

Crisis helplines					
Service	Description	Contact details	When		For more information
Samaritans of Singapore (SOS)	For anyone who is in distress or suicidal	1767 (call)	Daily	24 hours	<a href="https://www.sos.org.sg/about/our-services">https://www.sos.org.sg/about/our-services</a>
		91511767 (CareText)			
		Whatsapp text messaging)			
Institute of Mental Health (IMH)	Mental health helpline	6389 2222	Daily	24 hours	<a href="https://www.imh.com.sg/Pages/Contact-Us.aspx">https://www.imh.com.sg/Pages/Contact-Us.aspx</a>
National Anti-Violence and Sexual Harrassment (NAVH) Helpline	For reporting violence/ abuse or neglect, including sexual violence and sexual harassment	1800 777 0000	Daily	24 hours	<a href="https://www.aware.org.sg/information/dealing-with-family-violence/">https://www.aware.org.sg/information/dealing-with-family-violence/</a>
In cases of emergency	Police	999	Daily	24 hours	
		71999 (emergency SMS)			
		Ambulance			

Youth Mental Health Helplines					
Service	Description	Contact details	When		For more information
CHAT (IMH)	To provide youth mental health information and support to distressed young people who may be unsure about seeking help face-to-face	webCHAT (only on laptop/desktop computer) 64936500 / 64936501 chat@mentalhealth.sg	Tues - Sat (exc. public holidays)	1pm - 8pm	<a href="https://www.imh.com.sg/CHAT/Get-Help/webCHAT/Pages/default.aspx#">https://www.imh.com.sg/CHAT/Get-Help/webCHAT/Pages/default.aspx#</a>
TOUCHline	Mental health helpline for youths	1800 377 2252	Mon - Fri (exc. public holidays)	9am to 6pm	<a href="https://www.touch.org.sg/about-touch/our-services/touch-counselling-and-intervention-homepage">https://www.touch.org.sg/about-touch/our-services/touch-counselling-and-intervention-homepage</a>
Singapore Association for Mental Health (SAMH) Helpline	For info or help on mental health matters	1800 283 7019	Mon - Fri (exc. public holidays)	9am to 6pm	<a href="https://www.samhealth.org.sg/our-services/outreach/samh-insight-centre/#insight-overview">https://www.samhealth.org.sg/our-services/outreach/samh-insight-centre/#insight-overview</a>
Over-The-Rainbow (OTR) Listens	Text-based chat support for youths	<a href="https://otrlistens.net/">https://otrlistens.net/</a>	Mon - Fri	4pm to 12am	
			Sat & Sun	12pm to 12am	

Youth Mental Health Support Resources					
Service	Description	Contact details	When		For more information
Mindline	Online mental health resources for youths				<a href="https://mindline.sg/youth/home">https://mindline.sg/youth/home</a>
SAMH Youthreach	Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community	6593 6424	Mon - Fri (exc. public holidays)	9am to 6pm	<a href="https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview">https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview</a>

Other resources					
Service	Description	Contact details	When		For more information
Family Service Centres	For help on family, socio-emotional, interpersonal or other social issues	1800 222 0000 (ComCare helpline)	Daily	7am to 12am	<a href="https://www.msf.gov.sg/our-services/directories">https://www.msf.gov.sg/our-services/directories</a>
Strengthening Families Programme@FSC (FAM@FSC)	Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families.	1800 222 0000 (ComCare helpline)	Daily	7am to 12am	<a href="https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-famfsc">https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-famfsc</a>
Agency for Integrated Care (AIC)	Resources for elderly support	1800 650 6060	Mon - Fri	8.30am to 8.30pm	<a href="https://www.aic.sg/">https://www.aic.sg/</a>
			Sat	8.30am to 4pm	
BABES Pregnancy Crisis Support	Support for pregnant teenagers	6206 6641 3135 1351 (Whatsapp text only)	Daily	24 hours	<a href="https://www.babes.org.sg/">https://www.babes.org.sg/</a>
Care Corner Counselling Centre	Provides toll-free Mandarin counselling hotline	1800 3535 800	Daily (exc. public holidays)	10am to 10pm	<a href="https://www.carecorner.org.sg/services/toll-free-counselling-hotline/">https://www.carecorner.org.sg/services/toll-free-counselling-hotline/</a>

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