



Mental Health Services

RESOURCE DIRECTORY

Community-based Resources *(as at December 2019)*

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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.

Helplines

| 1.1) Crisis Helpline and Suicide Prevention | | |
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| Mental Health Helpline /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) |
| Hotline /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: pat@sos.org.sg |

| 1.2) General | | |
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| ComCare /Ministry of Social and Family Development | For low-income individuals and families who may require any form of social assistance which includes financial assistance. | Tel: 1800-222 0000 (Mondays to Sundays from 7am to 12 midnight) |
| Counselling Helpline /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) |
| Dementia Helpline /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) |
| Dementia InfoLine /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) |
| Helpline /Clarity Singapore Limited | 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) |
| Hotline Counselling /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) |

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| Lifeline NUS/National University of Singapore | For NUS students who experience life threatening psychological emergencies. Below are some examples of psychological emergencies: <ul style="list-style-type: none"> • Having suicidal intentions • Experiencing severe panic or anxiety attacks • Dealing with news of death or severe injury to family or peers • Traumatized or disoriented from recent physical violence | Tel: 6516 7777 (24 hours) |
| Singapore Armed Forces (SAF) Counselling Hotline/The Central Manpower Base | 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) |
| Support for Wellness Achievement Programme (SWAP) Hotline/Institute of Mental Health | 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) |
| Yuan Yuan Helpline (Mandarin)/Shan You | Offers 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

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| Addictions Helpline/WE CARE Community Services | 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) |
| All Addictions Helpline/National Addictions Management Service | Provide a range of services to assist individuals who are dealing with addiction problems. | Tel: 6-RECOVER (6-7326837) (24 hours) |
| Anti-Scam Hotline/ 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) |
| Gambling Helpline/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) |

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| HELP123/TOUCH Community Services and Fei Yue Community Services | Provide basic counselling and relevant information for young people, parents, caregivers and educators on cyber wellness related issues. Webchat is also available at https://www.help123.sg/ | Tel: 1800-6123 123 (Mondays to Fridays from 10am to 6pm) Webchat is available on Mondays to Fridays from 2pm to 10pm. |
| National Problem Gambling Helpline/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. Webchat is also available at https://livesupport.imh.com.sg | Tel: 1800-666 8668 (Mondays to Sundays from 8am to 11pm) |
| talk2SANA/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. Live chat is available at http://talk2sana.com/tools-for-change/live-chat/ | The Live Chat service is online from 6pm to 9.30pm on Mondays to Fridays. |
| TOUCHLine/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) |
| X Ah Long Helpline/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

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| Assistline/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 for after hours) |
| Tinkle Friend Helpline/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 from 2.30pm to 5pm) |
| Helpline/Limitless (Ltd) | 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 www.limitless.sg/talk . Mode of contact: Call/ Text/ Whatsapp. |

| 1.4) Seniors | | |
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| Singapore Silver Line/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) |

| 1.5) Emergency Numbers | | |
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| Emergency Medical Service (EMS) /Singapore Civil Defence Force | <p>The service is designed to provide an immediate response to patients with life-threatening situations. EMS should therefore be called during medical emergencies.</p> <p>View here for the list of medical emergencies.</p> | Tel: 995 (24 hours) |
| Non-Emergency Ambulance Service /Singapore Civil Defence Force | <p>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.</p> <p>View here for the list of non-emergencies.</p> <p>Note: <i>There is usually a half-hour waiting time, and cash payment is required on the spot. View here for the basic charges.</i></p> | Tel: 1777 (24 hours) |

Services

2.1) Addictions

Addiction – General

| Service / Programme | Description | Address | Contact |
|---|--|--|---|
| Addiction Management Program <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 here . | 76 Playfair Road, LHK2 Lobby 3, #06-05 Singapore 367996 | Tel: 9438 1671 Email: - |
| Addiction Recovery College <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 here . | NAMS Clinic Blk 9 (Level 1) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | Tel: 6732 6837 Email: nams_arc@imh.com.sg |
| Drop-in Centre <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 here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Tel: 6547 5459 Email: Alexlim@wecare.org.sg |

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| Educational and Therapy Programmes <i>Service Provider:</i> We CARE Community Services | Target at relapse prevention, emotional management or addiction awareness education. For more information on the programmes, please click here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Tel: 6547 5459 Email: Alexlim@wecare.org.sg |
| Forensic Services <i>Service Provider:</i> Promises Healthcare Pte Ltd | 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. For more information, please click here . | Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506 | Clinical services: 6397 7309 Email: clinic@promises.com.sg |
| National Addictions Management Service (NAMS) Satellite Clinics <i>Service Provider:</i> National Addictions Management Service | 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. 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. For more information on NAMS Satellite Clinics, please click here . For more information on Community Wellness Clinics, please click here . | NAMS Clinic Blk 9 (Level 1) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 Community Wellness Clinic, Queenstown Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958 Community Wellness Clinic, Geylang Geylang Polyclinic 21 Geylang East Central Singapore 389707 | For more information and appointment: Call 6-RECOVER (6-7326837). |
| Addiction Treatment Services <i>Service Provider:</i> The Cabin Singapore | 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. For more information, please click here . | Novena Medical Centre 10 Sinaran Drive, #11-02 Singapore 307506 | Tel: 3158 9949 Email: contact@thecabin singapore.com.sg |

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

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

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| | <p>experience for youths aged 10 to 18 years old to learn the dangers and consequences of drugs and inhalant abuse in a mobile bus.</p> <p>For more information, please click here.</p> | | <p>nb.gov.sg</p> |
| | <p>Preventive Drug Education</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 here.</p> | | <p>Tel: 1800-325 6666 Email: cnb_preventive_education_unit@cnb.gov.sg</p> |
| <p>Humanity and Moral Education Programme</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 here.</p> | <p>5A Jalan Pisang Singapore 199027</p> | <p>Tel: 6291 0611 / 6291 0612 Email: info@hirasociety.org.sg</p> |

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| ReLive - Clinic for Adolescents <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 here . | NAMS Clinic 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) |
| Step-Up Centre <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 here . | 2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025 | Tel: 6732 1122 Email: sana@sana.org.sg |
| S.T.E.A.D.Y – STrengthening and Enhancing the Ability of Decision-making in Youths <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-adverse of drug-related issues and decrease their likelihood in engaging in anti-social behaviours. For more information, please click here . | 2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025 | Tel: 6732 1122 Email: sana@sana.org.sg |
| YouthReach <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 here . | 14 Jalan Dinding Singapore 739831 | Tel: 6288 0708 Email: enquiry@oprenwal.org.sg |
| Youth Enhanced Supervision (YES) <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 here . | Geylang 10 Lorong 27A Geylang Emmanuel House, #02-03 Singapore 388107 Woodlands 804 Woodlands St 81 #01-37 Singapore 730804 Ang Mo Kio 125 Ang Mo Kio Ave 6 #01-4077 | Tel: 6745 1490 Email: admin@ygos.org.sg Tel: 6368 8392 Email: admin@ygos.org.sg Tel: 6451 6519 Email: admin@ygos.org.sg |

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Addiction – Gambling

| Service / Programme | Description | Address | Contact |
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| Problem Gambling Rehabilitation Programme <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 here . | East 11 Playfair Road Singapore 367986 West Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296 | Tel: 6749 0400 Email: admin@silver-lining.org |
| Gambling Recovery Programmes <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 here . | 8 New Industrial Road #04-04B, LHK 3 Building Singapore 536200 | Tel: 6547 1011 (4 lines) Email: help@onehopecentre.org |

Addiction – Gaming

| Service / Programme | Description | Address | Contact |
|---|---|---|---|
| TOUCH Cyber Wellness <i>Service Provider:</i> TOUCH Community Services | Provide a holistic programmes that promotes cyber wellness, healthy gaming and online safety to various age groups ranging from preschool to post-secondary level. For more information, please click here . | TOUCH Cyber Wellness 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693 | Tel: 6343 6925/6730 9520 Email: cyberwellness@touch.org.sg |
| MeToYou Cyber Care <i>Service Provider:</i> Montfort Care | A cyber wellness programme caters for youth aged between 12 and 18 years old. It aims to improve the lives of youths and their families who are facing challenges associated with the cyber world. For more information, please click here . | Marine Parade Family Service Centre 53 Marine Terrace #01-215 Singapore 440053 | Tel: 6446 0300 Email: contact@metoyo.org.sg |

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| World of Wellness (WOW) Camp <i>Service Provider:</i> National Addictions Management Service | The WOW camp is designed to be educational and fun for youths aged 13 to 19 years old who may be spending an excessive amount of time online, to the detriment of their health and relationships. For more information, please click here . | NAMS Clinic Institute of Mental Health Buangkok Green Medical Park, Blk 9 (Basement 1) 10 Buangkok View Singapore 539747 | Tel: 6732 6837 Email: nams@imh.com.sg |
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Addiction – Rehabilitation Centres/Halfway Houses

| Service / Programme | Description | Address | Contact |
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| 18 Months Residential Rehabilitation Programme <i>Service Provider:</i> Breakthrough Missions | 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. For more information, please click here . | 24 Yew Siang Road Singapore 117758 | Tel: 6479 7756 Email: enquiry@breakthroughmissions.org.sg |
| Ashram Halfway House <i>Service Provider:</i> Hindu Endowments Board | Help Indian substance abusers in the rehabilitation and reintegration into society. For more information, please click here . | 3930 Durban Road Singapore 759642 | Tel: 6753 9730 Email: enquiries@ashram.org.sg |
| Community Rehabilitation Centre <i>Service Provider:</i> Trybe Limited | The centre aims to immerse the residents in a relationship-driven, transformational environment to lead a purposeful and drug-free life. For more information, please click here . | 343 Jamaica Road Singapore 757759 | Tel: 6481 9882 Email: ask-CRC@trybe.org |
| DARE Centre (Drug & Alcohol Rehabilitation Centre) <i>Service Provider:</i> Teen Challenge (Singapore) | A Christian halfway house and residential centre for male adults who seek help in overcoming substance and behaviour addictions. For more information, please click here . | 735 Old Choa Chu Kang Road, Singapore 699798 | Tel: 6793 8816 Email: darecentre@teenchallenge.org.sg |

