.</p>	3 Ghim Moh Road #01-294 Singapore 270003	Tel: 6466 7957/7996  To sign up, please drop an e-mail to <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a>
<b>Old Age Psychiatry Clinic</b>  <i>Service Provider:</i> Adam Road Medical Centre	<p>Treat common psychiatric syndromes of old age including dementia, mood and anxiety disorders and late-onset psychosis for people over 65 years old.</p> <p>For more information, please click <a href="#">here</a>.</p>	559 Bukit Timah Road #01-02 King's Arcade Singapore 269695	Tel: 6466 7777 (4 lines) Email: <a href="mailto:nm@arh.com.sg">nm@arh.com.sg</a>
<b>Project IRENE (Integrated Resource Network)</b>	<p>A centre-based programme at Fei Yue Retirees Centre which aims to reach out to seniors to keep them physically active through centre</p>	Fei Yue Retirees Centre (Choa Chu Kang) Blk 11 Teck Whye Lane #01-222	Tel: 6769 6981 Email: <a href="mailto:irene@fycs.org">irene@fycs.org</a>



Service / Programme	Description	Address	Contact
<i>Service Provider:</i> Fei Yue Community Services	activities, cognitive stimulating activities and social activities so as to prevent them from being at risk of mental illness (such as dementia and depression).  For more information, please click <a href="#">here</a> .	Singapore 680011	

### Seniors – Community Mobile Team

Service / Programme	Description	Address	Contact
<b>Assessment and Shared Care Team (ASCAT)</b>  <i>Service Provider:</i> Khoo Teck Puat Hospital	ASCAT is a multi-disciplinary shared care team led by a doctor providing medical treatment and care to clients with mild and moderate mental health conditions in the community.	<b>ASCAT@North THRIVE</b> Khoo Teck Puat Hospital 90 Yishun Central Singapore 768828  <b>ASCAT@Centrals</b> Ang Mo Kio Polyclinic Blk 723 Ang Mo Kio Ave 8 #01-4136 Singapore 560723	Tel: 6555 8828 Email: -  Tel: 6355 3000 Email: -

### Community Resource, Engagement and Support Team (CREST)

The CREST is a community outreach team that serves as a community safety network for people with or at risk of depression, dementia and other mental health conditions. It also supports their caregivers with resources they need to continue to care for their loved ones at home and in the community. Left on their own, clients and their caregivers may not recognise the signs and symptoms of mental health conditions or know where to seek help, and hence may delay treatment. **Please refer to the list of CREST service providers below.**

Service Provider	Address	Contact
<a href="#">Alzheimer's Disease Association</a>	20 Bendemeer Road, #01-02, BS Bendemeer Centre, Singapore 339914	Tel: 6293 9971
<a href="#">AMKFSC Community Services Ltd</a>	223D Compassvale Walk, #01-673, Compassvale Vista, Singapore 544223	Tel: 6312 8100
<a href="#">AWWA Ltd</a>	740 Yishun Avenue 5, #01-490, Singapore 760740	Tel: 6511 5200
<a href="#">Brahm Centre Ltd</a>	71 Irrawaddy Road, #03-09, Ren Ci Hospital, Singapore 329562	Tel: 6258 0831
<a href="#">Care Corner Singapore Ltd</a>	<b>CREST @ Toa Payoh</b> 62B Lor 4 Toa Payoh #02-121 Singapore 312062	Tel: 6258 6601
<a href="#">Caregivers Alliance Limited</a>	491B River Valley Road, #04-04, Valley Point Office Tower, Singapore 248373	Tel: 6460 4400
<a href="#">Club HEAL</a>	244 Bukit Batok East Ave 5, #01-02, Singapore 650244	Tel: 6899 3463
<a href="#">Fei Yue Community Services</a>	<b>CREST @ Choa Chu Kang</b> <i>Address not available</i> <b>CREST @ Queenstown</b> <i>Address not available</i> <b>CREST @ Hougang</b> <i>Address not available</i>	Tel: 6661 9488  Tel: 6471 2022  Tel: 6202 4699
<a href="#">Filos Community Services Ltd</a>	38 Chai Chee Avenue, #01-177, Singapore 461038	Tel: 6242 5978
<a href="#">Methodist Welfare Services</a>	70 Barker Road, #05-01, Singapore 309936	Tel: 6478 4700
<a href="#">Montfort Care</a>	53 Marine Terrace, #01-215, Singapore 440053	Tel: 6446 0300
<a href="#">NTUC Health Co-operative Ltd</a>	55 Ubi Avenue 1, #08-01, Singapore 408935	Tel: 6590 4300
<a href="#">O'Joy Care Services</a>	5 Upper Boon Keng Road, #02-10, Singapore 380005	Tel: 6749 0190
<a href="#">REACH Community Services Society</a>	187 Bishan Street 13, #01-475, Singapore 570187	Tel: 6252 2566
<a href="#">Singapore Anglican Community Services</a>	10 Simei St 3, Singapore 529897	Tel: 6586 1064
<a href="#">Salvation Army, The</a>	20 Bishan St 22, Singapore 579768	Tel: 6555 0188
<a href="#">Silver Ribbon (Singapore)</a>	208 Serangoon Central, #01-238, C/O H.O.L.A. Hang On. Life's Awesome, Singapore 550208	Tel: 6386 1928

