



Mental Health Services

RESOURCE DIRECTORY

Community-based Resources *(as at March 2017)*

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Helplines

1.1) General		
Clarity Singapore Limited	Provide confidential emotional support for individuals experiencing stress, anxiety, anger and depression.	Tel: 6757 7990 (Mondays to Fridays from 9am to 6pm and Saturdays from 9am to 4pm)
ComCare/Ministry of Social and Family Development	A toll-free service 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	Manned by an experienced group of mental health professionals, this helpline provides 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 assistance and information to caregivers caring for persons with dementia.	Tel: 6377 0700 (Mondays to Fridays from 9am to 6pm)
Dementia InfoLine/Health Promotion Board	A toll-free service that opens 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)
Hotline Counselling/Care Corner Singapore Ltd	Manned by trained volunteers from, Mandarin-speaking callers can share their problems in total anonymity and strict confidentiality.	Tel: 1800-353 5800 (Mondays to Sundays from 10am to 10pm. Closed on public holidays)
Mental Health Helpline/Institute of Mental Health	Manned by qualified counsellors, this helpline is made available to the public who come into contact with individuals who are experiencing any mental health crisis.	Tel: 6389 2222 (24 hours)
Samaritans of Singapore (SOS)	Manned by trained volunteers, this helpline provides emotional support to people who have difficulty coping during a crisis, who are thinking of suicide or affected by suicide.	Tel: 1800-221 4444 (24 hours) Email: pat@sos.org.sg
The Caregivers' Association of the Mentally Ill (CAMI) Helpline/CAMI	Manned by trained volunteer caregivers from CAMI, this helpline provides information at a caregiver level on issues such as crisis management, social and financial assistance, general information on mental illness and home visits. English and Chinese speaking assistance is available.	Tel: 6782 9371 (24 hours)

Yuan Yuan Helpline (Mandarin)/Shan You Counselling Centre	Manned by a group of trained volunteers, this free telephone counseling service aims to help callers to cope with bereavement, critical illness, or other crises. It also offers service to those who are facing 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)
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1.2) Addictions		
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)
All Addictions Helpline/National Addictions Management Service (NAMS)	Provide a range of services to assist people who are dealing with addiction problems.	Tel: 6-RECOVER (6732 6837) (24 hours)
Credit Counselling Singapore	For consumers seeking help for serious debt problems.	Tel: 6225 5227 (Mondays to Fridays except for Public Holidays)
National Council on Problem Gambling Helpline/National Council on Problem Gambling	Manned by trained counsellors and para-counsellors from the NAMS, this helpline provides over the phone counselling on problem gambling, information on application of casino exclusion orders and other related information and referrals.	Tel: 1800-666 8668 (24 hours)
One Hope Centre	Provide assistance for people to overcome gambling addiction and related issues arising from a lifestyle of compulsive gambling and/or reckless borrowing.	Tel: 6547 1011 (Mondays to Fridays from 9am to 6pm)
WE CARE Community Services Ltd	Manned by the professional counsellors, this helpline provides assistance to someone who is struggling with an addictive disorder.	Tel: 6547 5459 (Mondays to Fridays from 8.30am to 9pm and Saturdays from 10am to 8pm)
X Ah Long Helpline/ National Crime Prevention Council	An avenue for people to provide information on loan-sharking activities without having to go to the police. You can choose not to reveal your personal details.	Tel: 1800-X-AH-LONG (1800-9-24-5664) (Mondays to Fridays from 9am to 5pm)

1.3) Children and Youth		
Association of Women for Action and Research (AWARE)	This helpline is run by women, for women. It aims to offer empathy, support, information and encouragement to women in need of assistance.	Tel: 1800-774 5935 (Mondays to Fridays from 3pm to 9.30pm)
Pregnancy Crisis Service/Family Life	Support anyone who may be facing an unwanted, suspected or unexpected pregnancy.	Tel: 6339 9770 (24 hours)

Society		
Sexual Assault Care Centre/AWARE	Manned by trained volunteers, this helpline is for those who have experienced sexual assault.	Tel: 6779 0282 (Mondays to Fridays from 10am till midnight)
Tinkle Friend Helpline/Singapore Children's Society	A toll-free helpline that provides 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)
TOUCHline/TOUCH Community Services	Provide emotional support and practical advice for youths and their family on general and cyber wellness related issues.	Tel: 1800-377 2252 (Mondays to Fridays from 9am to 6pm)