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| Green Haven <i>Service Provider:</i> Singapore Buddhist Welfare Services | The only Buddhist halfway house in Singapore. It provides 6 to 12-months residential rehabilitation and treatment programme for male ex-drug offenders. For more information, please click here . | 10 Admiralty Road East Singapore 759988 | Tel: 6565 6880 Email: - |
| Halfway House (Residential Rehabilitation Programme) <i>Service Provider:</i> The New Charis Mission | Provide a holistic rehabilitation programme for ex-drug offenders to help them to reintegrate into society. For more information, please click here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 1, #01-01 Singapore 409074 | Tel: 64833707 Email: office@tncm.org.sg |
| HighPoint Halfway House <i>Service Provider:</i> HighPoint Community Services Association (HCSA) Community Services | 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. For more information, please click here . | 1 Lorong 23 Geylang Singapore 388352 | Tel: 6745 3532 Email: angela@hcsa.org.sg |
| Individual Transitional Accommodation Programme (iTAP) <i>Service Provider:</i> iC@RE HUB | A secular female shelter program to help newly released female ex-offenders and those recovering from substance or behavioural addictions reintegrate into society. For more information, please click here . | The Hub is situated in Balestier. Full address is not known. | Tel: 6250 2393 Email: lenghoe@icarehub.org.sg |
| Jamiyah Halfway House or Darul Islah <i>Service Provider:</i> Jamiyah Singapore | 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. For more information, please click here . | No. 352 Pasir Panjang Road, Singapore 118694 | Tel: 6776 9101 Email: jhh@jamiyah.org.sg |
| Men's Crisis Centre <i>Service Provider:</i> Operation | Assist men who have hit bottom such as generation of poverty, lack of job skills, substance abuse, repeat felons and homelessness with temporary accommodation | 14 Jalan Dinding Singapore 739831 | Tel: 6288 0708 Email: enquiry@oprenal.org.sg |

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| Renewal (Singapore) | while they are given practical assistance to seek long-term housing and employment. For more information, please click here . | | |
| PERTAPIS Halfway House <i>Service Provider:</i> PERTAPIS | Provide treatment and rehabilitative services to substance abusers so as to enable them to reintegrate into society. For more information, please click here . | 50 Lor 34 Geylang Road Singapore 398239 | Tel: 6746 4752 Email: enquiry@pertapis.org.sg |
| Residential Rehabilitation Programme <i>Service Provider:</i> The Turning Point | 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. For more information, please click here . | 341 Jamaica Road Singapore 757615 | Tel: 6257 8364 Email: turningp@singnet.com.sg |
| Shelter for Men-in-crisis <i>Service Provider:</i> New Hope Community Services | 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. For more information, please click here . | 148 Yishun Street 11 #01-123 Singapore 760148 | Tel: 6305 9620 Email: general@newhop ecs.org.sg |
| The Helping Hand <i>Service Provider:</i> The Helping Hand | 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. For more information, please click here . | 819 Upper Serangoon Road, Singapore 534678 | Tel: 6283 2204 Email: sschia@thehelpinghand.org |
| The Hiding Place | A Christian Home for a new beginning. It is setup for the rehabilitation of drug addicts, ex-prisoners, alcoholics, gambling | 50 Jalan Lekar Singapore 698945 | Tel: 6483 5348 Email: admin@hidplace.com.sg |

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| <i>Service Provider:</i> Christian Home Mission Ltd | addicts, homeless orphans, inhalant abusers, wayward teens, young offenders, troubled youths and those in need of help. For more information, please click here . | | |
| Watchman's Home <i>Service Provider:</i> Watchman's Home | 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. For more information, please click here . | 1035 Upper Changi Road North, Singapore 507676 | Tel: 9790 2060 Email: enquiry@watchmanhome.com |

Addiction – Counselling

| Service / Programme | Description | Address | Contact |
|---|--|---|---|
| Adullam Life Counselling <i>Service Provider:</i> Adullam Life Counselling | 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. For more information, please click here . | 151 Chin Swee Road Manhattan House #08-04 Singapore 169876 | Tel: 9423 8832 / 6659 7844 Email: admin@adullam.org.sg |
| Counselling Services <i>Service Provider:</i> WE CARE Community Services | Individual Counselling The individual counselling, which is private and confidential, is targeted to help you in maintaining abstinence and return to a normal, productive lifestyle. Individual counselling programmes include: 1. Atypical Theft Offending 2. Gambling Addiction Recovery Intervention Programme 3. Substance or Alcohol Recovery 4. Sex, Porn & Love Addiction 5. Internet & Gaming Addiction | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Appointment line: 6547 5459 Email: help@wecare.org.sg |

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| | <p>Group Therapy</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"> 1. Mindfulness-Based Relapse Prevention (MBRP) 2. Women's Therapy Group | | |
| | <p>Family Counselling</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>Credit Counselling</p> <p><i>Service Provider:</i> Credit Counselling Singapore</p> | <p>Specifically looks into an individual's debt problem to better understand his financial position and identify possible solution that he can explore or adopt to resolve the debt problem.</p> <p>For more information, please click here.</p> | <p>210 Middle Road, #05-04 Singapore 188994</p> | <p>Tel: 6225 5227 Email: enquiry@ccs.org.sg</p> |
| <p>Case Management Services</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 here.</p> | <p>2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025</p> | <p>Tel: 6732 1122 Email: sana@sana.org.sg</p> |

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| Cyber Wellness Counselling <i>Service Provider:</i> TOUCH Community Services | 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. For more information, please click here . | TOUCH Cyber Wellness Leisure Park Kallang 5 Stadium Walk, #04-02 Singapore 397693 | General enquiries: 6730 9520 Centre Programmes: 6343 6925 TOUCHline (Counselling): 1800-377 2252 |
| Family, Marriage and Sex Therapy Clinic <i>Service Provider:</i> Adam Road Medical Centre | 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. For more information, please click here . | 559 Bukit Timah Road #01-02 King's Arcade Singapore 269695 | Tel: 6466 7777 (4 lines) Email: nm@arh.com.sg |
| Family Matters <i>Service Provider:</i> National Addictions Management Service (NAMS) | 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 here . | NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | Consultation is by appointment. To find out more or to make appointments, please contact our Helplines at 6-RECOVER (6-7326837) or 1800-6668668. |
| Individual and Family Counselling <i>Service Provider:</i> The Silver Lining Community Services Ltd | Provide debt problems counselling and visitations to the individual in need and their families (if required). For more information, please click here . | East 11 Playfair Road Singapore 367986 West Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296 | Tel: 6749 0400 Email: admin@silver-lining.org |
| Prison and Hospital Outreach <i>Service Provider:</i> Operational Renewal (Singapore) | Provide counselling sessions for the residents of The Renewal Centre at Drug Rehabilitation Centre and Prisons. For more information, please click here . | 14 Jalan Dinding Singapore 739831 | Tel: 6288 0708 Email: enquiry@oprenal.org.sg |

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| Prisons Institutions <i>Service Provider:</i> The New Charis Mission | 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. For more information, please click here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 1, #01-01 Singapore 409074 | Tel: 6483 3707 Email: office@tncm.org.sg |
| Free Counselling <i>Service Provider:</i> National Crime Prevention Council (NCPG) | 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. For more information, please click here . | THK Centre For Family Harmony @Circuit 37 Circuit Road, #02-455 Singapore 370037 The Resilienz Clinic 10 Sinaran Drive, #10-03 Novena Medical Centre Singapore 307506 Psychealth Practice (under Healthway Medical Group) The Centrepont 176 Orchard Road, #06-01 Singapore 238843 | Tel: 6747 7514 Email: cfh@thkmc.org.sg Tel: 6397 7300 Email: appointment@resilienz.com.sg Tel: 6252 6266 Email: daretochange@healthwaymedical.com |
| Functional Family Therapy <i>Service Providers:</i> Epworth Community Services and Ministry of Social and Family Development (MSF) | 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. For more information, please click here . | Epworth Family Welfare 107 Bukit Batok West Ave 6, #01-98 Singapore 650107 | Tel: 6562 2211 Email: - |

Addiction – Employment Support

| Service / Programme | Description | Address | Contact |
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| Empowerment of Women Initiative <i>Service Provider:</i> Singapore Anti-Narcotics | 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. | 2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025 | Tel: 6732 1122 Email: sana@sana.org.sg |

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| Association | For more information, please click here . | | |
| IT Training <i>Service Provider:</i> Hira Society | 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. For more information, please click here . | 5A Jalan Pisang Singapore 199027 | Tel: 6291 0611 / 6291 0612 Email: info@hirasociety.org.sg |
| Lifeskills Workshop (Drop-in Centre) <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 here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Tel: 6547 5459 Email: Alexlim@wecare.org.sg |
| Self Reliance Programme <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 here . | East 11 Playfair Road Singapore 367986 West Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296 | Tel: 6749 0400 Email: admin@silverlinin.g.com.sg |
| Skills Training and Employment Assistance (Step Up Centre) <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 here . | 2 Sengkang Square Sengkang Community Hub, #05-01 Singapore 545025 | Tel: 6732 1122 Email: sana@sana.org.sg |

