

INSTITUTE OF MENTAL HEALTH (IMH)	
Main Hotline	<i>Purpose: Those needing professional psychiatric care & treatment</i> Tel: 6389 2222
NATIONAL ADDICTIONS MANAGEMENT SERVICE (NAMS)	
All Addictions Helpline	<i>Purpose: To provide support for all addiction-related issues</i> Tel: 6-RECOVER (6-7326837)
National Problem Gambling Helpline	<i>Purpose: To provide support for gambling related issues</i> Tel: 1800 6 668 668
HELPLINES — HOSPITAL	
National University Hospital (NUH)	<i>Department of Psychological Medicine</i> Tel: 6779 5555
KK Womens' and Children's Hospital (KKH)	<i>Psychology Service</i> Tel: 6225 5554
Singapore General Hospital (SGH)	<i>Department of Psychiatry</i> Tel: 6222 3322
Sengkang General Hospital (SKH)	<i>Department of Psychiatry</i> Tel: 6930 6000
Tan Tock Seng Hospital (TTSH)	<i>Psychological Medicine Clinic</i> Tel: 6256 6011
Changi General Hospital (CGH)	<i>Division of Psychological Medicine</i> Tel: 6788 8833

HELPLINES — FAMILY CARE CENTRES	
South Central Community Family Service Centre (SCCFSC)	Tel: 6461 9200
Care Corner Family Service Centre	<i>Admiralty</i> Tel: 6365 8751 <i>Queenstown</i> Tel: 6476 1481 <i>Toa Payoh</i> Tel: 6356 1622 <i>Woodlands</i> Tel: 6362 2481
Fei Yue Family Service Centre	<i>Bukit Batok</i> Tel: 6569 0381 <i>Choa Chu Kang</i> Tel: 6762 5215
Hougang Sheng Hong Family Service Centre	Tel: 6289 5022
Kampong Kapor Family Service Centre	Tel: 6299 7662
Lakeside Family Service Centre	<i>Jurong East</i> Tel: 6564 9722 <i>Jurong West</i> Tel: 6567 1908
Marine Parade Family Service Centre	Tel: 6445 0100
Pasir Ris Family Service Centre	Tel: 6581 2159

HELPLINES — FAMILY CARE CENTRES (Cont.)	
REACH Family Service Centre	Tel: 6252 2566
Rotary Family Service Centre	Tel: 6779 9488
Sembawang Family Service Centre	Tel: 6754 7050
SINDA Family Service Centre	Tel: 6298 5911
Tampines Family Service Centre	Tel: 6787 2001
Tanjong Pagar Family Service Centre	Tel: 6270 6711
The Ang Mo Kio Family Service Centre	<i>Ang Mo Kio</i> Tel: 6453 5349 <i>Cheng San</i> Tel: 6454 6678 <i>Sengkang</i> Tel: 6312 8100
The SBL Vision Family Service Centre	Tel: 6544 2263
YWMA - MENDAKI FSC / PPIS Family Care Centre	Tel: 6561 3462

HELPLINES — OTHERS

AWARE Helpline	<i>Purpose: Women with problems.</i> Tel: 1800 774 5935
Care Corner Mandarin Counselling	<i>Purpose: For the Mandarin-speaking community with family, marital or personal problems.</i> Tel: 1800 353 5800
Centre for Promoting Alternatives to Violence (PAVe)	<i>Purpose: For families facing violence in need of counselling and support services.</i> Tel: 6555 0390 http://www.pave.org.sg/index.php
SAGE Helpline for Seniors	<i>Purpose: For anyone 50 years and above or anyone who has a concern or question regarding someone 50 years and above.</i> Tel: 1800 555 5555/6353 7159
Samaritans of Singapore (SOS)	<i>Purpose: For anybody in crisis and the suicidal.</i> Tel: 1800 221 4444
Community Health Assessment Team (CHAT)	<i>Purpose: To help and support young people with mental health concerns.</i> Tel: 6493 6500/6501
We Care	<i>Purpose: For support and treatment programmes for all forms of addiction.</i> Tel: 6547 5459
Alcoholics Anonymous	<i>Purpose: To provide a platform for alcoholics to support each other in achieving sobriety.</i> Tel: 6475 0890
Al-Anon family groups	<i>Purpose: To offer help and support to families and friends of alcoholics</i> Tel: 9894 1201

HELPLINES — gov.sg list

National Care Hotline	Tel: 1800-202-6868
Fei Yue's Online Counselling Service	https://www.ec2.sg/
Silver Ribbon Singapore	https://www.silverribbonsingapore.com/ Tel: 6385-3714
Community Psychology Hub's Online Counselling platform	https://www.cphonlinecounselling.sg/hc/en-us
Big Love Child Protection Specialist Centre	http://www.biglove.org.sg/ Tel: 6445-0400
HEART @ Fei Yue Child Protection Specialist Centre	https://www.fyys.org/our-work/children/community-based-child-protection-specialist-centre/ Tel: 6819-9170
Project StART	https://www.carecorner.org.sg/family-violence Tel: 6476-1482
TRANS SAFE Centre	http://www.transfamilyservices.org.sg/services-safe Tel: 6449-9088
TOUCHline (Counselling)	https://www.touch.org.sg/keeping-our-community-safe Tel: 1800 377 2252

Preventing Depression: Investigation in Cohorts of its etiology and Trajectory – The PREDICT study

HELPLINE BROCHURE

*For more details on the Institute of Mental Health,
please refer to:*

IMH main website: <http://www.imh.com.sg>