SUPPORT AND SERVICES FOR DEMENTIA **AND MENTAL HEALTH ISSUES**

A helpline is a fast and convenient way to obtain information and advice. It can also be a source of emotional support when you are in distress.

| Organisation | Details | Helpline Number |
|--|---|---|
| Mental Health Helpline (by Institute of Mental Health) | For psychiatric emergencies, and others who need information for such persons | 6389 2222 (24 hours) |
| Dementia Hotline (by Alzheimer's Disease Association) | For caregivers who are caring for persons living with dementia | 6377 0700 |
| Samaritans of Singapore (SOS) | For anybody in crisis and persons with suicidal tendencies | 1800 221 4444 |
| Care Corner Counselling Hotline (Mandarin) | For those who need counselling and advice | 1800 353 5800 (Monday – Sunday, except public holidays, 10am - 10pm) |
| Singapore Association for Mental Health Helpline | For people who have psychological, psychiatric or social problems, and others who need information for such persons | 1800 283 7019 (Monday – Friday, 9.00am – 6.00pm) |
| | () | |

Community Outreach Teams (CREST) reach out to individuals who may be at risk of dementia and other mental health conditions. They provide early identification, basic emotional support and help coordinate between individuals and dementia and mental health services.

There are also Community Intervention Teams (COMIT) providing assessment, counselling and psychoeducation for clients with mental health conditions and their caregivers. They partner GPs and Polyclinics to provide holistic care integrating physical health, mental health and social care services.

*Provides eldersitting services to engage persons with or at risk of dementia with meaningful activities

| EAST | |
|--|-----------------|
| Support Services | Contact Details |
| AMKFSC Community Services Blk 182 Rivervale Crescent #01-311 S540182 | Tel: 6385 0260 |
| AMKFSC Community Services Blk 677B Punggol Drive #01-774 S822677 | Tel: 6904 9817 |
| Anglican Care Centre (Pasir Ris) Blk 534 Pasir Ris Drive 1 #01-266 S610534 | Tel: 6584 4633 |
| Brahm Centre (Macpherson) Blk 55 Pipit Road #01-01 S370055 | Tel: 6741 1131 |
| *Brahm Centre (Simei) Blk 227 Simei Street 4 #01-50 S520227 | Tel: 6786 0800 |
| Club HEAL (Pasir Ris) Blk 148 Pasir Ris Street 13 #01-24 S510148 | Tel: 6899 3463 |
| *Filos Community Services Blk 55 Chai Chee Drive #01-222 S460055 | Tel: 6241 1503 |
| Goodlife! @ Bedok Blk 551 Bedok North Ave 1 #01-550 S460551 | Tel: 6312 3988 |
| Goodlife! @ Marine Parade Blk 53 Marine Terrace #01-215 S440053 | Tel: 6242 3309 |
| Methodist Welfare Services (Charis ACE) Blk 125 Geylang East Ave 1 S381125 | Tel: 6842 0497 |
| St Hilda's Community Services Centre Blk 10 Jalan Batu #01-06 S431010 | Tel: 6345 0054 |
| The Salvation Army – Peacehaven Bedok Day Centre Blk 121 Bedok North Road #01-161/163 S460121 | Tel: 6445 1630 |
| | |

| CENTRAL | |
|---|-----------------|
| Support Services | Contact Details |
| *AMKFSC Community Services Blk 420 Ang Mo Kio Ave 10 #01-1143 S560420 | Tel: 6453 5364 |
| AWWA Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123 | Tel: 6511 6690 |
| Care Corner Seniors Service Ltd Blk 62B Lorong 4 Toa Payoh #02-121 S312062 | Tel: 6258 6601 |
| Fei Yue Community Services (Hougang) Blk 376C Hougang Street 32 #01-32 S533376 | Tel: 6202 4699 |
| Goodlife! @ Central 1 Lorong 2 Toa Payoh #02-08 Braddell House S3195637 | Tel: 6926 0350 |
| Goodlife! @ Telok Blangah Blk 28 Telok Blangah Rise #01-219 S090028 | Tel: 6274 6904 |
| NTUC Health (Bukit Merah) Blk 121 Bukit Merah View #01-96 S151121 | Tel: 8612 8302 |
| *O'Joy Limited Blk 5 Upper Boon Keng Road #02-10 S380005 | Tel: 6749 0190 |
| PEACE-Connect Cluster Operator Blk 5 Beach Road #02-4915 S190005 | Tel: 6291 2473 |