Addiction – Recovery Support Groups

| Service / Programme | Description | Address | Contact |
|---|--|---|--|
| Alcoholics Anonymous (AA) Singapore <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 here . | View here for the list of meetings. | Tel: 6475 0890 Email: help@singaporea.a.org |
| Al-Anon Family Group <i>Service Provider:</i> Al-Anon Singapore | 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. For more information, please click here . | View here for the list of meetings. | Tel: 9894 1201 Email: contactus@al-anonsingapore.org |
| Gambling Addiction Recovery Centre <i>Service Provider:</i> Blessed Grace Social Services Ltd | 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. For more information, please click here . | 16 Arumugam Road #04-02B LTC Building D Singapore 409961 | Tel: 8428 6377 Email: christina.lim@blesedgrace.com |
| Group Programmes <i>Service Provider:</i> National Addictions Management Service (NAMS) | <p>BRIDGE</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> <p>BRIDGE Family</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> <p>Gambling Addiction Management</p> | NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | For further enquiries, please call the All Addictions Helpline at 6-RECOVER (6-7326837) or National Problem Gambling Helpline at 1800-6-668-668. |

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| | through Education (GAME) 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. | | |
| | Gambling Addiction Management through Education (GAME) – Family Game Family is an eight-session psycho-educational and support group for family members of gamblers struggling with gambling addiction. The group is open to both the clients of NAMS as well as the general public. | | |
| | GAME – Gamblers Anonymous (GA) GAME-GA is a recovery support group based on the concepts and principles of Gamblers Anonymous. | | |
| <u>Group Therapy Programmes</u> <i>Service Provider:</i> Promises Healthcare Pte Ltd | THRIVE 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. | Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506 | Tel: 6397 6994 Email: admin@promises.com.sg |
| | Pathways Help in the rehabilitation of those with addictive behaviours. | | |
| | Acceptance Help those with compulsive sexual behaviour. | | |
| | Compulsive and Atypical Theft Aim to help through interventions to prevent compulsive behaviours. | | |
| | Psychodrama Involve spontaneous experiential | | |

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| | and movement therapy which helps an individual to address problems in a creative way. | | |
| Mindfulness for Recovery <i>Service Provider:</i> We CARE Community Services | 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. For more information, please click here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Tel: 6547 5459 Email: admin@wecare.org.sg |
| Narcotics Addiction Recovery Centre <i>Service Provider:</i> Blessed Grace Social Services Ltd | Help narcotics 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. For more information, please click here . | 16 Arumugam Road #04-02B LTC Building D Singapore 409961 | Tel: 8428 6377 Email: christina.lim@blessedgrace.com |
| New Seekers Support-Group Programme <i>Service Provider:</i> One Hope Centre | 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. For more information, please click here . | St Andrew's Cathedral 11 St Andrew's Rd Singapore 178959 Geylang Chinese Methodist Church 52 Aljunied Road Singapore S389820 | Tel: 6547 1011 Email: help@onehopecentre.org |
| Recovery Support Groups (RSG) <i>Service Provider:</i> We CARE Community Services | WE CARE hosts various self-help RSG meetings on a daily basis. Meetings are open to all recovering individuals. For more information on the types of meetings, please click here . | Kembangan-Chai Chee Community Hub 11 Jalan Ubi Blk 5, #01-41 Singapore 409074 | Tel: 6547 5459 Email: AlexLim@wecare.org.sg |
| Recovery Zones – Groups <i>Service Provider:</i> The Cabin Singapore | An intensive 6-month addiction rehabilitation treatment programme catering to clients' individual needs based on clinical assessment. For more information, please click here . | Novena Medical Centre 10 Sinaran Drive, #11-02 Singapore 307506 | Tel: 3158 9949 Email: contact@thecabin singapore.com.sg |

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| Support Group Sessions <i>Service Provider:</i> The Silver Lining Community Services Ltd | Provide a safe and non-judgemental environment where gamblers and their family members can interact with one another on a weekly basis. For more information, please click here . | East 11 Playfair Road Singapore 367986 West Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296 | Tel: 6749 0400 Email: admin@silver-lining.org |
| Support Group Sessions <i>Service Provider:</i> Women in Recovery Association (WIRA) | Female recovering drug addicts meet to discuss and share common issues and concerns, and give support to each other in their recovery journey. For more information, please click here . | Mailing Address: WIRA Association P O Box No: 1127 Singapore Post Centre Singapore 914038 | Tel: 8339 7690 Email: admin@wira.org.sg |
| SG²@TJ (Stop Gambling, Start Growing @ Taman Jurong) <i>Service Provider:</i> Lakeside Family Services | 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. For more information, please click here . | Lakeside Family Services (Taman Jurong) 21 Yung Ho Road The Agape #03-01 Singapore 618593 | Tel: 6265 6522 Email: lfstj@lakeside.org.sg |

2.2) Children and Youth

Children and Youth – General

| Service / Programme | Description | Address | Contact |
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| Community Health Assessment Team (CHAT) <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 here . | *SCAPE 2 Orchard Link #05-05 Singapore 237978 | Tel: 6493 6500 / 6493 6501 Email: chat@mentalhealth.sg |
| Child and Adolescent Psychiatric Unit <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 here . | 559 Bukit Timah Road #01-02 King's Arcade Singapore 269695 | Tel: 6466 7777 (4 lines) Email: nm@arh.com.sg |
| Child Guidance Clinics (CGCs) <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) The Mood & Anxiety Clinic (MAC) 2) Forensic Rehabilitation, Intervention, Evaluation & Network Development Services (FRIENDS) For more information about CGCs, please click here . | Child Guidance Clinic, IMH Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Sunrise Wing, Blk 3, Basement 1 Singapore 539747 Child Guidance Clinic, HPB Health Promotion Board Building, 3 Second Hospital Avenue, #03-01 Singapore 168937 | Tel: 6389 2000 / 6389 2222 (24 hours) |
| Child Psychology <i>Service Provider:</i> Promises Healthcare Pte | Provide evidence-based therapeutic interventions and comprehensive diagnostic and psycho-educational evaluations for children and adolescents. | Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506 | Tel: 6397 7309 Email: clinic@promises.com.sg |

| Service / Programme | Description | Address | Contact |
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| Ltd | For more information, please click here . | | |
| Do You M.I.N.D? <i>Service Provider:</i> TOUCH Community Services | Use innovative approaches such as adventure-based experiential learning and virtual reality immersive experience to equip youths with knowledge to mind their mental health. For more information, please click here . | TOUCH Youth Intervention 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693 | Tel: 6730 9552 Email: mentalhealth@touch.org.sg (By appointment only) |
| Mindfulness for Kids <i>Service Provider:</i> Brahm Centre Limited | 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. For more information, please click here . | Novena Centre 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562 Simei Centre 227 Simei Street 4 Singapore 520227 | Tel: 6258 0831 Email: info@brahmcentre.com Tel: 6786 0800 Email: info@brahmcentre.com |
| Mindfulness for Teens <i>Service Provider:</i> Brahm Centre Limited | 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. For more information, please click here . | Novena Centre 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562 Simei Centre 227 Simei Street 4 Singapore 520227 | Tel: 6258 0831 Email: info@brahmcentre.com Tel: 6786 0800 Email: info@brahmcentre.com |
| Psychological Services Unit (PSU) <i>Service Provider:</i> AMKFSC Community Services Ltd | 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 challenges. For more information, please click here . | 223D Compassvale Walk #01-673 Singapore 544223 | Tel: 6312 8100 Email: psureferral@amkfsc.org.sg |
| Response, Early Intervention | A community-based mental health service set up to work closely with | REACH (North) Office Institute of Mental Health | Appointments are made through the school |

| Service / Programme | Description | Address | Contact |
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| and Assessment in Community Mental Health (REACH) <i>Service Provider:</i> Institute of Mental Health | schools, community agencies and family doctors to help students with emotional, behavioural and/or developmental disorders. For more information, please click here . | Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747 REACH (South) Office Health Promotion Board, 3 Second Hospital Avenue, #03-01 Singapore 168937 REACH (East) Office No. 5, Jalan Masjid, Kembangan Court, #01-07 Singapore 418924 REACH (West) Office Dept of Psychological Medicine, University Medicine Cluster, National University Hospital, 1E Kent Ridge Road, NUHS Tower Block Level 9, Singapore 119228 | counsellors only. |
| Your Empowered Self (YES) <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 here . | Yishun 854 Yishun Ring Road #01-3511 Singapore 760854 Agape Village 7A Lorong 8 Toa Payoh #04-01 Singapore 319264 | Tel : 6757 7990 Email: lightingtheway@clarity-singapore.org Tel : 6801 7467 Email: lightingtheway@clarity-singapore.org |
| YouthReach <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 here . | Social Service Hub @ Tiong Bahru 298 Tiong Bahru Road #10-06 Central Plaza Singapore 168730 | Tel: 6593 6424 Email: samhyr@singnet.com.sg |

