

LIST OF HELPLINES

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Please take note that the following is not a comprehensive list of helplines available in Singapore.

ISSUE: ADDICTION & MENTAL HEALTH

For more programmes and information on Mental Health Services, please refer to [Mental Health Resource Directory](#).
(Alternatively, you may go to NCSS Website > Press Room > Publications > Mental Health Resource Directory)

ISSUE: CAREGIVERS

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	AWWA Caregiver Service (Disability)	For caregivers of persons with disability and/or special needs, from childhood to adulthood.	Mon to Fri: 9.00am – 6.00pm	1800-299-2992 caregiver@awwa.org.sg
2.	Dementia Helpline (Alzheimer's Disease Association, Caregiver Support Service)	For caregivers who need help or information in caring for a person with dementia.	Mon to Fri: 9.00am – 6.00pm	6377-0700
3.	TOUCH Care Line	A helpline for eldercare and caregiving issues. Manned by care coordinators including occupational therapists, nurses and social workers to provide information or connect to support services and schemes. www.touch.org.sg/caregivers	Mon to Fri 9.00am – 5.00pm (except Public Holidays, eve of New Year, Chinese New Year & Christmas)	6804 6555 caregivers@touch.org.sg

ISSUE: CHILD PROTECTION

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Big Love (Community-based Child Protection Specialist Centre)	For a child (below 14 years of age) or a young person (from 14 to below 16 years of age) that is abused or neglected.	Mon to Fri: 9.00am – 6.00pm	6445-0400
2.	HEART @ Fei Yue (Community-based Child Protection Specialist Centre)		Mon to Fri: 9.30am – 5.30pm	6690-1000
3.	MSF Child Protective Service		Mon to Fri: 8.30am – 5.30pm Sat: 8.30am – 1.00pm	1800-777 0000
4.	SAFE SPACE (Community-based Child Protection Specialist Centre)		Mon to Fri: 9.00am – 1.00pm 2.00pm – 6.00pm	6266-0171

ISSUE: CHILDREN & YOUTH

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	eCounselling Centre (eC2) (Fei Yue Project 180)	An online facility offering free counselling to youths. Please visit www.ec2.sg or www.egen.sg for more information.	Mon to Fri: 2.00pm – 5.30pm	Fei Yue Community Services 6787–1125
2.	Help123 Cyber Wellness Community Support	A one-stop platform to address cyber wellness concerns faced by youths, parents or educators. Users can get relevant information on cyber issues and interact with trained counsellors through web chat or phone.	Mon to Fri: 10.00am – 6.00pm (except public holidays): Chat Online at: www.help123.sg Mon to Fri: 2.00pm – 10.00pm (except public holidays)	1800–612 3123
3.	MeToYou Cyber Care (a programme by Montfort Care @27 FSC)	MeToYou Cyber Care is a cyber-wellness programme for youths aged 12 to 18 years old.	Mon to Fri: 9.00am – 6.00pm	6270–8327 / 9173–1766
4.	Tinkle Friend Helpline (manned by Singapore Children’s Society)	A national toll free helpline and chatline for all primary-school-aged children in Singapore. It provides support, advice and information to lonely and distressed children, especially in situations when their parents or main caregivers are unavailable.	Mon to Fri: 2.30pm – 5.00pm Chat Online at: www.tinklefriend.com Mon to Fri: 2.30pm – 5.30pm Wed: 6.30pm – 8.30pm	1800–274 4788
5.	TOUCHline (TOUCH Youth)	A helpline for youth-related issues. It is manned by TOUCH Youth’s team of counsellors who provide cyber wellness/ youth-related information or advice to both parents and youths.	Mon to Fri 9am – 6pm, except Public Holidays, eve of New Year, Chinese New Year & Christmas	1800–377 2252 cyberwellness@touch.org.sg

ISSUE: DISABILITY

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	SG Enable	Information and referral services for persons with disabilities (child and adult).	Mon to Fri: 8.30am – 6.00pm Sat: 8.30am – 12.30pm	1800–858 5885