| Thye Hua Kwan Moral Charities (Beo Crescent) BIk 44 Beo Crescent #01-57 S160044 | Tel: 6924 2951 |
|--|--|
| TOUCH Community Services Blk 444 Ang Mo Kio Ave 10 #01-1603 S560444 | Tel: 6804 6555 |
| Singapore Association for Mental Health Blk 139 Potong Pasir Ave 3 #01-136 S350139 | Tel: 8511 2678 |
| Silver Ribbon Singapore 1 Engku Aman Turn Level 4 Wisma Geylang Serai S408528 | Tel: 6509 0271 |
| Tsao Foundation 298 Tiong Bahru Road Central Plaza #15-01/06 S168730 | Tel: 6593 9500 |
| NORTH | /// |
| Support Services | Contact Details |
| Anglican Care Centre (Yishun) Blk 707 Yishun Ave 5 #01-36 S760707 | Tel: 6753 5311 |
| AWWA Blk 740 Yishun Ave 5 #01-490 S760740 | Tel: 9786 5352 |
| Clarity Singapore Blk 854 Yishun Ring Road #01-3511 S760854 | Tel: 6757 7990 |
| Club HEAL (Marsiling) Blk 317 Woodlands Street 31 #01-194 S730317 | Tel: 6899 3463 |
| Goodlife! @ Yishun | Tel: 6484 8040 |
| Blk 838 Yishun Street 81 #01-322 S760838 | |
| Blk 838 Yishun Street 81 #01-322 S760838 WEST | |
| | Contact Details |
| WEST | |
| WEST Support Services Anglican Care Centre (Bukit Batok) | Contact Details |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) | Contact Details Tel: 6562 4881 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) | Contact Details Tel: 6562 4881 Tel: 6262 1183 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011 NTUC Health (Taman Jurong) | Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 Tel: 6769 6981 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011 NTUC Health (Taman Jurong) Blk 361 Yung An Road #01-111 S610361 REACH Community Services | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 Tel: 6769 6981 Tel: 8612 8302 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011 NTUC Health (Taman Jurong) Blk 361 Yung An Road #01-111 S610361 REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377 | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 Tel: 6769 6981 Tel: 8612 8302 Tel: 6801 0877 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011 NTUC Health (Taman Jurong) Blk 361 Yung An Road #01-111 S610361 REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377 St. Luke's Hospital 2 Bukit Batok Street 11 S659674 Singapore Association for Mental Health | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 Tel: 6769 6981 Tel: 8612 8302 Tel: 6801 0877 Tel: 6895 2794 |
| WEST Support Services Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Ave 4 #01-206 S650267 *Anglican Care Centre (Jurong East) Blk 374 Jurong East Street 32 #01-486 S600374 Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Ave 4 #01-229 S650254 Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang, Street 52 #01-296 S680574 Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107 Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011 NTUC Health (Taman Jurong) Blk 361 Yung An Road #01-111 S610361 REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377 St. Luke's Hospital 2 Bukit Batok Street 11 S659674 Singapore Association for Mental Health Blk 257 Jurong East Street 24 #01-405 S600257 TRANS FOCUS Centre | Contact Details Tel: 6562 4881 Tel: 6262 1183 Tel: 6899 3463 Tel: 6661 9488 Tel: 6471 0116 Tel: 6769 6981 Tel: 8612 8302 Tel: 6801 0877 Tel: 6895 2794 Tel: 8511 2678 |

| NATIONWIDE | /// |
|---|-----------------|
| Support Services | Contact Details |
| *Alzheimer's Disease Association (ADA) 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914 | Tel: 6377 0700 |
| Caregiver Alliance Limited 491-B River Valley Road #04-04 Valley Point Office Tower S248373 | Tel: 6460 4400 |

RESPITE CARE SERVICES

Respite care provides much needed short-term breaks that can relieve stress and restore energy.

Apart from working with family members, relatives, friends, neighbours, or hiring a domestic helper, there are respite care options that allow you to take short breaks. Caregivers can use this short time to rest, pursue their own hobbies or run personal errands. For the most updated list, you can refer to the Agency for Integrated Care website.

CENTRE-BASED WEEKEND RESPITE SERVICES

| CENTRAL | | |
|--|---|---|
| Centres | Contact Details | Operating Hours |
| Active Global Active Aging Hub @ Telok Blangah Parcview 92 Telok Blangah Street 31 #01-255 S100092 | Tel: 6536 0086 Visit us at: www. activeglobalcaregiver.sg | Saturdays, Sundays & Public Holidays, 9.00am – 5:00pm (For weekend respite) |
| SASCO Day Activity Centre for the Elderly (DACE) 30 Telok Blangah Rise #01-316 S090030 | Tel: 6275 5183 Visit us at www.sasco.org.sg | Saturdays, 8:00am – 5:00pm (For weekend respite) Mondays – Fridays: 7.00am – 6.30pm (For enquiries & application) |

