

SUICIDE PREVENTION AND CRISIS HELPLINES

SOS (Samaritans of Singapore)	1800 221 4444	Daily	24 hours
https://www.sos.org.sg/contact-us			

MENTAL HEALTH

CHAT	6493 6500 / 6501 CHAT@mentalhealth.sg	Tues-Sat	12pm to 9pm
Singapore Association for Mental Health (SAMH)	1800 2837019	Monday - Friday	9.00am - 1.00pm 2.00pm - 6.00pm
Emergency Helpline (IMH)	6389 2222	Daily	24 hours
Silver Ribbon (Singapore)	6386 1928	Daily	10am – 5pm

COUNSELLING

ComCare	1800-222-0000	Daily	24 hours
Care Corner Counselling Centre	1800 – 353 5800 (Mandarin)	Daily	10am – 10pm
eCounsellingCentre (eC2) (Fei Yue Project 180)	www.egen.sg / www.ec2.sg	Monday – Friday	Mon-Fri: 2pm to 5:30pm
Talk2Us Helpline	1800 8255 287	Monday – Friday Saturday	8.30am – 5pm 8.30am – 12.30pm
Help123 Cyber Wellness Community Support	1800 612 3123 hello@help123.sg Chat Online at: www.help123.sg	Mon to Fri (except public holidays) Mon to Fri (except public holidays)	10.00am – 6.00pm 2.00pm – 10.00pm
OTR	Otrlistens.net	Daily	Mon – Fri: 4pm – 12am Sat – Sun : 12pm – 12am
Hear4U (Counselling via Whatsapp voice/text)	6978 2728 http://www.care.sg/hear4u/	Mon to Fri	10.00am to 5pm
Youthline	6336 3434	Mon to Fri	8.30am to 6pm
Touchline (Touch Youth)	1800 377 2252 cyberwellness@touch.org.sg	Mon-Fri (except public holidays)	9am to 6pm