ISSUE: ELDERLY

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Agency for Integrated Care	Centralised agency for the handling of referrals to intermediate and long-term care services.	Mon to Fri: 8.30am – 6.00pm (except public holidays)	Singapore Silver Line 1800–650 6060
2.	Hua Mei Centre for Successful Ageing	A one-stop and first-stop primary healthcare provider for the elderly.	Mon to Thu: 8.30am – 6.00pm Fri: 8.30am – 5.30pm	6661–9555
3.	Lions Befrienders	Information, referral and befriender services for the elderly.	Mon to Fri: 9.00am – 6.00pm	1800–375 8600
4.	O’Joy Care Services	Provide care services to improve mental and psychosocial health, as well as community programme for elderly.	Mon to Fri: 8.00am – 5.30pm	6749–0190
5.	The Seniors Helpline (manned by SAGE Counselling Centre)	For anyone 50 years and above or anyone who has a concern or question regarding someone 50 years and above.	Mon to Fri: 9.00am – 7.00pm Sat: 9.00am – 1.00pm	1800–555 5555

ISSUE: FAMILY (GENERAL)

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	AWARE Helpline (Association of Women for Action and Research)	For women facing issues.	Mon to Fri: 3.00pm – 9.30pm	1800–774 5935
2.	Baby Bonus Helpline (MSF)	For queries relating to the Baby Bonus scheme.	Mon to Thu: 8.30am – 5.30pm Fri: 8.30am – 5.00pm	1800–253 7707
3.	Child Protective Services (MSF)	For further information or for reporting of child abuse.	Mon to Fri: 8.30am – 5.30pm	1800–777 0000
4.	Men-in-Crisis Helpline (ADAM Association)	For men facing issues.	Mon to Fri: 12.00pm – 8.00pm	1800–626 2626

ISSUE: FAMILY (VIOLENCE)

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Care Corner Project StART	For families facing violence in need of counselling and support services.	Mon to Fri: 10.00am – 5.00pm	6476–1482
2.	PAVE		Mon to Fri: 9.00am – 6.00pm Wed: 9.00am – 6.00pm	6555–0390
3.	TRANS SAFE Centre		Mon to Fri: 9.00am – 5.00pm	6449–9088

ISSUE: FINANCIAL AND/OR SOCIAL RESOURCES

For family going through a difficult period and require urgent and immediate assistance.

(Alternatively, you may go to MSF Website > Assistance)

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	ComCare	For information on the ComCare Assistance available.	Daily: 7.00am – 12.00 midnight	1800–222 0000

ISSUE: GAMBLING

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	National Problem Gambling Helpline (manned by National Addictions Management Service (NAMS))	For those with a gambling problem or know someone who does.	24 Hours	1800–666 8668

ISSUE: LEGAL AID

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Community Justice Centre	For the litigants in Person and their family members.	Mon to Fri: 8.30am to 5.00pm	6557-4100
2.	Community Legal Clinic	Free legal clinics providing basic legal advice and information to individuals.	Mon to Fri: 8.30am – 5.00pm Sat: 8.30am – 12.00pm	6536-0650
3.	a) Community Mediation Centre b) Legal Aid Bureau	a) For relational disputes between neighbours, family members (excluding family violence), friends, co-workers, landlords and tenants. It is not suitable for disputes which may involve legal, contractual or commercial issues. b) For low-income persons requiring legal assistance.	Mon to Fri: 8.30am – 5.00pm Sat: 8.30am – 12.00pm	1800-225 5529
4.	Criminal Legal Aid Scheme	For legal aid in respect of non-capital offences offered by volunteer lawyers. The scheme also takes on cases involving clients with mental conditions.	Mon to Fri: 8.30am – 5.00pm Sat: 8.30am – 12.00pm	6534-1564
5.	Maintenance Support Central (manned by Singapore Council of Women's Organisation)	A one-stop drop-in centre that provides advice and assistance with problems relating to payment of court-ordered maintenance (following a divorce or legal separation).	Mon to Fri: 9.00am – 6.00pm	6571-0185
6.	Singapore Association of Women Lawyers	For members of public requiring free legal counselling. Please call Singapore Council of Women Organisation (SCWO) to check if you are eligible for the free legal consultation.	1st and 3rd Mondays of every month: 6.30pm – 8.00pm	SCWO 6837-0611