| EAST | | |
|---|---|--|
| Centres | Contact Details | Operating Hours |
| St Luke's Eldercare (Marine Parade) 86 Marine Parade Central #01-670 S440086 | Tel: 6284 1089 Visit us at www.slec.org.sg | Saturdays, 9:00am – 3:00pm (For weekend respite) Mondays – Fridays: 7.30am – 6:30pm (For enquiries & application) |
| The Salvation Army Peacehaven Changi Day Centre 9 Upper Changi Road North S507706 | Tel: 6546 5669 Visit us at www.salvationarmy.org.sg | Saturdays & Sundays, 8:00am – 5:00pm (For weekend respite) Mondays – Fridays: 8:00am – 5:00pm (For enquiries & application) |
| WEST | | |
| Centres | Contact Details | Operating Hours |
| Active Global Active Aging Hub @ Ghim Moh Edge 31A Ghim Moh Link #01-11 S272031 | Tel: 6536 0086 Visit us at www.activeglobalcaregiver. sg | Saturdays, Sundays & Public Holidays, 9.00am – 5:00pm (For weekend respite) |
| Jamiyah Senior Care Centre 130 West Coast Road S127444 | Tel: 6776 8575 Visit us at www.jnh.jamiyah.org.sg | Saturdays & Sundays, 8:30am – 5:00pm (For weekend respite) Mondays – Fridays: 7.00am – 7:00pm (For enquiries & application) |
| SASCO Clementi Blk 704 West Coast Road #01-431 S120704 | Tel: 6273 5183 Visit us at www.sasco.org.sg | Saturdays, 8:00am – 5:00pm (For weekend respite) Mondays – Fridays: 7.00am – 7:00pm (For enquiries & application |
| SASCO Hong Kah North Day Care Centre 337 Bukit Batok Street 34 #01-06 S650337 | Tel: 6273 5183 Visit us at www.sasco.org.sg | Saturdays, 8:00am – 5:00pm (For weekend respite) Mondays – Fridays: 7.00am – 7:00pm (For enquiries & application) |
| St Luke's Eldercare (Keat Hong Centre) 801 Keat Hong Close S680801 | Tel: 6891 0370 Visit us at www.slec.org.sg | Saturdays, 9:00am – 3:00pm (For weekend respite) Mondays – Fridays: 7.30am – 6:30pm (For enquiries & application |

| Centres | Contact Details | Operating Hours |
|--|---|--|
| SWAMI 5 Sembawang Walk S757717 | Tel: 6510 3388 Visit us at www.swami.org.sg | Saturdays & Sundays, 8:30am – 5:30pm (For weekend respite) Mondays – Fridays: 8:30am – 5:30pm (For enquiries & application) |
| St Luke's Eldercare (Nee Soon Central) 766 Yishun Ave 3 #01-295 S760766 | Tel: 6759 9053 Visit us at www.slec.org.sg | Saturdays, 9:00am – 3:00pm (For weekend respite) Mondays – Fridays: 7.30am – 6:30pm (For enquiries & application) |
| St Luke's Eldercare (Sumang) 222 Sumang Lane #01-01 | Tel: 6244 8031 Visit us at www.slec.org.sg | Saturdays, 9:00am – 3:00pm (For weekend respite) Mondays – Fridays: |

CAREGIVER SUPPORT GROUPS

NORTH & NORTH EAST

S820222

CENTRAL

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons living with mental health conditions / dementia. It offers caregivers support, information and resources. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another.

7.00am - 7:00pm

(For enquiries & application)

*Most of the support groups listed provide nationwide services

| Caregiver Support Groups | Contact Details |
|--|--|
| Alzheimer's Disease Association – Caregiver Support Centre 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914 | Tel: 6377 0700 Visit us at www.alz.org.sg |
| Caregivers' Association of the Mentally III (CAMI) 84 Riverina Crescent S518313 | Tel: 6782 9371 Visit us at www.cami.org.sg |
| Homage 175B Rochor Road S188432 | Tel: 6100 0055 Visit us at www.homage.sg |
| National Neuroscience Institute Neuroscience Clinic Level 1, 11 Jalan Tan Tock Seng S308433 | Tel: 9720 8718 (call or SMS for registration purpose only) Visit us at www.nni.com.sg/patient-care/ dementia-support-group-meetings or email to mei_mei_nyu@nni.com.sg |

| GH Dementia Support Group | Tel: 6222 3322 |
|---------------------------|---|
| utram Road S169608 | Visit us at www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups# |
| | |

Tel: 6804 6555 **TOUCH Caregivers Support** Blk 444 Ang Mo Kio Ave 10 #01-1603 S560444 Visit us at www.caregivers.org.sg

| NORTH | |
|-----------------------------|-----------------|
| Caregiver Support Groups | Contact Details |
| Caregivers Alliance Limited | Tel: 6460 4400 |

491-B River Valley Road #04-04 Visit us at www.cal.org.sg Valley Point Office Tower S248373 Khoo Teck Puat Hospital Email us at ktph.memorycare@alexandrahealth.com.sg 90 Yishun Central, Singapore 768828 Visit us at https://www.ktph.com.sg/ dementia_support_group

EAST

Contact Details Caregiver Support Groups Filos Community Services Blk 55 Chai Chee Avenue #01-222 S460055 Tel: 6241 1503 Visit us at www.filos.sg

WEST

Caregiver Support Groups Contact Details Caregiving Welfare Association Tel: 6466 7957 Blk 3 Ghim Moh Road #01-294 S270003 Visit us at www.cwa.org.sg

Otherwise, you can visit our AIC Links at the following locations:

AIC Link @ Maxwell 7 Maxwell Road #04-01 MND Complex Annex B S069111 Above Amoy Street Food Centre

Operating Hours: Mondays to Fridays, 8.30 am to 5.30 pm Closed on weekends and public holidays

AIC Link @ Choa Chu Kang BIk 309 Choa Chu Kang Ave 4 #05-02 S680309 Choa Chu Kang Centre