Children and Youth – Counselling

| Service / Programme | Description | Address | Contact |
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| C3 Counselling Services <i>Service Provider:</i> Calvary Community Care | Provide counselling services to youths between 13 to 25 years of age who experience challenges that may cause personal distress. For more information, please click here . | 147 Potong Pasir Avenue 1 #02-83 Singapore 350147 | Tel: 6281 1866 Email: care@calvary.org.sg |
| Child & Adolescent Counseling <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 here . | 491B River Valley Road #04-01 Valley Point Office Tower Singapore 248373 | Tel: 6733 2893 Email: contact@center4psy.com |
| Children and Youth Counselling <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 here . | 51 Cuppage Road #03-03 Singapore 229469 | Tel: 6339 5411 Email: counselling@scc.sg |
| Counselling & Support Group <i>Service Provider:</i> TOUCH Community Services | Provide mental health counselling for students who might be at the onset of developing a mental health condition. In addition, they will be part of a support group, named Upper Room, that will help them build resilience within. For more information, please click here . | TOUCH Youth Intervention 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693 | Tel: 6730 9552 Email: mentalhealth@touch.org.sg (By appointment only) |
| eCounselling Centre (eC2) <i>Service Provider:</i> Fei Yue Community Service | eC2 is an online facility offering free counselling to youths. For more information, please click here . | Project 180 (Youth Services) 145 Simei Street 2 #01-06 Singapore 520145 | Tel: 6422 1599 ext 599 Email: project180@fycs.org |
| Zen Dylan Koh Fund <i>Service Provider:</i> Limitless (Ltd) | Provide complimentary counselling, therapy and case management for youths aged 12 to 25 years old, who are facing issues with mental health, or social | No information available. | Email: hello@limitless.sg OR contact through website portal: https://www.limitless.sg/contact |

| Service / Programme | Description | Address | Contact |
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| | <p>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 here.</p> | | |

2.3) Adults

Adults – General

| Service / Programme | Description | Address | Contact |
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| Creative Services <i>Service Provider:</i> Singapore Association for Mental Health | Provide a platform to promote psychological wellness and mental health recovery through integrating expressive therapies, sports and outdoor and occupational therapy. For more information, please click here . | Creative Mindset Our Tampines Hub 1 Tampines Walk, South Plaza, Lobby J, #03-06 Singapore 528523 Creative SAY! 317 Woodlands Street 31 #01-196 Singapore 730317 | Tel: - Email: creativemindsethub@samhealth.org.sg Tel: 6362 4845 Email: creativesay@samhealth.org.sg |
| Depression and Bipolar Support Groups <i>Service Provider:</i> PSALT Care | 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. For more information, please click here . | Novena Medical Centre 10 Sinaran Drive #09-22 Singapore 307506 | Tel:- Email: info@psaltcare.com |
| Depression Treatment Services <i>Service Provider:</i> Adelphi Psych Medicine Clinic | Provide holistic care treatment for depression and a range of therapy services that include cognitive behavioural. For more information, please click here . | The Adelphi 1 Coleman St #04-32 Singapore 179803 | Tel: 6250 9833 Email:- |
| Early Psychosis Intervention Programme (EPIP) <i>Service Provider:</i> Institute of Mental Health | Take in people between the ages of 16 and 40 who have been newly diagnosed with first episode psychosis. For more information, please click here . | Institute of Mental Health Woodbridge Hospital 10 Buangkok View Singapore 539747 Community Wellness Clinic, Queenstown Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958 | Appointment line: 6389 2000 Tel: 6474 4872 Email: - |
| Equine-Assisted Wellbeing Programmes <i>Service Provider:</i> Rainbow Wish | 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 | 100 Turf Club Road #01-02S Horsecity (Bukit Timah) Within Gallop Stable @ Horsecity Singapore 287992 | Tel: 9085 0321 Email: enquiry@rainbowwish.org |

| Service / Programme | Description | Address | Contact |
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| | <p>Pegasus ECT, the Experiential Counselling Techniques specialist from USA.</p> <p>For more information, please click here.</p> | | |
| Equine-Assisted Therapy (EAT) <i>Service Provider:</i> Rainbow Wish | <p>EAT is widely researched and employed in USA and UK. It encompasses a range of treatments that includes activities with horses to promote physical, occupational, and emotional growth in persons with anxiety, dementia, depression, traumatic brain injuries, behavioural and abuse issues, post-traumatic stress disorder, drug and alcohol addiction, and many others.</p> <p>For more information, please click here.</p> | 100 Turf Club Road #01-02S Horsecity (Bukit Timah) Within Gallop Stable @ Horsecity Singapore 287992 | Tel: 9085 0321 Email: enquiry@rainbowwish.org |
| Insight Centre <i>Service Provider:</i> Singapore Association for Mental Health | <p>A community-based programme that specialises in working with persons with mental health issues and their caregivers.</p> <p>For more information, please click here.</p> | SAMH Insight Centre 69 Lorong 4 Toa Payoh #01-365 Singapore 350139 | Tel: 6283 1576 Email: counselling@samhealth.org.sg |

| Service / Programme | Description | Address | Contact |
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| Mental Health (Psychology) Services <i>Service Provider:</i> National University Polyclinics (NUP) and National Healthcare Group (NHG) Polyclinics | <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 here.</p> <p>For more information on mental health services at NHGP, please click here.</p> | <p><u>NUP Polyclinics</u></p> <p>Bukit Batok Polyclinic 50 Bukit Batok West Avenue 3 Singapore 659164</p> <p>Choa Chu Kang Polyclinic 2 Teck Whye Crescent Singapore 688846</p> <p>Clementi Polyclinic 451 Clementi Avenue 3 #02-307 Singapore 120451</p> <p>Jurong Polyclinic 190 Jurong East Avenue 1 Singapore 609788</p> <p>Pioneer Polyclinic 26 Jurong West Street 61 Singapore 648201</p> <p><u>NHG Polyclinics</u></p> <p>Ang Mo Kio Polyclinic 21 Ang Mo Kio Central 2 Singapore 569666 (between COURTS and Ang Mo Kio Public Library)</p> <p>Hougang Polyclinic 89 Hougang Avenue 4 Singapore 538829</p> <p>Toa Payoh Polyclinic 2003 Toa Payoh Lorong 8 Singapore 319260</p> <p>Woodlands Polyclinic 10 Woodlands Street 31 Singapore 738579</p> <p>Yishun Polyclinic 30A Yishun Central 1 Singapore 768796</p> | Appointment line: 6355 3000 |
| MindCare | MindCare is the mental health division of AMKFSC Community | 643 Ang Mo Kio Ave 5 #01-3001 | Tel: 6553 6643 Email: mindcare@amkfs |

| Service / Programme | Description | Address | Contact |
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| <i>Service Provider:</i> AMKFSC Community Services Ltd | 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 here . | Singapore 560643 | c.org.sg |
| Mindfulness Parenting <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 here . | Novena Centre 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562 Simei Centre 227 Simei Street 4 Singapore 520227 | Tel: 6258 0831 Email: info@brahmcentre.com Tel: 6786 0800 Email: info@brahmcentre.com |
| Mood Disorders Clinic <i>Service Provider:</i> Institute of Mental Health | A specialist outpatient service that provides continuity of care for patients discharged from the Mood Disorder Unit. The clinic also accepts referrals from healthcare professionals for individuals with complex mood disorders. For more information, please click here . | Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | General enquiries: 6389 2000 |
| Our HEALing Voice <i>Service Provider:</i> Club HEAL | 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. For more information, please click here . | Club HEAL Head Office (West) 244 Bukit Batok East Ave 5, #01-02 Singapore 650244 Club HEAL @ Pasir Ris East (East) 148 Pasir Ris St 13 #01-24 Singapore 510148 Club HEAL @ Marsiling (North) 317 Woodlands St 31 #01-194 Singapore 730317 | Tel: 6899 3463 Email: info@clubheal.org.sg |

| Service / Programme | Description | Address | Contact |
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| Psycho-education Workshops <i>Service Provider:</i> Clarity Singapore Limited | 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. For more information, please click here . | Yishun 854 Yishun Ring Road #01-3511 Singapore 760854 Agape Village 7A Lorong 8 Toa Payoh #04-01 Singapore 319264 | Tel : 6757 7990 Email: lightingtheway@clarity-singapore.org Tel : 6801 7467 Email: lightingtheway@clarity-singapore.org |
| Psychiatry Services <i>Service Provider:</i> Nobel Psychological Wellness Clinic | 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. For more information, please click here . | Nobel Psychological Wellness Clinic @ Novena Novena Medical Centre 10 Sinaran Drive, #09-35 Singapore 307506 Nobel Psychological Wellness Clinic @ AMK 452 Ang Mo Kio Ave 10 #01-1773 Singapore 560452 Nobel Psychological Wellness Clinic @ TripleOne Somerset 111 Somerset Road #01-10A Singapore 238164 | Tel: 6397 2993 After clinic hours: 6535 8833 Emergency Hotline: 9622 1555 (24 hours) Tel: 6459 2630 Email: - Tel: 6733 9560 Email: - |
| Psychotherapy Services <i>Service Provider:</i> MindCare Clinic | 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. For more information, please click here . | 1 Farrer Park Station Road Farrer Park Medical Centre Connexion, #10-19 Singapore 217562 | Tel: 6705 5111 Email: info@mindcarespecialist.com |