ISSUE: MIGRANT WORKERS

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Humanitarian Organisation for Migration Economics (HOME)	For migration workers or domestic workers who are abused and exploited.	Daily: 10.00am – 6.30pm	1800–797 7977 / 6341–5535
2.	The Foreign Domestic Worker Association for Social Support and Training (FAST)	For foreign domestic workers working in Singapore who wanted to level up their skill sets.	24 Hours	1800–339 4357
3.	Transient Workers Count Too (TWC2)	For low–wage migrant workers when they are in difficulty.	Mon to Fri: 9.00am – 6.00pm	1800–888 1515

ISSUE: PREGNANCY

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	aLife Ltd	Pregnancy assistance, counselling and fertility issues.	Mon to Fri: 9.00am – 5.00pm Sat: 9.00am – 1.00pm	6258–8816
2.	Babes Pregnancy Crisis Support Ltd	Pregnancy crisis service and support for teenage girls who are pregnant.	24 hours	1800–TEENMOM (1800–833 6666) SMS: 8111–3535
3.	Pregnancy Crisis Service (PCS) (Family Life Society)	For women facing unwanted, suspected or unexpected pregnancies.	24 hours	6339–9770
4.	Singapore Planned Parenthood Association Counselling Hotline	To help young people and adults deal with sexuality–related problems and concerns.	Mon to Fri: 9.00am – 6.00pm	1800–775 8582

ISSUE: SINGLE PARENT

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	HCSA Dayspring SPIN	To improve the quality of life by enabling single parents to make informed decisions and strengthen their social support network.	Mon to Fri: 9.00am – 6.00pm	6276–8002

ISSUE: SUICIDE PREVENTION

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Samaritans of Singapore (SOS)	For people in crisis, thinking of suicide or affected by suicide.	24 hours	1800–221 4444

ISSUE: THOSE REQUIRING COUNSELLING SERVICES

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Care Corner Counselling Centre	For the Mandarin-speaking community with family, marital or personal problems.	Daily: 10.00am – 10.00pm Closed on public holidays	1800-353 5800
2.	Counselling and Care Centre	For those who are facing emotional, psychological, relationship and marital problems.	Mon to Fri: 9.00am – 4.00pm	6536-6366
3.	Eagles Mediation and Counselling Centre (aka EMCC)	For individuals, couples and families experiencing emotional and/or relational problems. With special focus for helping those who seek to rebuild their lives.	Mon & Fri 9.30am – 5.30pm Tue to Thu 9.30am – 9.00pm Sat: 10.00am – 4.00pm	6788-8220
4.	REACH Counselling Centre	For individual, couples and families, with a particular focus on marital and family work.	Mon to Fri: 9.00am – 5.00pm Sat: 9.00am – 1.00pm	6801-0730
5.	Shan You Counselling Centre (Yuan Yuan Helpline)	For Mandarin-speaking community with family, marital and personal issues including bereavement, critical illness and other crisis.	Mon to Fri: 12.00pm – 6.00pm Sat: 1.00pm – 5.00pm	6741-0078
6.	WINGS Counselling Centre	For individuals of all ages with socio-emotional, personal or family-related problems.	Mon to Fri: 8.30am – 5.30pm Sat: 9.00am – 1.00pm	6383-5745

ISSUE: OTHERS

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	Credit Counselling Singapore	For consumers seeking help for serious debt problems.	Mon to Fri: 9.00am – 6.00pm	6225–5227
2.	Debt Advisory Centre (manned by Association for Muslim Professionals)	A one–stop centre that open to individuals from all races and religious affiliations, who are facing debt problems.	Mon to Fri: 9.00am – 6.00pm Sat: 9.00am – 1.00pm	6416–3960 / 6416–3961

ANNEX: COMMUNITY DEVELOPMENT COUNCILS (CDCs)