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Closed on weekends and public holidays

AIC Link @ National University Hospital 5 Lower Kent Ridge Road S119074 Main Building Lobby B, Level 1 (opposite The Coffee Bean and Tea Leaf Cafe)

Closed on Sundays and public holidays

AIC Link @ Ng Teng Fong General Hospital 1 Jurong East Street 21 S609606 Tower B, Level 2 (near Visitor Selfregistration Kiosk)

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays, 9.00 am to 12.30 pm Closed on Sundays and public holidays

AIC Link @ Sengkang Community Hospital 1 Anchorvale Street S544835

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays, 9.00 am to 12.30 pm

AIC Link @ Tan Tock Seng Hospital 11 Jalan Tan Tock Seng S308433 CareConnect, Level 1, Atrium

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays, 9.00 am to 12.30 pm

AIC Link @ Changi General Hospital 2 Simei Street 3 S529889 Discharge Lounge at Main Building, Level 1, Atrium (next to Pharmacy B)

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays, 9.00 am to 12.30 pm Closed on Sundays and public holidays

AIC Link @ Khoo Teck Puat Hospital 90 Yishun Central S768828 Patient Service Centre, Tower B, Level 1

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays, 8.30 am to 12.30 pm Closed on Sundays and public holidays

Mondays to Fridays, 9.30 am to 5.30 pm Closed on weekends and public holidays

AIC Link @ Pasir Ris 120 Pasir Ris Central #01-09/10 S519640

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm

Closed on weekends and public holidays

AIC Link @ Singapore General Hospital Block 6, Level 1 (beside Kopitiam) Outram Road S169608

Pasir Ris Sports Centre

AIC Link @ Nee Soon Blk 234 Yishun Street 21 #01-418 S760234 (near Xishan Primary School)

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Saturdays 9.00 am to 12.30 pm

Patient Service Centre at Green Zone. Beside Koufu Food Court (Near Sengkang MRT Station or Cheng Lim LRT Station)

Closed on Sundays and public holidays

Closed on Sundays and public holidays

Saturdays, 9.00 am to 12.30 pm Closed on Sundays and public holidays

Mondays to Fridays, 9.30 am to 5.30 pm

AIC Link @ Toa Payoh Blk 125A Lorong 2 Toa Payoh #02-136 S311125 (near Braddell MRT Station Exit C)

Operating Hours: Mondays to Fridays, 9.30 am to 5.30 pm Closed on weekends and public holidays

Dementia Friend app



Get info, tips & resources on dementia



Post cases of missing loved ones & help keep a lookout



Receive updates on events & training





For service information and resources, contact ccmh@aic.sg

MENTAL HEALTH GENERAL PRACTITIONERS PARTNERSHIP

General practitioners (GPs) partners are medical doctors who provide both medical and