Adults – Community Mobile Team

| Service / Programme | Description | Address | Contact |
|--|---|---|---|
| COMMunity Intervention Team (COMIT) <i>Service Provider:</i> Agency for Integrated Care (AIC) | COMIT is a professional team that conducts home visits and provides psychological assessments and emotional support for clients with mental health issues. | Refer to AIC's Community-based Care: Health and Social Care Service Directory 2015/2016 (page 239) for the list of social service organisations that provide COMIT support. | -- |
| COMMunity Intervention Team (COMIT) <i>Service Provider:</i> Singapore Anglican Community Service | Provide psycho-social therapeutic intervention for persons with mental health conditions and support their caregivers so they can live well at home and in the community. For more information, please click here . | Anglican Care Centre (Bukit Batok) 267 Bukit Batok East Avenue 4, #01-206 Singapore 650267 Anglican Care Centre (Yishun) 707 Yishun Avenue 5 #01-36 Singapore 760707 Anglican Care Centre (Pasir Ris) 534 Pasir Ris Drive 1 #01-266 Singapore 510534 | Tel: 6562 4881 Email: acc_bukitbatok@sacs.org.sg Tel: 6753 5311 Email: acc_yishun@sacs.org.sg Tel: 6584 4633 Email: acc_pasirris@sacs.org.sg |
| Mobile Support Team <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 here . | No information available. | Tel: 8511 2678 Email: samhmobile@samhealth.org.sg |

| Service / Programme | Description | Address | Contact |
|--|---|--|---|
| Peer Bridger <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. | Anglican Care Centre (Pasir Ris) 534 Pasir Ris Drive 1 #01-266 Singapore 510534 Anglican Care Centre (Simei) 10 Simei Street 3 Singapore 529897 Anglican Care Centre (Hougang) 20 Buangkok View Blk 4 Singapore 534194 Anglican Care Centre (Farrer Park) 375 Race Course Road Singapore 218644 SAMH Group Homes 239 Bukit Batok East Avenue 5, #01-165 Singapore 650239 | Tel: 6584 4633 Email: acc_pasirris@sacs.org.sg Tel: 6812 0888 Email: acc_simei@sacs.org.sg Tel: 6386 9338 Email: acc_hougang@sacs.org.sg Tel: 6202 9669 Email: acc_farrerpark@sacs.org.sg Tel: 6564 7003 Email: grouphomes@samhealth.org.sg |

Adults – Counselling

| Service / Programme | Description | Address | Contact |
|---|--|---|--|
| Counselling Centre <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 here . | 62B Lorong 4 Toa Payoh #02-143 Singapore 312062 | Tel: 6353 1180 Email: cccc@carecorner.org.sg |
| Clinical and Counselling Services <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. | 5 Upper Boon Keng Road Multi-storey Car Park #02-15 Singapore 380005 | Tel: 6741 9293 Requests for Counselling and Social Care services: shanyou@shanyou.org.sg |

| Service / Programme | Description | Address | Contact |
|---|--|--|--|
| | For more information, please click here . | | |
| Counselling Service <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 here . | <i>No information found.</i> | Email: club2care@gmail.com |
| Counselling Service <i>Service Provider:</i> Brahm Centre Limited | Provide counselling and psychotherapy services to the general public. This service is available to anyone who needs help. For more information, please click here . | Novena Centre 71 Irrawaddy Road Ren Ci Hospital #03-09 Singapore 329562 Simei Centre 227 Simei Street 4 Singapore 520227 | Tel: 6258 0831 Email: info@brahmcentre.com Tel: 6786 0800 Email: info@brahmcentre.com |
| Counselling Service <i>Service Provider:</i> Counselling and Care Centre | 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. For more information, please click here . | Hong Lim Complex 536 Upper Cross Street #05-241 Singapore 050536 | Tel: 6536 6366 Email: info@counsel.org.sg |
| Counselling Services <i>Service Provider:</i> Olive Branch | 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. For more information, please click here . | 229 Mountbatten Road, Mountbatten Square #02-32 Singapore 398007 | Tel: 8322 8861 Email: sam@olivebranch.com.sg |
| Counselling Services | Provide counselling and psychotherapy support to | Thong Teck Building 15 Scotts Road | Tel: 6733 9249 Whatsapp: 8285 0476 |

| Service / Programme | Description | Address | Contact |
|--|---|---|--|
| <i>Service Provider:</i> SACAC Counselling | 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 and trauma. For more information, please click here . | #09-04 Singapore 228218 | Email:admin@sacac.sg |
| Counselling Service <i>Service Provider:</i> Silver Ribbon (Singapore) | Provide counselling support in early identification and treatment of mental illness. For more information, please click here . | Tze Hng Wellness Studio 616 Hougang Ave 8 #01-386 Singapore 530616 The Linkage Geylang Serai Community Club, 99 Haig Road Singapore 438748 Raintree Sanctuary 550 Hougang St 51 #01-169 Singapore 530550 | Appointment line: 6386 1928 Appointment line: 6742 4190 Appointment line: 6385 3714 |
| Counselling Service <i>Service Provider:</i> Focus on the Family Singapore | Provide counselling for individuals, married couples and families. Examples of services for individual counselling include: <ul style="list-style-type: none"> • Stress & anxiety complex • Coping with and handling depression • Suffering grief & loss For more information, please click here . | 9 Bishan Place #08-03 Junction 8 Office Tower Singapore 579837 | Tel: 6336 1444 Email: focus@family.org.sg |
| Counselling and Psychotherapy Services <i>Service Provider:</i> Alliance Counselling | Alliance Counselling is a team of multilingual counsellors and psychologists. They provide empathetic professional support and guidance to men, women, couples, children, teenagers and families facing with mental health problems. | 501 Bukit Timah Road #04-03, Cluny Court Singapore 259760 | Tel: 6466 8120 Email:admin@alliancecounselling.com.sg |

| Service / Programme | Description | Address | Contact |
|--|--|--|--|
| | For more information, please click here . | | |
| Counselling and Psychotherapy Services <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 here . | 360 Orchard Road International Building #10-10 Singapore 238869 | Tel: 6733 8919 Email: appointment@scottpsychologicalservices.com |
| Counselling and Psychotherapy Services <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 here . | 491B River Valley Road #04-01 Valley Point Office Tower Singapore 248373 | Tel: 6733 2893 Email: contact@center4psy.com |
| Counselling Service <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 here . | 41 Sunset Way Clementi Arcade #02-06 Singapore 597071 | Tel: 6235 9602 Email: info@vapc.sg |
| Individuals & Group Counselling Services <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 here . | Yishun 854 Yishun Ring Road #01-3511 Singapore 760854 Agape Village 7A Lorong 8 Toa Payoh #04-01 Singapore 319264 | Tel : 6757 7990 Email: lightingtheway@clarity-singapore.org Tel : 6801 7467 Email: lightingtheway@clarity-singapore.org |

| Service / Programme | Description | Address | Contact |
|---|--|--|---|
| Maternal Wellness <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 here . | Yishun 854 Yishun Ring Road #01-3511 Singapore 760854 Agape Village 7A Lorong 8 Toa Payoh #04-01 Singapore 319264 Mount Alvernia Hospital Medical Centre B, #01-21 820 Thomson Road Singapore 574623 | Tel: 6757 7990 Email: ask@clarity-singapore.org Tel: 6801 7467 Email: ask@clarity-singapore.org Tel: 6347 6688 By Appointment only |
| Psychiatry Services <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 here . | 290 Orchard Road #19-01 Tower 1, Lobby F Singapore 238859 | Tel: 6883 6955 Email: enquiry@pachealthholdings.com |
| Psychiatry Services <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 here . | Raffles Counselling Centre 585 North Bridge Road Level 13 Singapore 188770 | Tel: 6311 2330 Email: specialist@raffleshospital.com |

Adults – Training and Employment Support

| Service / Programme | Description | Address | Contact |
|---|--|--|---|
| <u>Integrated Employment Services</u> <i>Service Providers:</i> Singapore Anglican Community Service | Employment Support Services (ESS) 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 | Singapore Anglican Community Service 10 Simei Street 3 Singapore 529897 | SACS Officer Mr Vincent Budihardjo Tel: 6812 0878 Email: Vincent_budihardjo@sacs.org.sg |
| | Employment Internship Programme (EIP) Provide on the job training for persons in recovery from mental health issues to prepare them for open employment. The objectives are to: 1) Enhance the job readiness and sustainability of persons in recovery through on the job training in specified industries; 2) Enhance knowledge and skills of employers in supporting persons in recovery; and 3) Showcase employability of persons in recovery. | | |
| | Employee Assistance Programme Plus (EAP+) 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 | | |

| Service / Programme | Description | Address | Contact |
|--|--|--|---|
| | provides advisory support and training on creating an inclusive and supportive workplace. | | |
| Occupational Therapy: Activities, Vocation and Empowerment (OcTAVE) <i>Service Provider:</i> Institute of Mental Health | <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"> 1) Clinical Rehabilitation 2) Empowerment 3) Vocational Training 4) Job Club <p>For more information, please click here.</p> | <p>OcTAVE@IMH Occupational Therapy Department Institute of Mental Health Buangkok Green Medical Park, Blk 1, 10 Buangkok View, Singapore 539747</p> <p>OcTAVE@Bukit Batok Bukit Batok Polyclinic Level 3, 50 Bukit Batok West Ave 3 Singapore 659164</p> <p>OcTAVE@Cantonment 25 Cantonment Road Singapore 089744</p> | <p>Tel: 6389 2904 Email: -</p> <p>Tel: 6566 7462 Email: -</p> <p>Tel: 6479 7353 Email: -</p> |
| MINDSET Learning Hub <i>Service Provider:</i> Singapore Association for Mental Health | <p>Aim to work with persons in recovery from mental health issues for their vocational training and employment needs. It is a collaboration between the Jardine Matheson Group through its registered charity, MINDSET Care Limited and SAMH.</p> <p>For more information, please click here.</p> | 257 Jurong East Street 24 #01-405 Singapore 600257 | <p>Tel: 6665 9220 Email: mindsetLH@samhealth.org.sg</p> |