No	Name of Organisation	Address	Email	Contact Number
1.	Central Singapore CDC	Blk 490 Lorong 6 Toa Payoh #07-11 HDB Hub Biz Three (Lift Lobby 2) S(310490)	pa_centralssingapore@pa.gov.sg	6715-7500
2.	North East CDC	51 Tampines Avenue 4 #04-31 Our Tampines Hub S(529684)	ask@northeast.org.sg	6424-4000
3.	North West CDC	900 South Woodlands Drive #06-01 Woodlands Civic Centre S(730900)	northwest_cdc@pa.gov.sg	6248-5566
4.	South East CDC	10 Eunos Road 8 #12-01 Singapore Post Centre S(408600)	southeast_cdc@pa.gov.sg	6319-8739
5.	South West CDC	8 Jurong Town Hall Road #26-06 The JTC Summit S(609434)	southwest_cdc@pa.gov.sg	6316-1616

ANNEX: FAMILY SERVICE CENTRES (FSCs)

No	Name of Organisation	Address	Email	Contact Number
1.	@27 FSC	Blk 27 Telok Blangah Way #01-1018 S(090027)	contact@27fsc.org.sg	6270-8327
2.	Ang Mo Kio FSC	Blk 230 Ang Mo Kio Ave 3 #01-1264 S(560230)	amkfsc230@amkfsc.org.sg	6453-5349
3.	AWWA FSC	Blk 107 Towner Rd #01-356 S(321107)	fsc@awwa.org.sg	6511-9456

No	Name of Organisation	Address	Email	Contact Number
4.	Care Corner FSC (Admiralty)	Blk 718 Woodlands Ave 6 #01-658 S(730718)	am.fsc@carecorner.org.sg	6365-8751
5.	Care Corner FSC (Queenstown)	Blk 88 Tanglin Halt Road #05-01 S(141088)	qt.fsc@carecorner.org.sg	6476-1481
6.	Care Corner FSC (Tampines)	Blk 299B Tampines St 22 #01-670 S(522299)	tm.fsc@carecorner.org.sg	6786-6225 8438-1153
7.	Care Corner FSC (Toa Payoh)	Blk 158 Lorong 1 Toa Payoh #01-1522 S(310158)	tp.fsc@carecorner.org.sg	6356-1622
8.	Care Corner FSC (Woodlands)	Blk 345 Woodlands St 32 #01-198 S(730345)	wl.fsc@carecorner.org.sg	6362-2481
9.	Cheng San FSC	Blk 445 Ang Mo Kio Ave 10 #01-1647 S(560445)	chengsan@amkfsc.org.sg	6454-6678
10.	Covenant FSC	Blk 613 Hougang Ave 8 #01-432 S(530613)	cfsc@mws.sg	6282-8558
11.	Daybreak FSC	Blk 855 Yishun Ring Road #01-3539 S(760855)	dfsc@mws.sg	6756-4995
12.	Fei Yue FSC (Bukit Batok)	Blk 185 Bukit Batok West Ave 6 #01-187 S(650185)	admin@fyys.org	6569-0381
13.	Fei Yue FSC (Champions Way)	Blk 569B Champions Way #01-380 S(732569)	admin@fyys.org	6690-1000
14.	Fei Yue FSC (Choa Chu Kang)	Blk 280 Choa Chu Kang Ave 3 #01-360 S(680280)	admin@fyys.org	6762-5215
15.	Fei Yue FSC (Yew Tee)	Blk 604 Choa Chu Kang St 62 #01-53 S(680604)	admin@fyys.org	6416-2162
16.	Fei Yue Family Services at SSO@ Taman Jurong	301A Corporation Drive S(619773)	admin@fyys.org	6267-2900
17.	Hougang Sheng Hong FSC	Blk 237 Hougang Street 21 #01-406 S(530237)	fsc@shenghong.org.sg	6289-5022
18.	Kampong Kapor FSC	Blk 2 Kitchener Road #03-89 S(200002)	admin@kkfsc.org.sg	6299-7662