<a href="#">St. Hilda's Community Services Centre</a>	10 Jalan Batu, #01-06, Singapore 431010	Tel: 6345 0054
<a href="#">Thye Hua Kwan Moral Charities Limited</a>	1 North Bridge Road, #03-33, High Street Centre, Singapore 179094	Tel: 6337 1201
<a href="#">TRANS Family Services</a>	411 Bedok North Ave 2, #01-106, Singapore 460411	Tel: 6449 0762
<a href="#">Viriya Community Services</a>	72 Shrewsbury Road, Singapore 307837	Tel: 6256 1311

### Seniors – Counselling Centres

Service / Programme	Description	Address	Contact
<b>Counselling for Older Persons</b>  <i>Service Provider:</i> O'Joy Care Services	Offer confidential counselling services to anyone aged 50 and above, or any individual who has issues with an older person. Services include individual and group counselling.  For more information, please click <a href="#">here</a> .	5 Upper Boon Keng Road #02-10 (across from Kallang MRT) Singapore 380005	Tel: 6749 0190 Email: <a href="mailto:admin@ojoy.org">admin@ojoy.org</a>
<b>Counselling Service</b>  <i>Service Provider:</i> Caregiving Welfare Association	Provide an online counselling platform specifically for caregivers caring for an elderly with physical or mental disabilities. Service is for caregivers over 18 years of age, unless arranged by the parent.  For more information, please click <a href="#">here</a> .	3 Ghim Moh Road #01-294 Singapore 270003	Tel: 6466 7957 / 6466 7996 Email: <a href="mailto:contact@cwa.org.sg">contact@cwa.org.sg</a>
<b>Elderly Counselling</b>  <i>Service Provider:</i> Shan You	Provides specialised counselling services for individuals aged 60 and above who are struggling with depression, dementia, grief and loss, and other old aged-related concerns.  For more information, please click <a href="#">here</a> .	<b>Shan You Counselling Centre</b> 5 Upper Boon Keng Rd #02-15 Singapore 380005  <b>Shan You Wellness Community</b> 3 Eunos Crescent #01-2591/3/5 Singapore 400003	Tel: 6741 9293 Email: <a href="mailto:counselling@shanyou.org.sg">counselling@shanyou.org.sg</a>
<b>Hua Mei Counselling and Coaching</b>  <i>Service Provider:</i> Tsao Foundation	Promote the psycho-emotional and social wellness of adults aged 50 years and above and their caregivers, deepening the dimension of holistic care over the life course promoted by the Hua Mei Centre of Successful Ageing.	298 Tiong Bahru Road #15-01/06, Central Plaza Singapore 168730	Tel: 6593 9512 Email: <a href="mailto:hmcc@tsaofoundation.org">hmcc@tsaofoundation.org</a>  Accept referrals from hospitals, community service agencies,

Service / Programme	Description	Address	Contact
	For more information, please click <a href="#">here</a> .		volunteers, families and individuals. Service is by appointment only.

### Seniors – Dementia Day Care Centres

Service / Programme	Description	Address	Contact
<b>Activity Center for Elderly with Dementia</b>  <i>Service Provider:</i> Montessori for Dementia Care	Aim to create an environment where the elderly and persons with dementia feel accepted, safe, and comfortable, and where they are treated with respect, dignity, and encouraged to be independent.  For more information, please click <a href="#">here</a> .	1 Kay Siang Road Annexe Block, #04-10 Singapore 248922	Tel: 9729 7480 Email: <a href="mailto:contact@mfscsg.com">contact@mfscsg.com</a>
<b>Dementia Day Care Centre</b>  <i>Service Provider:</i> Apex Harmony Lodge	Provide day-care for people living with dementia.  For more information, please click <a href="#">here</a> .	10 Pasir Ris Walk Singapore 518240	Tel: 6585 2265 Email: <a href="mailto:ahl@apexharmony.org.sg">ahl@apexharmony.org.sg</a>
<b>Dementia Day Care Centre</b>  <i>Service Provider:</i> AWWA Ltd	Provide maintenance day care services to clients who have mild to severe dementia. The programme include managing challenging behaviours of clients.  For more information, please click <a href="#">here</a> .	123 Ang Mo Kio Ave 6 #01-4035 Singapore 560123	Tel: 6511 9479 Email: <a href="mailto:dementiadc@awwa.org.sg">dementiadc@awwa.org.sg</a>
<b>Peacehaven Day Centres</b>  <i>Service Provider:</i> The Salvation Army	Aim to deliver seamless care to clients with multiple-care needs, including dementia, even as their needs change with time.  For more information, please click <a href="#">here</a> .	<b>Peacehaven Bedok Day Centre</b> 121 Bedok North Road #01-161/163 Singapore 460121  <b>Peacehaven Changi Day Centre</b> 9 Upper Changi Road North, Singapore 507706	Tel: 6445 1630 Email: <a href="mailto:peacehaven_day_centre@smm.salvationarmy.org">peacehaven_day_centre@smm.salvationarmy.org</a>  Tel: 6546 5669 Email: <a href="mailto:peacehaven_day_centre@smm.salvationarmy.org">peacehaven_day_centre@smm.salvationarmy.org</a>
<b>New Horizon Centres</b>  <i>Service Provider:</i> Alzheimer's Disease Association	Provide day care services for people with dementia. The centres also offer an Early Dementia Programme to those who are diagnosed with an early stage of dementia.  For more information, please click	<b>New Horizon Centre (Toa Payoh)</b> 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157  <b>New Horizon Centre (Jurong Point)</b>	Tel: 6353 8734 Email: <a href="mailto:alzheimers.tp@alz.org.sg">alzheimers.tp@alz.org.sg</a>  Tel: 6790 1650 Email: <a href="mailto:alzheimers.jp@alz.org.sg">alzheimers.jp@alz.org.sg</a>