1.4) Seniors

Singapore Silver Line/Agency for Integrated Care	A toll-free helpline that provides 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)
The Seniors Helpline/SAGE Counselling Centre	A toll-free national helpline for any person aged 50 years and above to call in or anyone who wants to enquire or talk about issues related to older persons.	Tel: 1800-555 5555 (Mondays to Fridays from 9am to 7pm and on Saturday from 9am to 1pm)

1.5) Emergency Numbers

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

Services

2.1) Addictions

Addiction – General

Programme	Description	Address	Contact
Addiction Medicine Programme <i>Service Provider:</i> Changi General Hospital	Provide specialised care for patients with substance use disorders such as alcohol, benzodiazepine, cough mixtures and other prescribed drugs except illicit drugs. Treatment is also provided for patients with behavioural addictions such as gambling and cyber addiction. For more information, please click here .	Changi General Hospital 2 Simei Street 3 Singapore 529889	Tel: 6788 8833
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: <ul style="list-style-type: none"> • Alcohol addiction • Gambling addiction • Gaming addiction • Internet addiction • Sexual craving • Pornography For more information, please click here .	76 Playfair Road, LHK2 Lobby 3, #06-05 Singapore 367996	Tel: 9438 1671

<p>The Continual Recovery through Education and Skills Training (CREST) Programme</p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>CREST caters to all types of addictions. Patients will learn new skills to manage their problems. It is a group programme run by professional counsellors to help you:</p> <ul style="list-style-type: none"> • Understand the process of addiction • Understand triggers and cravings • Learn how to avoid relapses • Learn how to manage difficult feelings better • Learn the 12 steps to your recovery <p>For more information, please click here.</p>	<p>NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>Tel: 6-RECOVER (6-7326837) Email: nams@imh.com.sg</p>
<p>The Renewal Centre</p> <p><i>Service Provider:</i> Operational Renewal (Singapore)</p>	<p>The Centre provides a structured educational, training and living environment, where people with social difficulties can gain life skills; educational and vocational opportunity; marketable skills; accountability and responsibility; dignity and integrity, to rebuild their lives, discover their strengths and reintegrate into society as socially responsible and productive citizens.</p> <p>For more information, please click here.</p>	<p>14 Jalan Dinding Singapore 739831</p>	<p>Tel: 6288 0708 Email: enquiry@oprenal.org.sg</p>
<p>Educational and Therapy Programmes</p> <p><i>Service Provider:</i> We CARE Community Services</p>	<p>Provide specific treatment programmes to meet the needs of specific sub-groups in the recovering community.</p> <p>Popular programmes include:</p> <ol style="list-style-type: none"> 1) Facilitated In-house Recovery Education Programme (F.I.R.E.) 2) Anger Intensive Management Programme (A.I.M.) 3) Solution to Every Problem Sober Programme (S.T.E.P.S.) 4) Understanding Substance & Behavioural Addictions Programme (U.S.B.A.) 5) Understanding Addiction (for FAMILY) 	<p>Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 5, #01-41 Singapore 409074</p>	<p>Tel: 6547 5459</p>

	For more information on the programmes, please click here .		
Satellite Clinics <i>Service Provider:</i> National Addictions Management Service	<p>Offer help to 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.</p> <p>NAMS also runs 2 satellite clinics at Institute of Mental Health's Community Wellness Clinics (CWCs) in Queenstown and Geylang.</p> <p>For more information on NAMS, please click here.</p> <p>For more information on Community Wellness Clinics, please click here.</p> <p>For more information on NAMS at Bukit Batok and Clementi, please click here.</p>	<p>NAMS Outpatient Clinic (Main Clinic) & Inpatient Ward Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p> <p>Community Wellness Clinic, Geylang Geylang Polyclinic 21 Geylang East Central Singapore 389707</p> <p>Community Wellness Clinic, Queenstown Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958</p> <p>NAMS @ Club HEAL 244 Bukit Batok East Avenue 5, #01-02 Singapore 650244</p> <p>NAMS @ Rotary Family Service Centre (Clementi) 346 Clementi Ave 5, #01-32, Singapore 120346</p>	<p>Appointment line: 6389 2200</p> <p>Appointment line: 6643 6969</p> <p>Appointment line: 6643 6969</p> <p>Appointment line: 6-RECOVER (6-7326837)</p> <p>Appointment line: 6-RECOVER (6-7326837)</p>
Addiction Treatment Services <i>Service Provider:</i> The Cabin Singapore	<p>Provide proven and effective addiction treatment in an outpatient setting. It focuses on substance addictions, such as alcohol and drugs, as well as process addictions like gambling, sex and compulsive use of the internet.</p> <p>For more information, please click here.</p>	Novena Medical Centre 10 Sinaran Drive, #11-02 Singapore 307506	Tel: 3158 9949 Email: contact@thecabin singapore.com.sg
The Center for Psychology	<p>Provide treatments for alcohol abuse, gambling addiction, sex and love addiction, internet and cyber game addiction, substance abuse and more.</p> <p>For more information, please click here.</p>	491B River Valley Road #04-01, Valley Point Singapore 248373	Tel: 6733.2893 Email: contact@center4psy.com

