



Call our Helplines



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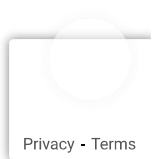
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HomeOur ImpactEventsACMI And UGAT Foundation Partner Up To Address Mental

ACMI and UGAT Foundation partner of migrants in



Oct 31, 2021





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SGot Kita, Kab Helpline for Mig

Includes psycho-emotional
crisis counselling



6776 84

A joint partnershi



31 October 2021

ACMI, a non-profit organisation that serves migrants in Singapore, and UGAT Foundation (UGAT), a non-profit organisation that provides counselling and educational programmes to the marginalised today announced a collaboration that will give migrant workers access to UGAT's counselling facilities and mental wellness programs in their native languages.

“The pandemic has wrought havoc not only physically but also in peoples’ minds and hearts. People who have called in and messaged in on our crisis line indicated elevated anxiety where worries led to depression and confusion to helplessness. Fortunately, with technology, we were still able to address these gaps in human contact and support many through virtual online sessions,” said Fr. Nilo E. Tanalega, SJ, UGAT Foundation.

“Mental wellness is a big issue these days and with the pandemic, migrants have really felt the depth of hopelessness and despair many more folds. As foreigners, there are language and cultural barriers and that makes it even more challenging for them. By providing counselling and helpline services in different languages, it helps to bridge this gap and seek early intervention,” said Jacob Soo, Executive Director.



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to Filipinos in Singapore and later to migrant workers from Myanmar, Vietnam, China, and India in their native languages at different phases. The areas of mental health and wellness that will be covered include:

- Anxiety
- Depression
- Resilience
- Dealing with Grief and Loss
- Self-Awareness
- Stress Management
- Emotional Intelligence & Social Intelligence
- Relationship Management
- Adulthood

The service will be made available from 31 October 2021, 9pm. The helpline service is open on Monday – Sunday, 9pm – 12am. Free counselling services may be accessed by migrants in Singapore through the following:





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Hiligaynon, for those clients who are more comfortable sharing in their own language.

About ACMI

ACMI, commissioned by the Archdiocese to serve all migrants in Singapore – welcoming, protecting, promoting and integrating them into our community – regardless of socioeconomic status and religion. Our ministry includes Skills Development, Case Management, Outreach & Engagement and Formation. For more information, please visit www.acmi.org.sg, Facebook, Instagram and Youtube

About UGAT Foundation

UGAT Foundation Inc., an apostolate for grassroot families, has been conducting its ministry through psychological interventions and family systemic approaches since 1992. The foundation has worked closely with various Non-Government Organizations (NGOs) and Government Organizations (GOs) by offering personal and group guidance and counseling for the disadvantaged sectors of the Philippine society.

The organization began as an advocacy to address the emotional and social problems of the poor and marginalized in a systematic way which later expanded to provide psycho-spiritual interventions. These



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UGAT's online counselling and psycho-emotional intervention services are supported by more than 50 volunteer Psychologists, Mental Health professionals, and Counsellors trained to do online counselling and group facilitation.

For more information, please visit facebook.com/ugatfoundationinc

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