Service / Programme	Description	Address	Contact
	<a href="#">here</a> .	1 Jurong West Central 2 #04-04, Jurong Point Shopping Centre Singapore 648886  <b>New Horizon Centre            (Bukit Batok)</b> 511 Bukit Batok Street 52 #01-211 Singapore 650511  <b>New Horizon Centre            (Tampines)</b> 362 Tampines St 34 #01-377 Singapore 520362	<a href="#">org.sg</a>  Tel: 6565 9958 Email: <a href="mailto:alzheimers.bb@alz.org.sg">alzheimers.bb@alz.org.sg</a>  Tel: 6786 5373 Email: <a href="mailto:alzheimers.tm@alz.org.sg">alzheimers.tm@alz.org.sg</a>
<b>Silver Circle Senior Care Centres</b>  <i>Service Provider:</i> NTUC Health Co-Operative Ltd	Provide integrated day care facilities that also offer enhanced care services such as community nursing, active rehabilitation and community dementia care services in one convenient location. Respite care service is also available at selected centres.  For more information, please click <a href="#">here</a> .	Refer to NTUC Health Co-Operative Ltd <a href="#">website</a> for the list of addresses.	Tel: 6715 6762 Email: <a href="mailto:daycare@ntuchealth.sg">daycare@ntuchealth.sg</a>
<b>Dementia Day Care</b>  <i>Service Provider:</i> St Luke's Eldercare	Aim to slow down the physical and mental deterioration of persons with dementia. The programme assists in their daily activities of living and stimulates their cognitive ability.  For more information, please click <a href="#">here</a> .	Refer to St Luke's Eldercare <a href="#">website</a> for the list of addresses.	Tel: 6567 0708 Email: <a href="mailto:slechq@stluke.org.sg">slechq@stluke.org.sg</a>
<b>Dementia Day Care</b>  <i>Service Provider:</i> Sunlove Abode For Intellectually-Infirm Ltd	Provide social activities, physiotherapy and occupational therapy to elderly clients diagnosed with dementia.  For more information, please click <a href="#">here</a> .	Buangkok Green Medical Park, 70 Buangkok View Singapore 534190	Tel: 6387 3548 Email: <a href="mailto:sunlovehome@hotmail.com">sunlovehome@hotmail.com</a>
<b>Dementia Day Care</b>	Activities in the form of games and exercises are organised to keep patients active and alert as it helps	5 Sembawang Walk Singapore 757717	Tel: 6257 6117 Email: <a href="mailto:swamihome@singnet.com.sg">swamihome@singnet.com.sg</a>

Service / Programme	Description	Address	Contact
<i>Service Provider:</i> <b>Sunshine Welfare Action Mission (SWAMI)</b>	stimulate their mental capabilities. It also provides respite to family caregivers by looking after them during the day.  For more information, please click <a href="#">here</a> .		
<b>Dementia Day Care Centre</b>  <i>Service Provider:</i> Yong-En Care Centre	Provide effective dementia care by enhancing the physical, psychosocial and spiritual well-being of the client. Admission is through referrals.  For more information, please click <a href="#">here</a> .	<b>Chinatown Complex</b> 335A Smith Street #03-57 Singapore 051335	Tel: 6225 1002 Email: <a href="mailto:mail@yong-en.org.sg">mail@yong-en.org.sg</a>
<b>Jamiyah Senior Care Centre</b>  <i>Service Provider:</i> Jamiyah Singapore	An integrated day care programme that features a variety of eldercare services to enhance their overall social, mental and physical well-being. It offers maintenance day care, rehabilitation services, dementia day care and centre-based nursing.  For more information, please click <a href="#">here</a> .	<b>Jamiyah Nursing Home (Darul Syifaa)</b> 130 West Coast Drive Singapore 127444	Tel: 6776 8575 Email: <a href="mailto:jnh@jamiyah.org.sg">jnh@jamiyah.org.sg</a>