Lee & Tan Family Clinic and Surgery

Make-well Family Clinic & Surgery 70 Lorong Toa Payoh #01-351 S310070

Mediview Clinic and Surgery 150 Toa Payoh Lorong 1 #01-999 S310150

Dr Ung Eugene Meridian Medical and Dental Centre

327 Hougang Avenue 5 #01-162 S530327

72 Circuit Road #01-03 S370072

Tel No. 6745 6877

Dr See Shean Yaw

Tel No. 6253 4235

Tel No. 6253 2351

Tel No. 6282 5205

Dr Tham Kwong Lum

| physical health assessments. They also p psychiatric medical interventions. | |
|--|--|
| LIST OF GP PARTNERS BY REGIONS | |
| CENTRAL REGION | |
| Dr Fairuz Bin Ahmad Access Medical (Circuit Road) 88 Circuit Road #01-965 S370088 | Dr Kwan Wai Chee Grace Bishan Grace Clinic 150 Bishan St 11 #01-151 S570150 |
| Tel No. 6547 8840 | Tel No. 6254 2232 |
| Dr Wong Mei Chun C.M.C Wong Binjai Clinic 15 Binjai Park S589824 | Dr Cheong Siew Meng James C3 Family Clinic @Aljunied Crescent 95 Aljunied Crescent #01-509 S380095 |
| Tel No. 6469 3737 | Tel No. 6742 2285 |
| Dr Eng Soo Kiang C3 Family Clinic @Aljunied Crescent 95 Aljunied Crescent #01-509 S380095 | Dr Tan Mui Yen June C3 Family Clinic @Aljunied Crescent 95 Aljunied Crescent #01-509 S380095 |
| Tel No. 6742 2285 | Tel No. 6742 2285 |
| Dr Jee Yong Hing C3 Family Clinic @Aljunied Crescent 95 Aljunied Crescent #01-509 S380095 | Dr Tan Puay Wee Steve Calrose Medical Family Clinic 231A Sumang Lane, #01-05 Matilda Court S821231 |
| Tel No. 6742 2285 | Tel No. 6957 1750 |
| Dr Lim Geok Leong Central Medical Group Pte Ltd 11 Jalan Bukit Merah #01-4442 S150011 | Dr Chang Chean Seng Stephen Chang Clinic & Surgery Blk 7 Everton Park #01-21 S080007 |
| Tel No. 6272 2212 | Tel No. 6221 6955 |
| Dr Chang You Liang Changi Clinic 1 Jalan Anak Bukit #B1-08 S588996 | Dr Cheng Heng Lee Cheng Clinic 447 Ang Mo Kio Ave 10 #01-1677 S560447 |
| Tel No. 6466 3811 | Tel No. 6454 2482 |
| Dr Oh Cher Ming Chinatown FMC 133 New Bridge Road #02-09/10 Chinatown Point S059413 | Dr Yeo Cheng Hsun Jonathan Chinatown FMC 133 New Bridge Road #02-09/10 Chinatown Point S059413 |
| Tel No. 6225 5155 | Tel No. 6225 5155 |
| Dr Keong Kean Seng Gary Dr Gary's Family Clinic 77 Indus Road #01-523 S160077 | Dr Ang Boon Kian Steven Gregory Dr Steven Ang Aesthetic & Family Clinic 75D Redhill Road #01-112 S154075 |
| Tel No. 6803 9375 | Tel No. 6474 7333 |
| Dr Foo Winnie Dr.W Medical Clinic 8 Empress Road, #01-09 S260008 | Dr Pang Sze Kang Jonathan Everhealth Medical Centre 540 Hougang Ave 8 #B1-1235 S530540 |
| Tel No. 6475 4262 | Tel No. 6385 0815 |
| Dr Wong Ming Everhealth Medical Centre 540 Hougang Ave 8 #B1-1235 S530540 | Dr Ng Chee Lian Lawrence Family Medicine Clinic 58 Marine Terrace #01-65 S440058 |
| Tel No. 6385 0815 | Tel No. 6449 1606 |
| Dr Teo Huiling Fraser Medical Centre 78A Telok Blangah Street 32 #01-07 S101078 | Dr Lim Hock Hin Healthcare Medical Centre 311 Hougang Avenue 5 #01-191 S530311 |
| Tel No. 6273 3603 | Tel No. 6288 1426 |
| Dr Lim Soon Aun Rodney Healthlink Medical Clinic & Surgery 5 Upper Aljunied Lane #01-46 S360005 | Dr Kay Aih Boon Erwin Healthwerkz Medical Centre @ Orchard 9 Scotts Road #11-02 Scotts Medical Centre Pacific Plaza S228210 |
| Tel No. 6289 0885 | Tel No. 6734 5987 |
| Dr Tan Sai Tiang Hua Mei Mobile Clinic, HMSCA 298 Tiong Bahru Road, Central Plaza #15-01/06 S168730 | Dr Lim Khoon Boon Peter Joash Family Clinic and Surgery 1030 Upper Serangoon Road S534767 |
| Tel No. 6593 9530 | Tel No. 6282 7371 |
| Dr Lee Yi Jie Jack Katong Family Clinic Suites@Katong 263 Tanjong Katong Road #01-01 S437050 | Dr Sarah Jane Packer Katong Family Clinic Suites@Katong 263 Tanjong Katong Road #01-01 S437050 |
| Tel No. 6203 4192 | Tel No. 6203 4192 |
| Dr Tan Kian Wee Kenneth Kenneth Tan Medical Clinic 658 Punggol East, #01-07 S820658 | Dr Ko Hong Beng Gregory Ko Family Clinic 18 Upper Boon Keng Road #01-1133 S380018 |
| Tel No. 6312 4589 | Tel No. 6842 1403 |
| Dr Lee Yik Voon Lee & Tan Family Clinic and Surgery | Dr Tan Peng Wee Lifelink 24Hrs Clinic & Surgery |

Tel No. 6281 3977

#02-03/06 S089760

Dr Foo Hsien Yang Joel

Medlife Clinic & Surgery 684 Hougang Ave 8 #01-985 S530684

Blk 683 Hougang Ave 8, #01-901 S530683

Dr Tan Heng Kwang Neighbourhood Medical Clinic

Tel No. 6223 6066

Tel No. 6385 0836

Tel No. 6386 8689

Dr Tan Peng WeeLifelink 24Hrs Clinic & Surgery
153 Serangoon North Ave 1 #01-534 S550153 Dr Lee Choi Keong Maritime Medical Centre (Pte) Ltd 120 Cantonment Road Maritime House

Dr Koo Seng Long Newcastle 0 541 Orchard Road Liat Towers #18-02A Tel No. 6736 2322 Dr Ong Guan Hong Pancare Medical Clinic 133 Ang Mo Kio Avenue 3 #01-1651 S560133 Tel No. 6258 3186 Dr Sunil Kumar Joseph Pulse Clinic Pte Ltd 38 Beo Crescent #01-32 S160038 Tel No. 6272 4145 Dr Suresh Mahtani 84 Serangoon Garden Way \$555980 Tel No. 6382 1988 Dr Tan May Yen Lilian Sims Drive Medical Clinic 53 Sims Place, #01-174 Sims Vista S380053 Tel No. 6741 1607