Adults – Day Activity / Day Rehabilitation Centres

| Programme | Description | Address | Contact |
|--|--|---|---|
| Mental Wellness Centres (Rehabilitation) <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 here . | Club HEAL Head Office (West) 244 Bukit Batok East Ave 5, #01-02 Singapore 650244 Club HEAL @ Pasir Ris East (East) 148 Pasir Ris St 13 #01-24 Singapore 510148 Club HEAL @ Marsiling (North) 317 Woodlands St 31 #01-194 Singapore 730317 | Tel: 6899 3463 Email: info@clubheal.org.sg |
| Day Rehabilitation Services <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 here . | Anglican Care Centre (Bukit Batok) 267 Bukit Batok East Avenue 4, #01-206 Singapore 650267 Anglican Care Centre (Yishun) 707 Yishun Avenue 5 #01-36 Singapore 760707 Anglican Care Centre (Pasir Ris) 534 Pasir Ris Drive 1 #01-266 Singapore 510534 Anglican Care Centre (Hougang) 20 Buangkok View, Blk 4 Singapore 534194 Anglican Care Centre (Simei) 10 Simei Street 3 Singapore 529897 | Tel: 6562 4881 Email: acc_bukitbatok@sacs.org.sg Tel: 6753 5311 Email: acc_yishun@sacs.org.sg Tel: 6584 4633 Email: acc_pasirris@sacs.org.sg Tel: 6386 9338 Email: acc_hougang@sacs.org.sg Tel: 6812 0888 Email: acc_simei@sacs.org.sg |
| Friendship And Mind Enrichment (FAME) Club | Seek to rehabilitate patients recovering from mental illness and facilitate their re-integration into | 242 Hougang St 22 #01-93 Singapore 530242 | Tel: 6340 4164 Email: lilychan@bcare.org.sg (Mrs Lily Chan) |

| Programme | Description | Address | Contact |
|--|---|--|---|
| <i>Service Provider:</i> Bethesda C.A.R.E Centre | the community. For more information, please click here . | | |
| Oasis Day Centre <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 here . | 139 Potong Pasir Avenue 3, #01-132 Singapore 350139 | Tel: 6283 1576 Email: oasis@samhealth.org.sg |

Adults – Rehabilitation Residential/Nursing Homes

| Service / Programme | Description | Address | Contact |
|--|---|--|---|
| Activity Hub @ Pelangi Village <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 here . | 8 Buangkok Green Singapore 539752 | Tel: 6315 6778 Email: samhah@singnet.com.sg |
| Banyan Home @ Pelangi Village <i>Service Provider:</i> 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 here . | 12 Buangkok Green Singapore 539754 | Tel: 6489 8318 Email: kohsc@chkmps.org.sg |
| Group Homes <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 here . | 239 Bukit Batok East Avenue 5, #01-165 Singapore 650239 240 Bukit Batok East Avenue 5, #01-229 Singapore 650240 | Tel: 6564 7003 Email: grouphomes@samhealth.org.sg |
| Psychiatric Sheltered Home <i>Service Provider:</i> | A sheltered home for persons with mental health conditions who have undergone psychiatric rehabilitation and are ready to reintegrate into the community. | Anglican Care Centre (Farrer Park) 375 Race Course Road Singapore 218644 | Tel: 6202 9669 Email: acc_farrerpark@sacs.org.sg |

| | | | |
|--|---|---|---|
| Singapore Anglican Community Service | For more information, please click here . | | |
| St Andrew's Nursing Home <i>Service Provider:</i> St Andrew's Mission Hospital | Provide long-term care for residents suffering from psychiatric illnesses. For more information, please click here . | St. Andrew's Nursing Home (Buangkok) 60 Buangkok View Singapore 534012 | Tel: 6880 5330 Email: enquiries@sanh.org.sg |
| Sunlove Home <i>Service Provider:</i> Sunlove Abode For Intellectually-Infirm Ltd | 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. For more information, please click here . | Buangkok Green Medical Park, 70 Buangkok View Singapore 534190 | Tel: 6387 3548 Email: sunlovehq@gmail.com |
| Service Residential Care <i>Service Provider:</i> Tai Pei Social Service | 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. For more information, please click here . | Buangkok Green Medical Park, 10 Buangkok View Blk 5, Level 5 & 6 Singapore 539747 | Tel: 6387 4728 Email: taipeisocialservice@gmail.com |

2.4) Seniors

Seniors – General

| Service / Programme | Description | Address | Contact |
|---|--|---|--|
| Active Minds for Elderly with Dementia <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 here . | 38 Chai Chee Avenue #01-177 Singapore 461038 | Tel: 6242 5978 / 6636 3787 Email: info@filos.sg |
| Care in the Community <i>Service Provider:</i> Filos Community Service | Social Wellness Programme Promote social, emotional, physical and mental wellness for all elderly aged 40 years and above. More Than Friends Programme 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. | | |
| ADA Resource and Training Centre (ARTC) <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 here . | 70 Bendemeer Road #06-02 Luzerne Building Singapore 339940 | Tel: 6293 9971 Email: professional_trg@alz.org.sg |
| Alzheimer's and Dementia Care <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 here . | Head Office 221 Henderson Road Henderson Building #07-18 Singapore 159557 Bedok Office 198 Joo Chiat Road #03-01 | Tel: 6336 3376 Email: service@comfortkeepers.com.sg Tel: 6348 9007 Email: bedok@comfortkeepers.com.sg |

| Service / Programme | Description | Address | Contact |
|---|---|---|--|
| | | Singapore 427469 Jurong & Bukit Batok 10 Bukit Batok Crescent The Aspire #04-02 Singapore 658079 Queenstown & Clementi 308 Tanglin Road #01-05A Singapore 247974 | Tel: 6515 5308 Email: helpinghands@comfortkeepers.com.sg Tel: 6734 5160 Email: queenstown@comfortkeepers.com.sg |
| Alzheimer's Disease and Dementia Clinic <i>Service Provider:</i> National Neuroscience Institute (NNI) | 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. For more information, please click here . | NNI @ TTSH Campus Neuroscience Clinic, Level 1, National Neuroscience Institute, Tan Tock Seng Hospital, 11 Jalan Tan Tock Seng Singapore 308433 NNI @ SGH Campus Neuroscience Clinic, Blk 3, Singapore General Hospital, Outram Road Singapore 169608 | Appointment line: 6357 7095 Email: appointments@nni.com.sg Appointment line: 6321 4377 Email: appointments@sgh.com.sg |

| Service / Programme | Description | Address | Contact |
|--|--|--|---|
| Aged Psychiatry Community Assessment & Treatment Service (APCATS) <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 here . | Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok Green Singapore 539747 | Tel: 6389 2175 Email: apcats@imh.com.sg |
| APCATS – Regional Eldercare Agencies Partnership (APCATS REAP) <i>Service Provider:</i> Institute of Mental Health | APCATS REAP is an extension of APCATS. It aims to: <ol style="list-style-type: none"> 1) Extend partnership with community eldercare agencies and primary care practitioners to meet the psychosocial needs of the elderly in the community; 2) Empower the community eldercare agencies and primary care practitioners to manage the elderly with mental disorders through training, consultation and support. 3) Enhance awareness and facilitate early detection of mental disorders in the elderly. For more information, please click here . | | |
| Community Psychogeriatric Programme (CPGP) <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 here . | Changi General Hospital 2 Simei Street 3 Singapore 529889 | Tel: 6426 7504 / 6426 7506 Email: CPCG@cgh.com.sg |
| Geriatric Psychiatric Out-Reach Assessment Consultation | An outreach service to provide psychiatric assessment and treatment for elderly with mental health conditions living in the western region of Singapore. | Department of Psychological Medicine NUHS Tower Block, Level 9, 1E Kent Ridge Road Singapore 119228 | Tel: 6872 4118 Email: g_race@nuhs.edu.sg |

| Service / Programme | Description | Address | Contact |
|--|--|--|--|
| and Enablement (G-RACE) <i>Service Provider:</i> National University Hospital | For more information, please click here . | | |
| Memory Clinic <i>Service Provider:</i> Institute of Mental Health | 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. For more information, please click here . | Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | General enquiries: 6389 2000 (24 hours) Appointment line: 6389 2200 |
| Mind-Able Programme <i>Service Provider:</i> Caregiving Welfare Association | A form of early therapeutic intervention for elderly wanting to live a healthy lifestyle and for elderly who have been diagnosed with Dementia. For more information, please click here . | 3 Ghim Moh Road #01-294 Singapore 270003 | Tel: 6466 7957/7996 To sign up, please drop an e-mail to contact@cwa.org.sg |
| Old Age Psychiatry Clinic <i>Service Provider:</i> Adam Road Medical Centre | Treat common psychiatric syndromes of old age including dementia, mood and anxiety disorders and late-onset psychosis for people over 65 years old. For more information, please click here . | 559 Bukit Timah Road #01-02 King's Arcade Singapore 269695 | Tel: 6466 7777 (4 lines) Email: nm@arh.com.sg |
| Project IRENE (Integrated Resource Network) <i>Service Provider:</i> Fei Yue Community Services | A centre-based programme at Fei Yue Retirees Centre which aims to reach out to seniors to keep them physically active through centre 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 here . | Fei Yue Retirees Centre (Choa Chu Kang) Blk 11 Teck Whye Lane #01-222 Singapore 680011 | Tel: 6769 6981 Email: irene@fyccs.org |