### Seniors – Rehabilitation Residential/Nursing Homes

Service / Programme	Description	Address	Contact
<b>Day Care</b>  <i>Service Provider:</i> United Medicare Centre	Provide a structure programme for elderly with dementia to meet their specific needs in a positive social environment.  For more information, please click <a href="#">here</a> .	170 Toa Payoh Lorong 6 Singapore 319400	Tel: 6258 4848 Email: <a href="mailto:admin@unitedmedicare.com.sg">admin@unitedmedicare.com.sg</a>
<i>Service Provider:</i> Jamiyah Singapore	House patients of various dementia severity – mild, moderate and severe. Residents are provided the highest quality care from the dedicated healthcare professionals to ensure their wellbeing are taken care of.  For more information, please click <a href="#">here</a> .	<b>Jamiyah Nursing Home (Darul Syifaa)</b> 130 West Coast Drive Singapore 127444	Tel: 6776 8575 Email: <a href="mailto:jnh@jamiyah.org.sg">jnh@jamiyah.org.sg</a>

<p><b>Grace Lodge</b></p> <p><i>Service Provider:</i> Singapore Buddhist Welfare Services</p>	<p>Provide specialist services such as geriatric and psychogeriatric services for its female residents, regardless of race or religion.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>105 Punggol Road Singapore 546636</p>	<p>Tel: 6489 8161 Email: <a href="mailto:sbws@sbws.org.sg">sbws@sbws.org.sg</a></p>
<p><b>Meranti Home @ Pelangi Village</b></p> <p><i>Service Provider:</i> Sree Narayana Mission (Singapore)</p>	<p>Provide shelter and rehabilitation for male destitute persons requiring psychiatric care.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>6 Buangkok Green Singapore 539751</p>	<p>Tel: 6315 9147 Email: <a href="mailto:meranti@snm.org.sg">meranti@snm.org.sg</a></p>
<p><b>Nursing Home</b></p> <p><i>Service Provider:</i> Apex Harmony Lodge</p>	<p>The first purpose-bulit Lodge in Singapore providing long-term care, respite and day-care for people living with dementia.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>10 Pasir Ris Walk Singapore 518240</p>	<p>Tel: 6585 2265 Email: <a href="mailto:ahl@apexharmony.org.sg">ahl@apexharmony.org.sg</a></p>
<p><b>Nursing Home</b></p> <p><i>Service Provider:</i> Orange Valley</p>	<p>The nursing home offers:</p> <ol style="list-style-type: none"> <li>1) Long term care</li> <li>2) Short term care / Respite Care</li> <li>3) Medical care / Specialty care</li> <li>4) Dementia / Psychiatric care</li> <li>5) Overall geriatric care</li> </ol> <p>For more information, please click <a href="#">here</a>.</p>	<p>Refer to Orange Valley <a href="#">website</a> for the list of addresses.</p>	<p>Tel: 6499 4699 Email: <a href="mailto:enquiry@orangevalley.sg">enquiry@orangevalley.sg</a></p>
<p><b>Management and Care for Dementia</b></p> <p><i>Service Provider:</i> Lions Home for the Elders</p>	<p>The Dementia Specific ward is designed to accommodate to the individual needs of the dementia residents in maintaining their dignity and self esteem.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Bishan Home</b> 9 Bishan Street 13 Singapore 579804</p> <p><b>Bedok Home</b> 487 Bedok South Avenue 2, Singapore 469316</p>	<p>Tel: 6252 9900 Email: <a href="mailto:lhe.pr@lionshome.org.sg">lhe.pr@lionshome.org.sg</a></p> <p>Tel: 6244 0667 Email: <a href="mailto:lhe.pr@lionshome.org.sg">lhe.pr@lionshome.org.sg</a></p>
<p><b>Nursing Homes</b></p> <p><i>Service Provider:</i> Pacific Healthcare Holdings</p>	<p>A private nursing home that provides a comprehensive range of equipment to assist in the care of the elderly including dementia-friendly facilities.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Pacific Healthcare Nursing Home</b> 6 Lengkok Bahru Singapore 159051</p> <p><b>Pacific Healthcare Nursing Home II</b> 21 Senja Road Singapore 677736</p>	<p>Tel: 6272 3133 Email: <a href="mailto:enquiry@pachealthnursing.com">enquiry@pachealthnursing.com</a></p> <p>Tel: 6766 2722 Email: <a href="mailto:enquiry@pachealthnursing.com">enquiry@pachealthnursing.com</a></p>



<p><b>Peacehaven Nursing Home</b></p> <p><i>Service Provider:</i> The Salvation Army</p>	<p>Offer a comprehensive gamut of services to care for the sick, frail and elderly who have physical or mental disabilities with minimal or no appropriate caregiver support at home.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Peacehaven Changi Day Centre</b></p> <p>9 Upper Changi Road North, Singapore 507706</p>	<p>Tel: 6546 5678 Email: <a href="mailto:peacehaven@smm.salvationarmy.org">peacehaven@smm.salvationarmy.org</a></p>
--	---	---	---