NORTH REGION

Tel No. 6758 6188

Dr Leong Yan Hoi

Tel No. 6368 0386

Mart S750511

Tel No. 6481 9793

Dr Koh Hang Yong Citizen Family Clinic & Surgery 102 Yishun Avenue 5 #01-117 S760102

Dr Muhammad Iqbal Bin Abdullah

Sembawang Mart Medical Centre Pte Ltd

511 Canberra Road #02-02A Sembawang

Millennium Medical Group 849 Woodlands Street 82 #01-215 S730849

Dr Sunil Kumar Joseph Dr Teoh Che Chung Teoh Family Clinic Practice Blk 47 Lorong 6 Toa Payoh #01-142 S310047 Tayka Medical 29A Desker Road S209562 Tel No. 6392 4473 Tel No. 6255 5188 Dr Yong Yoke Kuen Christine Dr Arjunan Edward Kumanan Gratz The Clinic @ Aperia The Clinic @ Campus SMU, 70 Stamford Road #B1-21 S178901 Aperia, 12 Kallang Avenue #03-15 S339511 Tel No. 6341 6892 Tel No. 6333 9300 Dr Lim Lok Houw Mervin Dr Erprini Prabhakar The Clinic @ Campus SMU, 70 Stamford Road #B1-21 S178901 The Clinic @ Capitagree Capitagreen, 138 Market Street #02-01A S048946 Tel No. 6333 9300 Tel No. 6384 6851 Dr Aamir Ali Khan Dr Sukhvinder Singh The Clinic @ Marina One The Clinic @ Harbourfront Harbourfront Tower 2, 3 HarbourFront Place 5 Straits View #01-07 S018935 #04-01 S099154 Tel No. 6282 8518 Tel No. 6353 2389 **Dr Yo Masuya** The Clinic @ Tai Seng Dr Chong Wen Yu The Clinic @ One George Street 1 George Street #05-05 S049145 SMU, 70 Stamford Road #B1-21 S178901 Tel No. 6438 5322 Tel No. 6333 9300 **Dr Tan Shi Ching** Trucare Medical and Surgery **Dr Lee Chong Han** Trucare Medical and Surgery 1187 Upper Serangoon Road #01-53, 1187 Upper Serangoon Road #01-53, The Midtown S533971 The Midtown S533971 Tel No. 6385 3525 Tel No. 6385 3525 Dr Lee Chong Han Dr Tan Shi Ching Trucare Medical and Surgery (AMK) Blk 226A Ang Mo Kio Ave 1, Kebun Baru Mall, Trucare Medical and Surgery (AMK)
Blk 226A Ang Mo Kio Ave 1, Kebun Baru Mall, Tel No. 6255 8849 Tel No. 6255 8849 Dr Cheong Siew Meng James Unity Family Medicine Clinic Unity Family Medicine Clinic 264 Serangoon Central #01-205 S550264 264 Serangoon Central #01-205 S550264 Tel No. 6281 2638 Tel No. 6281 2638 **Dr Eng Soo Kiang** Unity Family Medicine Clinic 264 Serangoon Central #01-205 S550264 Dr Tan Mui Yen June Unity Family Medicine Clinic 264 Serangoon Central #01-205 S550264 Tel No. 6281 2638 Tel No. 6281 2638 Dr Si Poh Nguan Cedric Dr Yeo Yu Lin Janine Unity Family Medicine Clinic Unity Family Medicine Clinic 264 Serangoon Central #01-205 S550264 264 Serangoon Central #01-205 S550264 Tel No. 6281 2638 Tel No. 6281 2638 Dr Neo Hui Yee Dr Wong Alvin Well Family Clinic & Surgery
555 Ang Mo Kio Avenue 10 #01-1948 S560555 Unity Family Medicine Clinic 264 Serangoon Central #01-205 S550264 Tel No. 6281 2638 Tel No. 6454 9519 **Dr Sim Tiong Peng** Winsome Medical and Dental Centre **Dr Ang Teng Soon Paul** Zenith Medical Clinic Pte Ltd 81 Whampoa Dr #01-915 S320081 266 Punggol Way #01-374 S823266 Tel No. 6254 4568 Tel No. 6443 3678

Dr Jipson Quah Mayfair Medical Clinic

Tel No. 6235 2880

Dr Tan Yan Yuan

Tel No. 6753 0178

Tel No. 6257 1182

Dr Teow Kay Leong Roy United Health Family Clinic

182 Woodlands Street 13 S730182

My Family Clinic (Angsana Breeze @Yishun) 507 Yishun Avenue 4 #01-05 S760507

627 Yishun Street 61 #01-63 S760627

Dr Phuah Wei Jan Melanie Dr Yim Li-Jen Jean **Nutramed Clinic** Yim Medical Centre 1 Grange Road, Orchard Building #10-10 678 Woodlands Ave 6 #01-722 S730678 Tel No 6893 9181 Tel No. 6735 0706 **EAST REGION** Dr Goh Sze Yi Prudence Family Clinic 512 Bishan St 13 #01-524 S570512 Dr Ouek Koh Choon Bedok Life Clinic Tel No. 6251 5512

