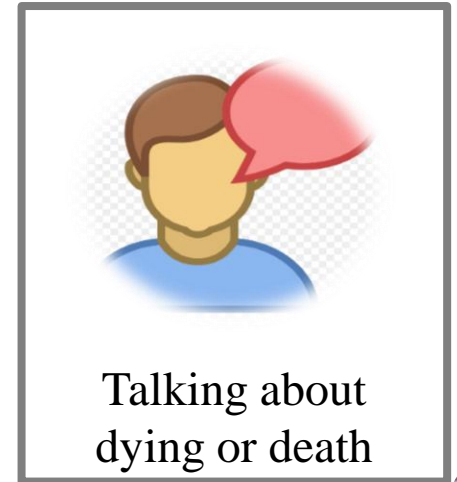
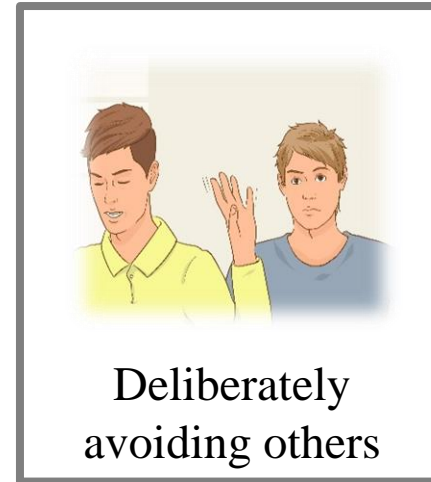
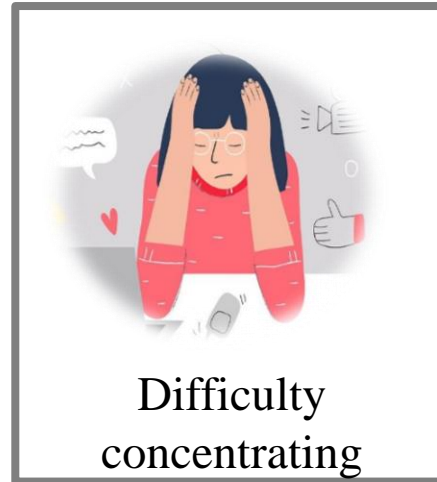
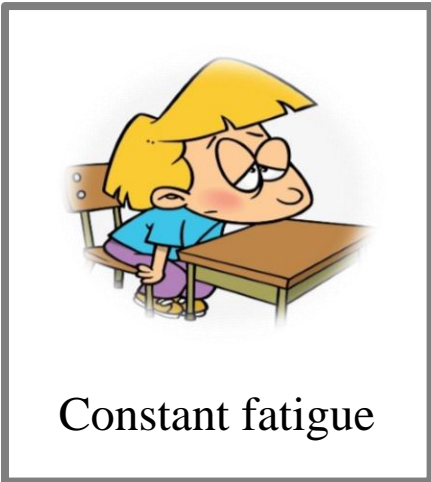
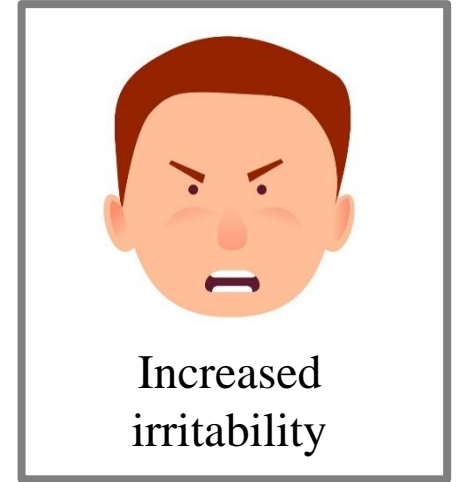
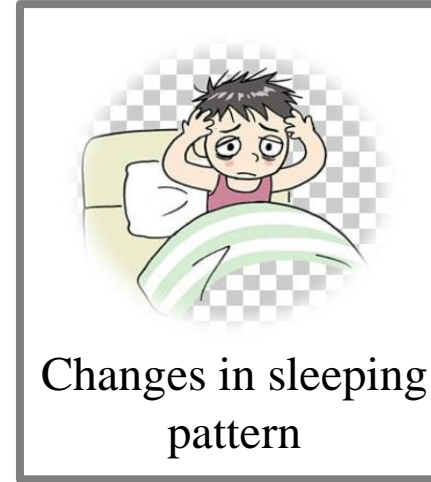
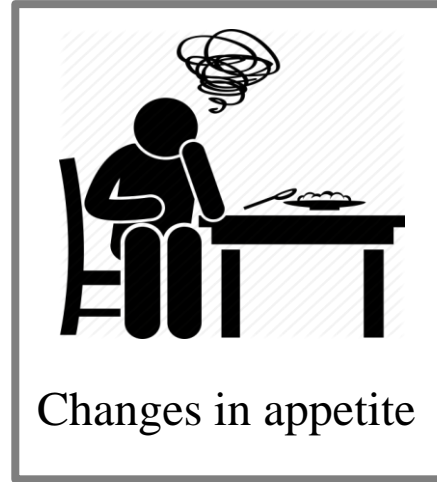


Help Lines



If you have been feeling this way for some time..