## 2.5) Caregiver Support Services

Service / Programme	Description	Address	Contact
<b>Caregiver Support Group</b>  <i>Service Provider:</i> Alzheimer's Disease Association (ADA)	Run support groups in English, Mandarin and Malay and it is strictly for family caregivers caring for people with dementia.  For more information, please click <a href="#">here</a> .	<b>ADA Resource &amp; Training Centre</b> 70 Bendemeer Road, #06-02 Luzerne Building Singapore 339940  <b>New Horizon Centre (Toa Payoh)</b> 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157  <b>New Horizon Centre (Jurong Point)</b> 1 Jurong West Central 2 #04-04, Jurong Point Shopping Centre Singapore 648886  <b>New Horizon Centre (Bukit Batok)</b> 511 Bukit Batok Street 52 #01-211 Singapore 650511	Tel: 6377 0700  For registration, please complete an online form <a href="#">here</a> or email at <a href="mailto:registration@alz.org.sg">registration@alz.org.sg</a> . No registration fee is required.
<b>Caregivers' Support Group</b>  <i>Service Provider:</i> Club HEAL	The caregiver plays an integral role in forming a strong support system for any individual suffering from a mental illness. This platform provides the necessary assistance that should be rendered to caregivers.  The session is on every 2nd Friday evening of the month.  For more information, please click <a href="#">here</a> .	<b>Club HEAL Head Office (West)</b> 244 Bukit Batok East Ave 5, #01-02 Singapore 650244  <b>Club HEAL @ Pasir Ris East (East)</b> 148 Pasir Ris St 13 #01-24 Singapore 510148  <b>Club HEAL @ Marsiling (North)</b> 317 Woodlands St 31 #01-194 Singapore 730317	Tel: 6899 3463 Email: <a href="mailto:info@clubheal.org.sg">info@clubheal.org.sg</a>
<b>Caregivers-to-Caregivers Training Programme</b>	Provide support and training for caregivers of persons with mental health issues. It aims to equip caregivers with the knowledge and skills regarding caregiving, so that	<b>Caregivers Alliance Limited</b> 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373	Tel: 6460 4400 Email: <a href="mailto:general@cal.org.sg">general@cal.org.sg</a>

Service / Programme	Description	Address	Contact
<i>Service Provider:</i> Caregivers Alliance Limited	they can better cope with their caregiving duties.  For more information, please click <a href="#">here</a> .		
<b>Caregivers-to-Caregivers Support Centre (CSC)</b>  <i>Service Provider:</i> Caregivers Alliance Limited	Serve to facilitate outreach and support through counselling or information referral to caregivers of persons with mental health issues.  For more information, please click <a href="#">here</a> .	<p><b>Caregivers Alliance Limited</b>            491-B River Valley Road,            #04-04 Valley Point Office Tower, Singapore 248373</p> <p><b>Caregivers Support Centre</b>            Lobby, Block 1, Institute of Mental Health            Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747</p> <p><b>Changi General Hospital</b>            2 Simei Street 3            Singapore 529889</p> <p><b>Khoo Teck Puat Hospital</b>            90 Yishun Central            Singapore 768828</p> <p><b>Ng Teng Fong General Hospital</b>            Community Partners Room, Tower A,            Level 2 (Cubicle 3), 1 Jurong East Street 21            Singapore 609606</p> <p><b>National University Hospital</b>            Neuroscience Clinic, Kent Ridge Wing, Level 4, 5            Lower Kent Ridge Road, Singapore 119074</p> <p><b>Tan Tock Seng Hospital</b>            CareConnect, Level 1, Main Atrium            11 Jalan Tan Tock Seng            Singapore 308433</p> <p><b>Singapore General Hospital</b></p>	<p>Tel: 6460 4400            Email: <a href="mailto:general@cal.org.sg">general@cal.org.sg</a></p> <p>Tel: 6388 8631            Email: <a href="mailto:csc@cal.org.sg">csc@cal.org.sg</a></p> <p>Tel: 9736 9170            Email: <a href="mailto:emaileast@cal.org.sg">emaileast@cal.org.sg</a></p> <p>Tel: 9826 7115            Email: <a href="mailto:emailcentral@cal.org.sg">emailcentral@cal.org.sg</a></p> <p>Tel: 9720 7590            Email: <a href="mailto:emailwest@cal.org.sg">emailwest@cal.org.sg</a></p> <p>Tel: 9770 7996            Email: <a href="mailto:emailwest@cal.org.sg">emailwest@cal.org.sg</a></p> <p>Tel: 9729 8628            Email: <a href="mailto:emailcentral@cal.org.sg">emailcentral@cal.org.sg</a></p> <p>Tel: 6221 5004            Email: <a href="mailto:emaileast@cal.org.sg">emaileast@cal.org.sg</a></p>

Service / Programme	Description	Address	Contact
		Block 6, Level 1 (beside Kopitiam) Outram Road Singapore 308433	<a href="#">sg</a>
<b>Engagement-to-Empowerment Programme</b>  <i>Service Provider:</i> Caregivers Alliance Limited	Aim to complement the existing Caregivers-to-Caregivers Programme to provide more holistic support for caregivers of persons with mental health conditions, by allowing caregivers to connect with one another, be further equipped with coping skills and be empowered to support other caregivers using their lived experience.  For more information, please click <a href="#">here</a> .	<b>Caregivers Alliance Limited</b> 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373	Tel: 6460 4400 Email: <a href="mailto:emaileast@cal.org.sg">emaileast@cal.org.sg</a>
<b>Individual Training and Support</b>  <i>Service Provider:</i> Caregivers Alliance Limited	Aim to meet the needs of caregivers by providing individual training and support to caregivers in need within the community.  For more information, please click <a href="#">here</a> .	<b>Caregivers Alliance Limited</b> 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373	Tel: 6460 4400 Email: <a href="mailto:emaileast@cal.org.sg">emaileast@cal.org.sg</a>
<b>Dementia Support Group</b>  <i>Service Provider:</i> Khoo Teck Puat Hospital	Provide opportunities for interaction between caregivers of dementia patients, and the dementia care team at KTPH. Group sessions are free and open to all.  For more information, please click <a href="#">here</a> .	90 Yishun Central Singapore 768828	Tel: 6555 8000 Email: <a href="mailto:ktph.memorycare@alexandrahealth.com.sg">ktph.memorycare@alexandrahealth.com.sg</a>