No	Name of Organisation	Address	Email	Contact Number
19.	Kreta Ayer Family Services at SSO@Kreta Ayer	Blk 4 Sago Lane #03-101 S(50004)	sso_ka_admin@msf.gov.sg	6325-4753
20.	Lakeside Family Centre (Jurong East)	Blk 302 Jurong East St 32 #01-22 S(600302)	lfsje@lakeside.org.sg	6564-9722
21.	Lakeside Family Centre (Jurong West)	Blk 516 Jurong West St 52 #01-73 S(640516)	lfsjw@lakeside.org.sg	6567-1908
22.	Marine Parade FSC	Blk 53 Marine Terrace #01-227 S(440053)	contact@mpfsc.org.sg	6445-0100
23.	Pasir Ris FSC	Blk 256 Pasir Ris Street 21 #01-289 S(510256)	prfsc@goodnews.org.sg	6581-2159
24.	PPIS FSC (East)	Blk 41 Chai Chee Street #01-16 S(461041)	fsceast@ppis.sg	6848-4661
25.	PPIS FSC (West)	Blk 301 Bukit Batok St 31 #01-01 S(650301)	fscwest@ppis.sg	6561-3462
26.	Punggol FSC	Blk 616 Punggol Drive #01-01 S(820616)	punggol@amkfsc.org.sg	6435-5323
27.	REACH FSC	Blk 187 Bishan St 13 #01-475 S(570187)	contact@reach.org.sg	6252-2566
28.	Rotary FSC	Blk 346 Clementi Ave 5 #01-10 S(120346)	enquiry@rotaryfsc.org	6779-9488
29.	Sembawang FSC	Blk 326 Sembawang Crescent #01-52 S(750326)	admin@sfsc.org.sg	6754-7050
30.	Sengkang FSC	Blk 223D Compassvale Walk #01-673 S(544223)	sengkang@amkfsc.org.sg	6312-8100
31.	Serangoon Moral FSC	Blk 238 Serangoon Ave 2 #01-47 S(550238)	smfsc@singnet.com.sg	6284-7123
32.	SINDA FSC	1 Beatty Road S(209943)	feedback@sinda.org.sg	6298-5911
33.	Singapore Children's Society FSC (Yishun)	Blk 107 Yishun Ring Road #01-233 S(760107)	info@childrensociety.org.sg	6753-7331

No	Name of Organisation	Address	Email	Contact Number
34.	Tampines FSC	Blk 470 Tampines St 44 #01-194 S(520470)	tfsc@mws.sg	6787-2001
35.	The SBL Vision FSC	Blk 945 Tampines Ave 4 #01-328 S(520945)	sbl@sblvisionfsc.org.sg	6544-2263
36.	South Central Community FSC	Blk 5 Delta Avenue #01-09 S(160005)	hello@sccfsc.org.sg	6274-2646
37.	THK FSC @ Bedok North	Blk 554 Bedok North Street 3 #01-241 S(460554)	bnfsc@thkmc.org.sg	6449-1440
38.	THK FSC @ Bukit Panjang	Blk 139 Petir Road #01-448 S(670139)	bpfsc@thkmc.org.sg	6767-1740
39.	THK FSC @ Jurong	Blk 183B Boon Lay Ave #01-716 S(642183)	jurongfsc@thkmc.org.sg	6716-9466
40.	THK FSC @ MacPherson	Blk 91 Paya Lebar Way #01-3023 S(370091)	macfsc@thkmc.org.sg	6741-4255
41.	THK FSC @ Tanjong Pagar	Blk 18 Jalan Membina #04-01 S(164018)	tpfsc@thkmc.org.sg	6270-6711
42.	TRANS FSC (Bedok)	Blk 411 Bedok North Ave 2 #01-106 S(460411)	transbd@trans.org.sg	6449-0762
43.	TRANS FSC (Bedok Reservoir)	Blk 133 Bedok Reservoir Road #01-1205 S(470133)	transbr@trans.org.sg	6747-3202
44.	TRANS FSC (Bukit Timah)	Blk 1 Toh Yi Drive #01-143 S(591501)	transbt@trans.org.sg	6466-2287
45.	Viriya FSC	Blk 142 Potong Pasir Ave 3 #01-224 S(350142)	vfsc@viriya.org.sg	6285-8033
46.	Whampoa FSC	300 Whampoa Drive #02-15 S(327737)	info@wfsc.org.sg	6326-0300
47.	Whispering Hearts FSC	Blk 646 Jurong West St 61 #01-142 S(640646)	whfsc@viriya.org.sg	6795-1008