Addiction – Alcohol and Drugs

Programme	Description	Address	Contact
Nobel Psychological Wellness Clinic	<p>Provide consultation for persons who wish to quit drug or alcohol problems.</p> <p>For more information, please click here.</p>	<p>Nobel Psychological Wellness Clinic @ Novena Novena Medical Centre 10 Sinaran Drive, #09-35 Singapore 307506</p> <p>Nobel Psychological Wellness Clinic @ AMK 452 Ang Mo Kio Ave 10 #01-1773 Singapore 560452</p> <p>Nobel Psychological Wellness Clinic @ TripleOne Somerset 111 Somerset Road #01-10A Singapore 238164</p>	<p>Tel: 6397 2993 After clinic hours: 6535 8833 Emergency Hotline: 9622 1555 (24 hours)</p> <p>Tel: 6459 2630</p> <p>Tel: 6733 9560</p>
<p>ReLive - Clinic for Adolescents</p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>Specially set up to provide an integrated treatment service to adolescents struggling with substance and or behavioural addiction issues.</p> <p>For more information, please click here.</p>	<p>NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>Appointment line: 6389 2200 Tel: 6-RECOVER (6-7326837)</p>
<p>Women in Recovery through Support, Education and Empowerment (WISE)</p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>A programme specially for women who are struggling with substance and behavioural addictions. WISE also runs support groups so that these women can come together to share and learn from each other. This programme caters to NAMS' female patients only.</p> <p>For more information, please click here.</p>	<p>NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>Tel: 6-RECOVER (6-7326837) Email: nams@imh.com.sg.</p>

Addiction – Gambling

Programme	Description	Address	Contact
<p>Gamblers Recovery Centre</p> <p><i>Service Provider:</i></p>	<p>To help gamblers break free from the cycle of debt and gambling addiction.</p> <p>For more information, please click</p>	<p>18 Arumugam Road Antioch@Macpherson #05-01 Singapore 409962</p>	<p>Tel: 8428 6377</p>

Blessed Grace Social Services Ltd	here .		
Problem Gambling <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-judgemental 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
School-Based Services <i>Service Provider:</i> MCYC Community Services Society	1) Preventive and Developmental Programmes Conduct talks, workshops, seminars, outdoor activities and camps to help students to learn to cope with the challenges of adolescence and address common adolescent issues such as addictions (cyber-wellness and gambling). For more information, please click here .	Main Office 106 Bukit Batok Central #01-217 Singapore 650106 Youth Centre 107 Bukit Batok West Ave 6, #01-98 Singapore 650107	Tel: 6562 2211 Tel: 6563 1641
	2) Youth Gambling Prevention Roadshow (YGPR) A programme to warn youths on the dangers of gambling. It is flexibly designed and can be run in schools using a combination of components which include a locally produced docudrama and assembly talks. For more information, please click here .		
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

Programme	Description	Address	Contact
Cyberspace Risks & where U Seek Help (CRUSH) <i>Service Provider:</i> TOUCH Community Services	Cultivate respect, a balanced lifestyle and responsible use of digital technologies to affect a positive and healthy cyber culture at home, in school and community. For more information, please click here .	TOUCH Cyber Wellness 5 Stadium Walk, #04-02 Leisure Park Kallang Singapore 397693	Tel: 6273 9520 Email: cyberwellness@touch.org.sg
Unplug - Internet Gaming Day Group <i>Service Provider:</i> National Addictions Management Service	Aim to help adolescents aged 13 to 18 who have been diagnosed with problematic or excessive cybergaming. It provides patients psychoeducation on cybergaming addiction and its effects on the self and others. The programme consists of 8 sessions and is chargeable. For more information, please click here .	-	To sign up or to receive more information on the programme, patients or parents can approach your individual counsellors, or contact at nams@imh.com.sg .