Service / Programme	Description	Address	Contact
<b>Family of Wisdom (FOW) Programme</b>  <i>Service Provider:</i> Alzheimer's Disease Association (ADA)	FOW is an extension of ADA's New Horizon Centres and Caregiver Support Centre programmes. It caters to family caregivers and their loved ones with early to moderate stage dementia.  For more information, please click <a href="#">here</a> .	<b>FOW - Bendemeer</b> 72 Bendemeer Road #05-29 Luzerne Building Singapore 339941  <b>FOW - Tiong Bahru</b> 298 Tiong Bahru Road #10-05 Central Plaza Singapore 168730  <b>FOW - Toa Payoh</b> 7A Lorong 8 Toa Payoh #03-06 Agape Village Singapore 319264	Tel: 6291 6268 Email: <a href="mailto:fow_ben@alz.org.sg">fow_ben@alz.org.sg</a>  Tel: 6593 6440 / 6593 6442 Email: <a href="mailto:fow_tb@alz.org.sg">fow_tb@alz.org.sg</a>  Tel: 6801 7483 Email: <a href="mailto:fow_tpy@alz.org.sg">fow_tpy@alz.org.sg</a>
<b>Specialised Caregiver Support Service</b>  <i>Service Provider:</i> Alzheimer's Disease Association (ADA)	Seek to raise awareness of dementia caregiving through public education and to support caregivers of persons with dementia through dementia helpline, information and referral services, caregiver counselling, support group and caregiver training sessions.  For more information, please click <a href="#">here</a> .	<b>ADA - Caregiver Support Centre</b> 70 Bendemeer Road #03-02A Luzerne Building Singapore 339940	Dementia Helpline: 6377 0700 Email: <a href="mailto:infocsc@alz.org.sg">infocsc@alz.org.sg</a>
<b>The Eldersitter Programme</b>  <i>Service Provider:</i> Agency for Integrated Care (AIC)	Provide respite to caregivers of people living with dementia while promoting cognitive stimulation of clients with dementia.  The clients with dementia will be engaged by the eldersitters in meaningful and therapeutic activities to maintain their cognitive function through activities that are designed to meet their interests and abilities.  For more information, please click <a href="#">here</a> .	<b>Alzheimer's Disease Association - Caregiver Support Centre</b> 70 Bendemeer Road #03-02A Luzerne Building Singapore 339940  <b>Thye Hua Kwan Moral Charities Limited - THKMC Chong Pang Social Service Hub</b> Blk 131 Yishun Street 11 Singapore 760131  <b>NTUC Health Co-Operative Limited - Eldercare Services</b> 55 Ubi Ave 1 #08-01 Singapore 408935	Dementia Helpline: 6377 0700 Email: <a href="mailto:infocsc@alz.org.sg">infocsc@alz.org.sg</a>  Tel: 6690 0110 Email: <a href="mailto:cpssh@thkmc.org.sg">cpssh@thkmc.org.sg</a>  Tel: 6715 6715 Email: <a href="mailto:ecare@ntuhealth.sg">ecare@ntuhealth.sg</a>

## 2.6) Public / Restructured Hospital Services

Service / Programme	Description	Address	Contact
<b>Changi General Hospital</b>	<p><b>Psychological Medicine</b></p> <p>Provide psychological and psychiatric care for both inpatients and outpatients.</p> <p>For more information, please click <a href="#">here</a>.</p>	2 Simei Street 3 Singapore 529889	<p>General enquiries: 6788 8833</p> <p>Appointment line: 6850 3333</p>
<b>Institute of Mental Health</b>	<p><b>Community Mental Health Team</b></p> <p>A national programme run by a multi-disciplinary team, who provides community-based treatment to patients aged 18 to 65 years old with severe and persistent psychiatric illness. This allows patients to continue to live in the community while working towards recovery.</p> <p>For more information, please click <a href="#">here</a>.</p>	Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	Tel: 6389 2371
	<p><b>Clinic B</b></p> <p>Provide psychiatry services to subsidised patients. They have a wide range of specialised treatment programmes and consultation clinics. It also conducts support groups for patients and their families.</p> <p>For more information, please click <a href="#">here</a>.</p>		<p>General enquiries: 6389 2000 (24 hours)</p> <p>Appointment line: 6389 2200</p>
	<p><b>Sayang Wellness Clinic</b></p> <p>Provide psychiatry services to private patients. The clinic also holds support groups for patients and their families.</p> <p>For more information, please click <a href="#">here</a>.</p>		
	<p><b>Department of Psychology</b></p> <p>Provide a comprehensive range of psychometric assessments and psychotherapies for children and</p>		Buangkok Green Medical Park, 10 Buangkok View Singapore 539747