Seniors – Community Mobile Team

| Service / Programme | Description | Address | Contact |
|---|---|---|--|
| Assessment and Shared Care Team (ASCAT) <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. | ASCAT@North THRIVE Khoo Teck Puat Hospital 90 Yishun Central Singapore 768828 ASCAT@Centrals 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) <i>Service Provider:</i> Agency for Integrated Care (AIC) | Seek to raise mental health awareness to the public through outreach events, targeted activities and home visits. The team also helps to identify residents at risk of mental health issues such as dementia and depression and links them to services and assistance, and provides emotional support to clients and caregivers. | Refer to AIC's Community-based Care: Health and Social Care Service Directory 2015/2016 for the list of social service organisations that provide CREST support. | -- |

Seniors – Counselling Centres

| Service / Programme | Description | Address | Contact |
|--|--|--|---|
| Counselling for Older Persons <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 here . | 5 Upper Boon Keng Road #02-10 (across from Kallang MRT) Singapore 380005 | Tel: 6749 0190 Email: admin@ojoy.org |
| Counselling Service <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 here . | 3 Ghim Moh Road #01-294 Singapore 270003 | Tel: 6466 7957 / 6466 7996 Email: contact@cwa.org.sg |

| Service / Programme | Description | Address | Contact |
|--|--|--|---|
| Hua Mei Counselling and Coaching <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. For more information, please click here . | 298 Tiong Bahru Road #15-01/06, Central Plaza Singapore 168730 | Tel: 6593 9512 Email: hmcc@tsaofoundation.org Accept referrals from hospitals, community service agencies, volunteers, families and individuals. Service is by appointment only. |

Seniors – Dementia Day Care Centres

| Service / Programme | Description | Address | Contact |
|--|---|---|--|
| Activity Center for Elderly with Dementia <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 here . | 1 Kay Siang Road Annexe Block, #04-10 Singapore 248922 | Tel: 9729 7480 Email: contact@mfscsg.com |
| Dementia Day Care Centre <i>Service Provider:</i> Apex Harmony Lodge | Provide day-care for people living with dementia. For more information, please click here . | 10 Pasir Ris Walk Singapore 518240 | Tel: 6585 2265 Email: ahl@apexharmony.org.sg |
| Dementia Day Care Centre <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 here . | 123 Ang Mo Kio Ave 6 #01-4035 Singapore 560123 | Tel: 6511 9479 Email: dementiadc@awwa.org.sg |
| Peacehaven Day Centres <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 here . | Peacehaven Bedok Day Centre 121 Bedok North Road #01-161/163 Singapore 460121 Peacehaven Changi Day Centre 9 Upper Changi Road | Tel: 6445 1630 Email: peacehaven_day_centre@smm.salvationarmy.org Tel: 6546 5669 Email: peacehaven_day_centre@smm.salvationarmy.org |

| Service / Programme | Description | Address | Contact |
|--|--|--|--|
| | | North, Singapore 507706 | y.org |
| New Horizon Centres <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 here . | New Horizon Centre (Toa Payoh) 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157 New Horizon Centre (Jurong Point) 1 Jurong West Central 2 #04-04, Jurong Point Shopping Centre Singapore 648886 New Horizon Centre (Bukit Batok) 511 Bukit Batok Street 52 #01-211 Singapore 650511 New Horizon Centre (Tampines) 362 Tampines St 34 #01-377 Singapore 520362 | Tel: 6353 8734 Email: alzheimers.tp@alz.org.sg Tel: 6790 1650 Email: alzheimers.jp@alz.org.sg Tel: 6565 9958 Email: alzheimers.bb@alz.org.sg Tel: 6786 5373 Email: alzheimers.tm@alz.org.sg |
| Silver Circle Senior Care Centres <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 here . | Refer to NTUC Health Co-Operative Ltd website for the list of addresses. | Tel: 6715 6762 Email: daycare@ntuchealth.sg |
| Dementia Day Care <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 here . | Refer to St Luke's Eldercare website for the list of addresses. | Tel: 6567 0708 Email: slechq@stluke.org.sg |

| Service / Programme | Description | Address | Contact |
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| Dementia Day Care <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 here . | Buangkok Green Medical Park, 70 Buangkok View Singapore 534190 | Tel: 6387 3548 Email: sunlovehome@hotmail.com |
| Dementia Day Care <i>Service Provider:</i> Sunshine Welfare Action Mission (SWAMI) | Activities in the form of games and exercises are organised to keep patients active and alert as it helps stimulate their mental capabilities. It also provides respite to family caregivers by looking after them during the day. For more information, please click here . | 5 Sembawang Walk Singapore 757717 | Tel: 6257 6117 Email: swamihome@singnet.com.sg |
| Dementia Day Care Centre <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 here . | Chinatown Complex 335A Smith Street #03-57 Singapore 051335 | Tel: 6225 1002 Email: mail@yong-en.org.sg |
| Jamiyah Senior Care Centre <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 here . | Jamiyah Nursing Home (Darul Syifaa) 130 West Coast Drive Singapore 127444 | Tel: 6776 8575 Email: jnh@jamiyah.org.sg |

Seniors – Rehabilitation Residential/Nursing Homes

| Service / Programme | Description | Address | Contact |
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| Day Care <i>Service Provider:</i> United Medicare | Provide a structure programme for elderly with dementia to meet their specific needs in a positive social environment. | 170 Toa Payoh Lorong 6 Singapore 319400 | Tel: 6258 4848 Email: admin@unitedmedicare.com.sg |

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| Centre | For more information, please click here . | | |
| Dementia Ward <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 here . | Jamiyah Nursing Home (Darul Syifaa) 130 West Coast Drive Singapore 127444 | Tel: 6776 8575 Email: jnh@jamiyah.org.sg |
| Grace Lodge <i>Service Provider:</i> Singapore Buddhist Welfare Services | Provide specialist services such as geriatric and psychogeriatric services for its female residents, regardless of race or religion. For more information, please click here . | 105 Punggol Road Singapore 546636 | Tel: 6489 8161 Email: sbws@sbws.org.sg |
| Meranti Home @ Pelangi Village <i>Service Provider:</i> Sree Narayana Mission (Singapore) | Provide shelter and rehabilitation for male destitute persons requiring psychiatric care. For more information, please click here . | 6 Buangkok Green Singapore 539751 | Tel: 6315 9147 Email: meranti@snm.org.sg |
| Nursing Home <i>Service Provider:</i> Apex Harmony Lodge | The first purpose-built Lodge in Singapore providing long-term care, respite and day-care for people living with dementia. For more information, please click here . | 10 Pasir Ris Walk Singapore 518240 | Tel: 6585 2265 Email: ahl@apexharmony.org.sg |
| Nursing Home <i>Service Provider:</i> Orange Valley | The nursing home offers: 1) Long term care 2) Short term care / Respite Care 3) Medical care / Specialty care 4) Dementia / Psychiatric care 5) Overall geriatric care For more information, please click here . | Refer to Orange Valley website for the list of addresses. | Tel: 6499 4699 Email: enquiry@orangevalley.sg |
| Management and Care for Dementia <i>Service Provider:</i> | The Dementia Specific ward is designed to accommodate to the individual needs of the dementia residents in maintaining their | Bishan Home 9 Bishan Street 13 Singapore 579804 Bedok Home | Tel: 6252 9900 Email: lhe.pr@lionshome.org.sg Tel: 6244 0667 |

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| Lions Home for the Elders | dignity and self esteem. For more information, please click here . | 487 Bedok South Avenue 2, Singapore 469316 | Email: lhe.pr@lionshome.org.sg |
| Nursing Homes <i>Service Provider:</i> Pacific Healthcare Holdings | A private nursing home that provides a comprehensive range of equipment to assist in the care of the elderly including dementia-friendly facilities. For more information, please click here . | Pacific Healthcare Nursing Home 6 Lengkok Bahru Singapore 159051 Pacific Healthcare Nursing Home II 21 Senja Road Singapore 677736 | Tel: 6272 3133 Email: enquiry@pachealthnursing.com Tel: 6766 2722 Email: enquiry@pachealthnursing.com |
| Peacehaven Nursing Home <i>Service Provider:</i> The Salvation Army | 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. For more information, please click here . | Peacehaven Changi Day Centre 9 Upper Changi Road North, Singapore 507706 | Tel: 6546 5678 Email: peacehaven@smm.salvationarmy.org |