Dr Liang Kai Lun Victor

#01-07 S828868

Tel No. 6384 6605

Dr Chua Boon Ling

Tel No. 6287 8755

Tel No. 6353 1133

Simon Road Family Clinic

9 Simon Road S545895

Dr Goh Xin Wei Ivanna

Tan's T & T Clinic and Surgery 152 Bishan St 11 #01-213 S570152

Q & M Mutual Healthcare Medical Clinic

Punggol MRT Station 70 Punggol Central

Dr Chua Lee Lea Im Bedok Medical Centre 123 Bedok North Street 2 #01-160 S460123 18 Bedok South Rd #01-57 S460018 Tel No. 6443 1398 Tel No. 6241 4111 **Dr Lye Tong Fong** Central 24-Hr Clinic (Pasir Ris) Dr Yeo Peng Hock Henry Bedok Medical Centre 18 Bedok South Rd #01-57 S460018 446 Pasir Ris Drive 6 #01-122 \$510446 Tel No. 6241 4111 Tel No. 6582 2640 **Dr Chua Teo Ngee** Chua Medical Centre **Dr Fong Chiu Yan** Eastern Medical Centre 248 Simei St 3 #01-134 S520248 631 Bedok Reservoir Road #01-896 S470631 Tel No. 6785 3825 Tel No. 6448 7628 **Dr Cheng Kah Ling Grace** Joy Health Medical Clinic & Surgery **Dr Wong Toon Heng** Faith Medical Clinic & Surgery 487C Tampines St 45 #B1-103 S522487 825 Tampines St 81 #01-50 S520825 Tel No. 6788 1061 Tel No. 6781 1868 Dr Tay Kok Ling Dr Kay Aih Boon Erwin K.L Tay Clinic & Surgery 632 Bedok Reservoir Road #01-822 S470632 KCS Medical Centre 515 Bedok North Ave 2 #01-205 S460515 Tel No. 6448 1630 Tel No. 6443 8322 Dr Foo Yew Sin Patrick Dr Kan Boon Thaim Eugene Pasir Ris Clinic & Surgery 442 Pasir Ris Drive 6 #01-28 S510442 Little Cross Family Clinic 929 Tampines St 91 #01-445 S520929 Tel No. 6544 0040 Tel No. 6582 0502 Dr Lim Geok Bin Joshua Dr Chua Thiam Eng Siglap Clinic Pte Ltd 308 Telok Kurau Road #01-08 Vibes Pasir Ris Clinic & Surgery 442 Pasir Ris Drive 6 #01-28 S510442 @ East Coast S423858 Tel No. 6582 0502 Tel No. 6348 8389 Dr Sajeena Abdul Azeesu Kunju Dr Chong Wai Yip 11 Chai Chee Road #01-23 S460011 Tel No. 6243 4237 Tel No. 6260 2822 Dr Wong Jee Pao Dr Yap Theresa Wong Family Clinic & Surgery Pte Ltd 117 Bedok Reservoir Road #01-68 S470117

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WEST REGION Dr Ling Chia Tien

Dr Amir Adhha

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Dr Kwek Thiam Soo **Bukit Batok Medical Clinic** 207 Bukit Batok St 21 #01-114 S650207 Tel No. 6560 3311

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Dr Lim YingDrs Koo, Fok & Associates (Pioneer) 31 Jurong West St 63 #02-04 S648310 Tel No. 6862 2380

> Dr Ong Tiong Hee David Foo and Ong Family Clinic Pte Ltd

Dr Sim Kok Ping

Tel No. 6778 8362

Tel No. 6904 8680

Dr Lim Chien Wei

Grantral Mall S129581

Dr Yong Yuan Chen Healthlife Family Clinic

151 Bukit Batok St 11 #01-256 S650151

Frontier Family Medicine Clinic 3151 Commonwealth Ave West #04-01,

296A Bukit Batok St 22 #01-64 S651296

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Dr Sophian Hadi Ibrahim

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Tel No. 6567 7458

Dr Eng Soo Kiang

Tel No. 6891 0338

Tel No. 6862 2380

Tel No. 6793 0611

Tel No. 6778 8362

Tel No. 6892 6681

Tel No. 6766 2827

Dr Fok Wai Yee Rose

960 Jurong West St 92 #01-172 S640960

372 Bukit Batok St 31 #01-386 S650372

304 Choa Chu Kang Ave 4 #01-653 S680304

762 Jurong West St 75 #01-290 S640762

Dr Koh Thuan Wee Frontier Family Medicine Clinic 3151 Commonwealth Ave West #04-01, Grantral Mall S129581

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Dr Chong Yan-Gerald Mark Healthwerkz Medical Centre (CCK)

225 Choa Chu Kang Central, #01-199 S680225

Healthway Medical Clinic Fajar Shopping Centre, 445 Fajar Road Tel No. 6769 0600

Dr Goh Hsin Kai Healthwerkz Medical Centre (CCK) 225 Choa Chu Kang Central, #01-199 S680225