	<p>adults with a range of mental health problems.</p> <p>For more information, please click <a href="#">here</a>.</p>		6389 2200
<b>KK Women and Children's Hospital</b>	<p><b>Psychological Medicine</b></p> <p>Provide a holistic and comprehensive range of services to meet the emotional needs of children, adolescents and women.</p> <p>For more information, please click <a href="#">here</a>.</p>	Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899	Appointment line: 6294 4050
	<p><b>Psychology Service</b></p> <p>Provide comprehensive assessments and personalised therapy to meet the unique psychosocial, emotional, behavioural and cognitive needs for women, adolescents and children at each stage of their lives.</p> <p>For more information, please click <a href="#">here</a>.</p>	Children's Tower, Level 3 100 Bukit Timah Road Singapore 229899	Appointment line: 6294 4050  Clinic helpline: 6394 8412
	<p><b>Psychosocial Trauma Support</b></p> <p>The multidisciplinary team helps patients and their families deal with the after-effects of a traumatic experience in children.</p> <p>For more information, please click <a href="#">here</a>.</p>	Children's Emergency Basement 1 100 Bukit Timah Road Singapore 229899	Appointment line: 6294 4050  Clinic helpline: 6394 8050  <b>For now, only internal referrals are accepted.</b>
	<p><b>Support Groups for Women - Perinatal Depression Support Group (Psychological Medicine)</b></p> <p>Provide a network of support for mothers who experience depression and anxiety during pregnancy and the postnatal period. It also allows mothers with an opportunity to share their experiences and practical information about the condition, and offers tips on coping.</p> <p>For more information, please click <a href="#">here</a>.</p>	Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899	Enquiries for Perinatal Depression Support Group: 6394 2205



	<p><b>Women's Mental Wellness Service (Psychological Medicine)</b></p> <p>Provide holistic care to women who suffer from a spectrum of emotional challenges and psychiatric disorders, promote awareness and enhance emotional wellness and improve the lives of women, their families and caregivers.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Women's Tower, Level 6          100 Bukit Timah Road          Singapore 229899</p>	<p>Appointment line:          6294 4050</p>
<p><b>Jurong Community Hospital</b></p>	<p><b>Psychology Services</b></p> <p>Focus on the emotional and mental well-being of patients. They also provide a range of assessment and therapeutic services to help patients cope with their mental disorders, medical illness or chronic symptoms.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1 Jurong East Street 21          Singapore 609606</p>	<p>General enquiries:          6716 2000 (24 hours)</p> <p>Appointment line:          6716 2222</p>
<p><b>Khoo Teck Puat Hospital</b></p>	<p><b>Psychological Medicine</b></p> <p>Provide comprehensive treatment and management for depression, anxiety, bipolar and Post Traumatic Stress Disorders (PTSD). Services are available for children, adolescents, adults and aged persons.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>90 Yishun Central          Singapore 768828</p>	<p>Appointment line:          6555 8828</p>
<p><b>National University Hospital</b></p>	<p><b>Psychological Medicine</b></p> <p>Provide quality inpatient and outpatient psychiatric clinical care for the general population.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p><b>Outpatient Services Neuroscience Clinic</b>          Kent Ridge Wing, Level 4          5 Lower Kent Ridge Road          Singapore 119074</p>	<p>General enquiries:          6779 5555</p> <p>Outpatient appointment line:          6772 2002</p>
	<p><b>Women Emotional Health Services</b></p> <p>Provide personalised care for women experiencing emotional issues or distress during difficult periods in pregnancy, first</p>	<p><b>Department of Psychological Medicine</b>          NUHS Tower Block, Level 9,          1E Kent Ridge Road          Singapore 119228</p>	<p>Tel: 6772 2037</p>

	<p>postnatal year, fetal loss (miscarriages and/or stillbirths) and gynaecological cancer.</p> <p>For more information, please click <a href="#">here</a>.</p>		
<p><b>Ng Teng Fong General Hospital</b> (managed by JurongHealth)</p>	<p><b>Psychology Services</b></p> <p>Help patients with psychological problems and behavioral disorders and those who face difficulty in dealing with the various stressors of life.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>1 Jurong East Street 21 Singapore 609606</p>	<p>General enquiries: 6716 2000 (24 hours)</p> <p>Appointment line: 6716 2222</p>
<p><b>Singapore General Hospital</b></p>	<p><b>Department of Psychiatry</b></p> <p>Provide a comprehensive integrated multi-disciplinary service in the management of patients with psychological and psychiatric disorders.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>Outram Road Singapore 169608</p>	<p>General enquiries: 6222 3322</p> <p>Appointment line: 6321 4377</p>
<p><b>Sengkang General Hospital</b></p>	<p><b>Department of Psychiatry</b></p> <p>Help patients with psychiatric conditions. The team assesses and manages a broad spectrum of psychiatric conditions in both the inpatient and outpatient settings.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>110 Sengkang East Way Singapore 544886</p>	<p>General enquiries: 6930 6000</p>
<p><b>Tan Tock Seng Hospital</b></p>	<p><b>Psychological Medicine Department</b></p> <p>Provide psychiatric management for individuals who suffer from psychiatric disorders such as depression disorders, anxiety and panic disorders, psychosis, stomatoform disorders, neuropsychiatric disorders and disorders in the elderly and medically ill.</p> <p>For more information, please click <a href="#">here</a>.</p>	<p>11 Jalan Tan Tock Seng, Medical Centre, Clinic 4A Level 4 Singapore 308433</p>	<p>General enquiries: 6256 6011</p> <p>Central appointment: 6357 7000</p> <p>Private appointment: 6357 8000</p>