ANNEX: SELF-HELP GROUPS

No	Name of Organisation	Address	Email	Contact Number
1.	Association of Muslim Professionals	1 Pasir Ris Drive 4 #05-11 S(519457)	corporate@amp.org.sg	6416-3966
2.	Chinese Development Assistance Council	65 Tanjong Katong Road S(436957)	feedback@cdac.org.sg	6841-4889
3.	SINDA (Singapore Indian Development Association)	1 Beatty Road S(209943)	queries@sinda.org.sg	1800-295 4554
4.	The Eurasian Association, Singapore	139 Ceylon Road S(429744)	secretariat@eurasians.org	6447-1578
5.	Yayasan Mendaki (Council for the Development of Singapore Muslim Community)	51 Kee Sun Avenue S(457058)	mendaki@mendaki.org.sg	6245-5555

ANNEX: SOCIAL SERVICE OFFICES (SSOs)

No	Name of Organisation	Address
1.	Social Service Office @ Ang Mo Kio	6A Ang Mo Kio Street 53 Ang Mo Kio 3G Centre S(569208)
2.	Social Service Office @ Bedok	426 Bedok North Road #01-515 S(460426)
3.	Social Service Office @ Boon Lay	189 Boon Lay Drive #01-254 S(640189)
4.	Social Service Office @ Bukit Batok	369 Bukit Batok Street 31 #01-505 S(650369)
5.	Social Service Office @ Bukit Merah	105 Jalan Bukit Merah #01-1942 S(160105)

No	Name of Organisation	Address
6.	Social Service Office @ Bukit Panjang	232 Pending Road #01-29 S(670232)
7.	Social Service Office @ Chua Chu Kang	8A Teck Whye Lane S(681008)
8.	Social Service Office @ Clementi	358 Clementi Avenue 2 #01-285 S(120358)
9.	Social Service Office @ Geylang Serai	10 Eunos Road 8 #12-02 Singapore Post Centre (Please use the North Lobby) S(408600)
10.	Social Service Office @ Hougang	662 Hougang Avenue 4 #01-413 S(530662)
11.	Social Service Office @ Jalan Besar	806 King George's Avenue #03-206 S(200806)
12.	Social Service Office @ Jurong East	80 Jurong East Street 21 #01-07 S(609607)
13.	Social Service Office @ Kreta Ayer	4 Sago Lane #03-101 S(050004)
14.	Social Service Office @ Pasir Ris	120 Pasir Ris Central #01-16 Pasir Ris Sports Centre S(519640)
15.	Social Service Office @ Punggol	80 Punggol Field #04-01 Punggol 21 Community Club S(828815)
16.	Social Service Office @ Queenstown	402 Commonwealth Drive Block A #01-01 S(149599)
17.	Social Service Office @ Sembawang	315 Sembawang Vista #01-173 S(750315)
18.	Social Service Office @ Sengkang	261C Sengkang East Way #01-506 S(543261)
19.	Social Service Office @ Serangoon	332 Serangoon Avenue 3 #01-257 S(550332)
20.	Social Service Office @ Taman Jurong	301A Corporation Drive S(619773)

No	Name of Organisation	Address
21.	Social Service Office @ Tampines	1 Tampines Walk #01–21 Public Service Centre Our Tampines Hub S(528523)
22.	Social Service Office @ Toa Payoh	490 Lorong 6 Toa Payoh #07–11HDB Hub BizThree S(310490)
23.	Social Service Office @ Woodlands	900 South Woodlands Drive #06–13 Woodlands Civic Centre S(730900)
24.	Social Service Office @ Yishun	746 Yishun Street 72 #01–127 S(760746)