Tel No. 6766 2827

Dr Kok Zi Yin Dr Kay Aih Boon Erwin Healthwerkz Medical Centre (CCK) Keat Hong Family Medicine Clinic 2 Choa Chu Kang Loop, Keat Hong Community Club, #03-02 S689687 225 Choa Chu Kang Central, #01-199 Tel No. 6769 0750 Tel No. 6766 2827 Dr Loke Kam Weng Dr Tan Jia Yeong Jeffrey Keat Hong Family Medicine Clinic 2 Choa Chu Kang Loop, Keat Hong Community Club, #03-02 S689687 Keat Hong Family Medicine Clinic 2 Choa Chu Kang Loop, Keat Hong Community Club, #03-02 S689687 Tel No. 6769 0750 Tel No. 6769 0750 Dr Dharshini Puvanendran Dr Lim Boon Howe Edwin Lakeside Family Medicine Clinic 518A Jurong West St 52 #01-02 S641518 Lakeside Family Medicine Clinic

Tel No. 6262 6434 Dr Lim Choo LC Clinic Medical Surgery Aesthetics 446 Clementi Ave 3 #01-191 S120446 518A Jurong West St 52 #01-02 S641518 Tel No. 6464 0932

Dr Si Poh Nguan Cedric

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Tel No. 6262 6434

Dr Chin Yew Liang Alan Lifeline Bukit Panjang Medical Clinic 103 Gangsa Road #01-37 S670103 Lifecare Family Clinic 524A Jelapang Road #02-15 Greenridge Shopping Centre S671524

Tel No. 6760 5788

Dr Toh Beng Chye Millennium Medical Group 533 Choa Chu Kang Street 51 #01-33 S680533 Tel No. 6765 6685

Dr Lim Chew My Health Medical Centre 501 West Coast Drive, #01-256 S120501 Pier Medical Centre 725 Jurong West Ave 5 #B1-164 S640725

Tel No. 6791 5677

Dr Kwong Kum Hoong Princeton Family Clinic Pte Ltd Dr Tan Swee Meng Robin RC's Family Clinic Pte Ltd 445 Fajar Road #01-546 635C Senjá Road #01-03 S673635 Fajar Shopping Centre S670445 Tel No. 6468 8006

Tel No. 6762 2278

518A Jurong West St 52 #01-02 S641518

518A Jurong West St 52 #01-02 S641518

Lakeside Family Medicine Clinic

Dr Tok Sock Cheng Lakeside Family Medicine Clinic

Tel No. 6262 6434

Tel No. 6262 6434

Tel No. 6262 6434

Tel No. 6769 8588

Tel No. 6474 1782

Tel No. 6872 6920

Dr Choo Chee Hoe Ivan

Dr Neow May Yin Pauline

Dr Saiful Nizam Bin Subari

158 Mei Ling Street #01-80 S140158

Dr Neo Hui Yee

Dr Teo Tiong Kiat Dr Sunil Kumar Joseph Teo Clinic & Surgery Pte Ltd 352 Clementi Avenue 2 #01-111 S120352 Tayka Medical Family Clinic 526 Jurong West St 52 #01-323 S640526

Tel No. 6564 5528 Tel No. 6776 0216 Dr Gupta Ajeet Kumar

Dr Phan Oi Peng The Clinic @ Fusionpolis The People's Clinic Galaxis, 1 Fusionopolis Place #01-05G S138522 145 Teck Whye Ave #01-161 S680145 Tel No. 6781 8030 Tel No. 6466 0602

Dr Wu Eu Heng Wu Clinic & Surgery 249 Jurong East St 24 #01-78 S600249

Tel No. 6561 1672

MENTAL HEALTH IN POLYCLINICS

Clients with mental health conditions (including dementia) and chronic physical conditions can also be managed within the polyclinics. A multi-disciplinary team that consists of doctors, psychologists, medical social workers and nurses, work together to support the clients with mild to moderate mental health conditions

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

Mental Health Memory

| | | Service Providers | Clinics | Clinics | Contact Details |
|--|----|--------------------------|----------|---------|--|
| | 1 | Ang Mo Kio Polyclinic | V | V | National Healthcare |
| | 2 | Woodlands Polyclinic | ~ | ~ | Group Polyclinics Call Centre Appointment Line: 6355 3000 |
| | 3 | Yishun Polyclinic | ~ | ~ | |
| | 4 | Toa Payoh Polyclinic | ~ | ~ | |
| | 5 | Hougang Polyclinic | ~ | ~ | |
| | 6 | Geylang Polyclinic | | ~ | |
| | 7 | Jurong Polyclinic | ~ | ~ | National University Polyclinics Call Centre Appointment Line: 6663 6847 |
| | 8 | Choa Chu Kang Polyclinic | | ~ | |
| | 9 | Pioneer Polyclinic | ~ | ~ | |
| | 10 | Bukit Batok Polyclinic | V | | |
| | 11 | Outram Polyclinic | | V | SingHealth |
| | 12 | Tampines Polyclinic | | ~ | Polyclinics Call Centre Appointment Line: 6643 6969 |
| | 13 | Bedok Polyclinic | | ~ | |
| | 14 | Bukit Merah Polyclinic | | ~ | |

All information in this insert is accurate as of March 2020