## 2.7) Peer Support

### Peer Support Specialist Programme

The Peer Support Specialist Programme aims to provide opportunities for persons with mental health issues to leverage on their lived experience of recovery to support others in their recovery journey in a formal and structured training as well as equipping them with competencies as a Peer Support Specialist. To further prepare social service organisations in creating an inclusive and supportive work environment towards peer support workforce, organisational staff will be trained. The programme also ensures renewal of capacity by building up peer trainers to train persons with mental health issues and the organisational staff in order to sustain a recovery-oriented peer support eco-system in Singapore.

The Peer Support Specialist Programme is designed and developed by National Council of Social Service (NCSS) in collaboration with the Institute of Mental Health (IMH) and mental health organisations and will be used in both the social service and healthcare sectors.

**Note:** The term “Peer Support Specialist” refers to persons with mental health issues who are trained and employed to perform peer support work using their lived experience of recovery in the mental health setting. The actual job title is decided by the organisations that employ persons with mental health issues in the capacity of Peer Support Specialist.

Programme Modules	Programme Overview	Target Participants	Enquiry for registration
<b>Preparatory Training for Potential Peer Support Specialist</b>	This module prepares participants for a successful learning experience in relation to the Certificate in Peer Support course. It also provides an awareness and introduction to the role of a Peer Support Specialist, and the significance of sharing a lived experience in peer support work.	Persons with mental health conditions.	Ms Sabrina Rapi Tel: 6589 5558
<b>Certificate in Peer Support</b>	This module equips the learners with the competencies so that they can perform the role as Peer Support Specialists. This module is practice-based with supervised placement in a mental health setting. Learners who have completed this module and are assessed to be competent will receive a Certificate of Achievement in Peer Support.  <i>*Please note that this module does not guarantee learners with a job upon completion of the training.</i>	Persons with mental health conditions.	
<b>Train-the-trainer for Recovery Training for Organisations</b>	This module provides an overview of the Recovery Training for Organisation module and aims to equip learners with basic facilitation skills and knowledge to facilitate/co-facilitate the ‘Recovery Training for Organisation’ module. This module builds up trainers for a	Staff of mental health organisations who have completed the ‘Recovery Training for Organisation’ and who are keen to be facilitators.	

	sustainable recovery-oriented peer support eco-system in Singapore.		
--	---	--	--

Please contact the Social Service Institute (SSI) for more information or visit their website [here](#).

# Resources

## 1. National Council of Social Service

- You can refer to the [NCSS website](#) for our list of resources such as:
  - a. [Removing Barriers Series – Interacting with Persons with Mental Health Conditions](#)
  - b. [Understanding the Quality of Life of Adults with Mental Health Issues](#)
  - c. [Mental Health Toolkit for Employers](#)
  - d. [Beyond the Label Facebook](#)
  - e. [Mental Health Public Education Grant Call](#)
- You can refer to the [SSI Resource Hub](#) for extensive collection of resources, materials and content-related to social service sector.

## 2. Institute of Mental Health

- You can refer to the [IMH website](#) for a list of services offered by IMH.

## 3. Agency for Integrated Care

- You can refer to the [AIC website](#) below for a list of services offered by AIC.
  - a. For public looking for community mental health information and resources, you can visit [Singapore Silver Pages](#).

## 4. Health Promotion Board

- You can refer to the [HealthHub](#) for a list of services offered by HPB.

## 5. Self-help information

- [Shadee Care](#) is a space where you can share a post/story to inspire others.
- [The Tapestry Project SG](#) is an online publication that shares inspirational stories about mental health.
- [Beyond a Maze](#) is a platform where you can share stories, poetry, art and resources about mental health.
- [FOR\[E\]WORD](#) conducts customised writing workshops that equip and empower youths, young adults, caregivers and persons-in-recovery.
- [#imOKru](#) is a mobile app, which stands for "I'm okay, are you?", and is a movement aimed to create a socially-inclusive society for persons with mental health conditions through meaningful conversations and affirmative actions.
- [HUSH+anywhere](#) is a digital space of silence, a safe environment to acknowledge and talk about emotions, builds psychological resilience and strengthen emotional connection with a cup of tea - anywhere, everywhere.
- [#chatsafe](#) is a young person's guide for communicating safely online about suicide, in collaboration with Orygen.

## 6. Other Publications

- [Mental Health Matters: Handbook for Employers and Employees](#) by Silver Ribbon (Singapore)
- [Guidebook for Caregivers of persons with Mental Illness](#) (English) by CAMI
- [Guidebook for Caregivers of persons with Mental Illness](#) (Mandarin) by CAMI