You can reach out to ...



- In **school**,
 - Your FTs or other teachers
 - Year Heads/ Asst. Year Heads of your level
 - School counsellor – Mdm Malini
 - Learning & Behavioural Support – Ms Neethu
 - School Leaders
- You can also reach out to the school personnel at :

reachout@rss.edu.sg



External Agencies : Counselling Services – Emotional/ Mental Health Support



Name of Organisation	Details	Contact	Operating hours
SOS (Samaritans of Singapore)	Provides emotional support & befriending to those who are in despair, discouraged or distressed	1800-221 4444 www.sos.org.sg Email: pat@samaritans.org.sg	24 hours daily
TOUCHline (Counselling) <i>TOUCH Youth</i>	A helpline for youth- related issues such as - Cyber wellness - Mental health - Youth Issues	1800 377 2252 cyberwellness@touch.org.sg	9.00am – 6.00pm daily, except Public Holidays, eve of New Year, CNY & Christmas
CHAT (Community Health Assessment Team)	Provides mental health assessment and treatment recommendations for young people experiencing any mental health issues	6493 6500 6493 6501 www.chat.mentalhealth.sg	12.00pm – 9.00pm (Tuesday – Saturday)



External Agencies :

Counselling Services – Family Service Centres



Name of Organisation	Details	Contact	Operating hours
Care Corner Hotline	Provides telephone counselling for individuals who struggle with mental health problems or distressing family situations	1800 353 5800 (Mandarin counselling hotline) https://www.carecorner.org.sg/counselling-centre	10.00am – 10.00pm daily
AMP (Association of Muslim Professionals) Helpline	Provides telephone counselling services for those facing youth, marital, family or financial problems	6416 3960 6416 3961 https://www.amp.org.sg/	10.00am – 5.00pm Monday - Friday
SINDA Family Service Centre	Provide assistance for individuals & families facing financial, marital, parenting, as well as interpersonal and family related issues and challenges	1800 295 3333 1800 295 4554 https://www.sinda.org.sg/	9.00 am – 6.00pm (Mon, Wed and Fri) 9.00am – 9.00pm (Tues & Thurs) 9.00am – 1.00pm (Sat)



External Agencies : Counselling Services – Cyber wellness support



Name of Organisation	Details	Contact	Operating hours
MeToYou Cyber Care	Cyber- wellness programme for youths aged 12 to 18 years old	6270 8327 9173 1766 www.metoyou.org.sg	9.30am – 6.00pm (Monday – Friday)

External Agencies : Counselling Services – Struggling with addictions

Name of Organisation	Details	Contact	Operating hours
Quit Line	A smoking cessation counselling service that provides smokers and their loved ones with advice on how to quit smoking and how to help someone quit.	1800 438 2000 9463 3771 (SMS)	8.30am – 5.00pm (Monday – Friday) 8.30am – 1.00pm (Saturday)
National Addictions Management Services	Integrated treatment service for youth struggling with gaming, behavioural or substance addiction issues	6732 6837 www.nams.sg	8.00am – 5.30pm (Monday – Friday)



External Agencies : Counselling Services – Financial Support

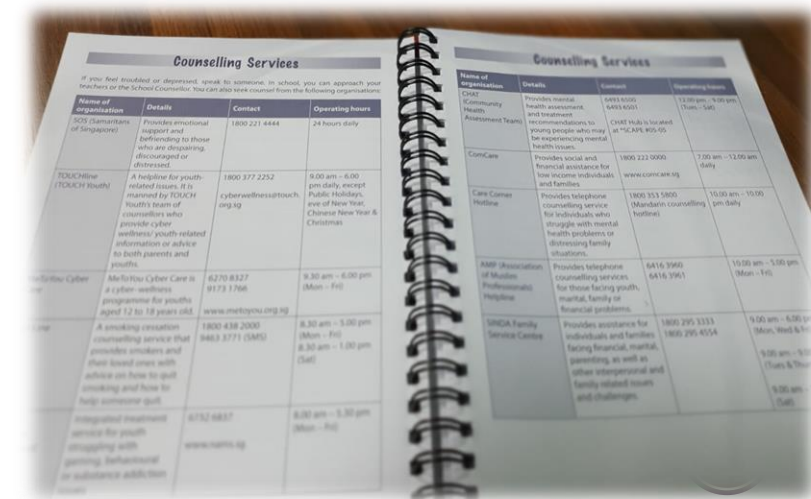


Name of Organisation	Details	Contact	Operating hours
ComCare	Provides social and financial assistance for low income individuals and families	1800 222 0000 www.comcare.sg	7.00am – 12.00am daily

■ These helpline details can also be found in your

➤ **Student Handbook → Counselling Services**

(pages 48 & 49)





Remember: You're not alone.

Judith Warner