Addiction – Rehabilitation Centres/Halfway Houses

Programme	Description	Address	Contact
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 .	397 Serangoon Road Singapore 218123	Tel: 6296 3469 Email: admin@heb.gov.sg
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
Residential Rehabilitation Programme <i>Service Provider:</i> Christian Care Services	Open its doors to help male recovering drugs, alcohol, gambling addicts and ex-offenders regardless of race, religion and background. For more information, please click here .	207-J Ponggol Seventeenth Avenue Singapore 829685	Tel: 6440 8349 / 6440 8362 Email: contactus@christian-care-services.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
Green Haven <i>Service Provider:</i> Singapore Buddhist Welfare Services	The only Buddhist halfway house in Singapore. Green Haven provides 6 to 12-months residential rehabilitation and treatment programme for ex-drug addicts. For more information, please click here .	770 Jurong Road Singapore 649695	Tel: 6565 6880
HighPoint Halfway House <i>Service Provider:</i> HCSA (HighPoint Community Services Association) Community Services	Aim to help ex-offenders find a hope and a future, and become positive members of society. For more information, please click here .	1 Lorong 23 Geylang Singapore 388352	Tel: 6745 3532 Email: angela@hcsa.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
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
Shelter for Men-in-crisis <i>Service Provider:</i> New Hope Community Services	Provide temporary housing to ex-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@newhopecs.org.sg

<p>The Helping Hand</p> <p><i>Service Provider:</i> The Helping Hand</p>	<p>A Christian half-way house for the rehabilitation of ex-drug addicts. The in-house 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.</p> <p>For more information, please click here.</p>	<p>819 Upper Serangoon Road, Singapore 534678</p>	<p>Tel: 6283 2204 Email: sschia@thehelpinghand.org</p>
<p>The Hiding Place</p> <p><i>Service Provider:</i> Christian Home Mission Ltd</p>	<p>A Christian Home for a new beginning. It is setup for the rehabilitation of drug addicts, ex-prisoners, alcoholics, gambling addicts, homeless orphans, inhalant abusers, wayward teens, young offenders, troubled youths and those in need of help.</p> <p>For more information, please click here.</p>	<p>50 Jalan Lekar Singapore 698945</p>	<p>Tel: 6483 5348 Email: admin@hidplace.com.sg</p>
<p>Halfway House (Residential Rehabilitation Programme)</p> <p><i>Service Provider:</i> The New Charis Mission</p>	<p>Provide a holistic rehabilitation programme for ex-drug offenders to help them to reintegrate into society.</p> <p>For more information, please click here.</p>	<p>Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 1, #01-01 Singapore 409074</p>	<p>Tel: 64833707 Email: office@tncm.org.sg</p>
<p>Residential Rehabilitation Programme</p> <p><i>Service Provider:</i> The Turning Point</p>	<p>Aspire to rehabilitate the lives of female substance abusers, prisoners and ex-offenders committed to the residential programme by providing them with the necessary help and resources to steer them to live addiction and crime free lives and become responsible contributing members of society with the support of their families and the community.</p> <p>For more information, please click here.</p>	<p>341 Jamaica Road Singapore 757615</p>	<p>Tel: 6257 8364 Email: turningp@singnet.com.sg</p>
<p>Watchman's Home</p>	<p>A private halfway house in Singapore. It provides shelter, counseling, residential programs, and biblical teaching for the</p>	<p>1035 Upper Changi Road North, Singapore 507676</p>	<p>Tel: 9790 2060 / 6214 1034 Email: enquiry@watchmanhome.com</p>

	<p>homeless, ex-convicts, jobless, drug addicts and outcasts of the society.</p> <p>For more information, please click here.</p>		
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Addiction – Counselling