2.5) Caregiver Support Services

| Service / Programme | Description | Address | Contact |
|---|---|---|--|
| Caregiver Support Group <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 here . | ADA Resource & Training Centre 70 Bendemeer Road, #06-02 Luzerne Building Singapore 339940 New Horizon Centre (Toa Payoh) 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157 New Horizon Centre (Jurong Point) 1 Jurong West Central 2 #04-04, Jurong Point Shopping Centre Singapore 648886 New Horizon Centre (Bukit Batok) 511 Bukit Batok Street 52 #01-211 Singapore 650511 | Tel: 6377 0700 For registration, please complete an online form here or email at registration@alz.org.sg . No registration fee is required. |
| Caregivers' Support Group <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 here . | Club HEAL Head Office (West) 244 Bukit Batok East Ave 5, #01-02 Singapore 650244 Club HEAL @ Pasir Ris East (East) 148 Pasir Ris St 13 #01-24 Singapore 510148 Club HEAL @ Marsiling (North) 317 Woodlands St 31 #01-194 Singapore 730317 | Tel: 6899 3463 Email: info@clubheal.org.sg |
| Caregiver Support Group | Open to family members and friends of persons in recovery from mental health issues to equip them | SAMH Oasis Day Centre 139 Potong Pasir Avenue 3, #01-132 | Tel: 6255 3222 / 6665 9220 Email: supportsvcs@samh |

| Service / Programme | Description | Address | Contact |
|---|---|---|--|
| <i>Service Provider:</i> Singapore Association for Mental Health (SAMH) | with the knowledge and skills necessary to care for their loved ones. For more information, please click here . | Singapore 350139 | ealth.org.sg |
| Caregivers-to-Caregivers Training Programme <i>Service Provider:</i> Caregivers Alliance Limited | 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 they can better cope with their caregiving duties. For more information, please click here . | Caregivers Alliance Limited 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373 | Tel: 6460 4400 Email: general@cal.org.sg |
| Caregivers-to-Caregivers Support Centre (CSC) <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 here . | Caregivers Alliance Limited 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373 Caregivers Support Centre Lobby, Block 1, Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747 Changi General Hospital 2 Simei Street 3 Singapore 529889 Khoo Teck Puat Hospital 90 Yishun Central Singapore 768828 Tan Tock Seng Hospital CareConnect, Level 1, Main Atrium 11 Jalan Tan Tock Seng Singapore 308433 Singapore General Hospital Block 6, Level 1 (beside | Tel: 6460 4400 Email: general@cal.org.sg Tel: 6388 8631 Email: csc@cal.org.sg Tel: 9736 9170 Email: emaileast@cal.org.sg Tel: 9720 7590 Email: emailwest@cal.org.sg Tel: 9729 8628 Email: emailcentral@cal.org.sg Tel: 6221 5004 Email: emaileast@cal.org.sg |

| Service / Programme | Description | Address | Contact |
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| | | Kopitiam) Outram Road Singapore 308433 | |
| Individual Training and Support <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 here . | Caregivers Alliance Limited 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373 | Tel: 6460 4400 Email: emaileast@cal.org.sg |
| Dementia Support Group <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 here . | 90 Yishun Central Singapore 768828 | Tel: 6555 8000 Email: ktph.memorycare@alexandrahealth.com.sg |
| Family Link Programme <i>Service Provider:</i> Singapore Association for Mental Health | Aim to educate and support family members in caring for their loved ones with the following three mental illnesses: 1) Depression, 2) Bipolar disorder 3) Schizophrenia For more information, please click here . | To be confirmed. | Tel: 6593 6424 Email: samhyr@singnet.com.sg |
| Family of Wisdom (FOW) Programme <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 here . | FOW - Bendemeer 72 Bendemeer Road #05-29 Luzerne Building Singapore 339941 FOW - Tiong Bahru 298 Tiong Bahru Road #10-05 Central Plaza Singapore 168730 FOW - Toa Payoh 7A Lorong 8 Toa Payoh #03-06 Agape Village Singapore 319264 | Tel: 6291 6268 Email: fow_ben@alz.org.sg Tel: 6593 6440 / 6593 6442 Email: fow_tb@alz.org.sg Tel: 6801 7483 Email: fow_tpy@alz.org.sg |
| Project Angel | A one-stop resource for coordinated information, services | 27 Telok Blangah Way #01-1018 | Tel: 6274 6904 Email: projectangels@27fs |

| Service / Programme | Description | Address | Contact |
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| <i>Service Provider:</i> Montfort Care | and support for caregivers for people with dementia. It provides services with no geographic boundary for caregivers to recharge, rebalance and refocus. For more information, please click here . | Singapore 090027 | c.org.sg |
| Specialised Caregiver Support Service <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 here . | ADA - Caregiver Support Centre 70 Bendemeer Road #03-02A Luzerne Building Singapore 339940 | Dementia Helpline: 6377 0700 Email: infocsc@alz.org.sg |
| The Eldersitter Programme <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 here . | Alzheimer's Disease Association - Caregiver Support Centre 70 Bendemeer Road #03-02A Luzerne Building Singapore 339940 Thye Hua Kwan Moral Charities Limited - THKMC Chong Pang Social Service Hub Blk 131 Yishun Street 11 Singapore 760131 NTUC Health Co-Operative Limited - Eldercare Services 55 Ubi Ave 1 #08-01 Singapore 408935 | Dementia Helpline: 6377 0700 Email: infocsc@alz.org.sg Tel: 6690 0110 Email: cpssh@thkmc.org.sg Tel: 6715 6715 Email: ecare@ntuhealth.sg |

2.6) Public / Restructured Hospital Services

| Service / Programme | Description | Address | Contact |
|-----------------------------------|---|---|--|
| Changi General Hospital | Psychological Medicine Provide psychological and psychiatric care for both inpatients and outpatients. For more information, please click here . | 2 Simei Street 3 Singapore 529889 | General enquiries: 6788 8833 Appointment line: 6850 3333 |
| Institute of Mental Health | Community Mental Health Team 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. For more information, please click here . | Buangkok Green Medical Park, 10 Buangkok View Singapore 539747 | Tel: 6389 2371 |
| | Clinic B 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. For more information, please click here . | | General enquiries: 6389 2000 (24 hours) Appointment line: 6389 2200 |
| | Sayang Wellness Clinic Provide psychiatry services to private patients. The clinic also holds support groups for patients and their families. For more information, please click here . | | |
| | Department of Psychology Provide a comprehensive range of | Buangkok Green Medical Park, 10 Buangkok View | General enquiries: 6389 2000 (24 hours) |

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| | <p>psychometric assessments and psychotherapies for children and adults with a range of mental health problems.</p> <p>For more information, please click here.</p> | Singapore 539747 | Appointment line: 6389 2200 |
| KK Women and Children's Hospital | <p>Psychological Medicine</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 here.</p> | Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899 | Appointment line: 6294 4050 |
| | <p>Psychology Service</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 here.</p> | Children's Tower, Level 3 100 Bukit Timah Road Singapore 229899 | Appointment line: 6294 4050 Clinic helpline: 6394 8412 |
| | <p>Psychosocial Trauma Support</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 here.</p> | Children's Emergency Basement 1 100 Bukit Timah Road Singapore 229899 | Appointment line: 6294 4050 Clinic helpline: 6394 8050 For now, only internal referrals are accepted. |
| | <p>Support Groups for Women - Perinatal Depression Support Group (Psychological Medicine)</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> | Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899 | Enquiries for Perinatal Depression Support Group: 6394 2205 |

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| | <p>For more information, please click here.</p> | | |
| | <p>Women's Mental Wellness Service (Psychological Medicine)</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 here.</p> | <p>Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899</p> | <p>Appointment line: 6294 4050</p> |
| <p>Jurong Community Hospital</p> | <p>Psychology Services</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 here.</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>Khoo Teck Puat Hospital</p> | <p>Psychological Medicine</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 here.</p> | <p>90 Yishun Central Singapore 768828</p> | <p>Appointment line: 6555 8828</p> |
| <p>National University Hospital</p> | <p>Psychological Medicine</p> <p>Provide quality inpatient and outpatient psychiatric clinical care for the general population.</p> <p>For more information, please click here.</p> | <p>Outpatient Services Neuroscience Clinic 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> |

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| | Women Emotional Health Services Provide personalised care for women experiencing emotional issues or distress during difficult periods in pregnancy, first postnatal year, fetal loss (miscarriages and/or stillbirths) and gynaecological cancer. For more information, please click here . | Department of Psychological Medicine NUHS Tower Block, Level 9, 1E Kent Ridge Road Singapore 119228 | Tel: 6772 2037 |
| Ng Teng Fong General Hospital (managed by JurongHealth) | Psychology Services Help patients with psychological problems and behavioral disorders and those who face difficulty in dealing with the various stressors of life. For more information, please click here . | 1 Jurong East Street 21 Singapore 609606 | General enquiries: 6716 2000 (24 hours) Appointment line: 6716 2222 |
| Singapore General Hospital | Department of Psychiatry Provide a comprehensive integrated multi-disciplinary service in the management of patients with psychological and psychiatric disorders. For more information, please click here . | Outram Road Singapore 169608 | General enquiries: 6222 3322 Appointment line: 6321 4377 |
| Sengkang General Hospital | Department of Psychiatry Help patients with psychiatric conditions. The team assesses and manages a broad spectrum of psychiatric conditions in both the inpatient and outpatient settings. For more information, please click here . | 110 Sengkang East Way Singapore 544886 | General enquiries: 6930 6000 |
| Tan Tock Seng Hospital | Psychological Medicine Department Provide psychiatric management for individuals who suffer from psychiatric disorders such as depression disorders, anxiety and panic disorders, psychosis, stomatoform disorders, | 11 Jalan Tan Tock Seng, Medical Centre, Clinic 4A Level 4 Singapore 308433 | General enquiries: 6256 6011 Central appointment: 6357 7000 Private appointment: 6357 8000 |

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| | <p>neuropsychiatric disorders and disorders in the elderly and medically ill.</p> <p>For more information, please click here.</p> | | |
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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 |
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| Preparatory Training for Potential Peer Support Specialist | 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 Rahayu Mokti Tel: 6589 5558 Email: Rahayu_MOKTI@ncss.gov.sg |
| Certificate in Peer Support | 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. | |
| Train-the-trainer for Recovery Training for Organisations | 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 | Staff of mental health organisations who have completed the ‘Recovery Training for Organisation’ and who | |

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| | Training for Organisation' module. This module builds up trainers for a sustainable recovery-oriented peer support eco-system in Singapore. | are keen to be facilitators. | |
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Please contact the respective staff in-charge for more information or visit Social Service Institute website [here](#).

Resources

1. National Council of Social Service

- You can refer to the [NCSS website](#) for our list of publications 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](#)
- 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.

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