Programme	Description	Address	Contact
<p>Counselling Services</p> <p><i>Service Provider:</i> WE CARE Community Services</p>	<p>Manned by trained counsellors and services include individual, family and group therapy. It caters all kinds of addiction, including drugs, alcohol, gambling, sex, compulsive shopping and shoplifting.</p> <p>Examples of individual counselling programmes include:</p> <ol style="list-style-type: none"> 1. Atypical Theft Offending (ATO) 2. Gambling Addiction Recovery Intervention (GARI) Programme 3. Substance or Alcohol Recovery (SOAR) 4. Sex, Porn & Love Addiction (SPLA) <p>For more information, please click here.</p>	<p>Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 5, #01-41 Singapore 409074</p>	<p>Appointment line: 6547 5459 Email: help@wecare.org.sg</p>
<p>Family, Marriage and Sex Therapy Clinic</p> <p><i>Service Provider:</i> Adam Road Medical Centre</p>	<p>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.</p> <p>For more information, please click here.</p>	<p>559 Bukit Timah Road #01-02 King's Arcade Singapore 269695</p>	<p>Tel: 6466 7777 (4 lines) Email: nm@arh.com.sg</p>
<p>Gambling Addiction Management through Education (GAME)</p> <p><i>Service Provider:</i> National Addictions Management</p>	<p>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 patients only.</p> <p>For more information, please click here.</p>	<p>NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>For further enquiries, please call the National Problem Gambling Helpline at 1800-666 8668.</p>

Service (NAMS)			
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
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 Block 1, #01-01 Singapore 409074	Tel: 6483 3707 Email: office@tncm.org.sg
Problem Gambling Web-Counselling <i>Service Provider:</i> National Addictions Management Service	This website is operated by IMH/NAMS to provide gambling and addictions related counselling, information and support to the user. Click here to live support online.	-	National Problem Gambling Helpline: 1800-666 8668
Thye Hua Kwan Problem Gambling Recovery Centre <i>Service Provider:</i> Thye Hua Kwan Moral Charities	Provide counselling services and financial planning guidance for problem gamblers, thus giving them and their families a new lease of life that is free from the hardships caused by gambling. For more information, please click here .	133 New Bridge Road, Chinatown Point, #04-05 Singapore 059413	Tel: 6576 0840 Email: pgrc@thkmc.org.sg
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 5 Stadium Walk, #04-02 Leisure Park Kallang Singapore 397693	General enquiries: 6273 9520 Centre Programmes: 6343 6925 TOUCHline (Counselling): 1800-377 2252

Addiction – Employment Support

Programme	Description	Address	Contact
Employment Assistance Unit (EAU) <i>Service Provider:</i> Singapore Corporation of Rehabilitative Enterprise (SCORE)	Provide employment assistance to ex-offenders under the various work release schemes. By helping individuals secure jobs, they gain financial stability and a restored sense of self-worth and respect. For more information, please click here .	SCORE EAU (within Selarang Reporting Centre) Selarang Park Drug Rehabilitation Centre, No.1 Selarang Park Road Singapore 508167	Tel: 6513 1581 / 6513 1536 Email: SCORE_EAU_Feedback@score.gov.sg
Strengthening Opportunities, Advocating Resilience (SOAR) <i>Service Provider:</i> Industrial and Services Cooperative Society (ISCOS)	SOAR is a holistic train-and-place programme jointly developed by ISCOS and the Singapore Workforce Development Agency (WDA). It aims to assist ex-offenders in the areas of training and employment, prepare unemployed members to rejoin the workforce by enhancing their skill sets through training and help employed members further develop their expertise to enhance their career prospects. For more information, please click here .	237 Alexandra Road, #04-19, The Alexcier Singapore 159929	Tel: 6743 7885 Email: soar@iscos.org.sg

Addiction – Recovery Support Groups

Programme	Description	Address	Contact
Alcoholics Anonymous Singapore <i>Service Provider:</i> Alcoholics Anonymous Singapore	Alcoholics Anonymous is a fellowship of men and women who share their experiences, strengths and hopes with each other that they 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 in Singapore.	Tel: 6475 0890 Email: help@singaporea.a.org
Families in Recovery through Education and Empowerment on Problem Gambling (FREE-PG)	FREE-PG is a programme for the families of those who are addicted to gambling. It helps to provide understanding on problem gambling, the impact on everyone in the family as well as how the family members can help and encourage their loved one on his	NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	To register or to find out more about the programme, please call the National Problem Gambling Helpline at 1800-666 8668.

<i>Service Provider:</i> National Addictions Management Service	journey to recovery. This programme opens to members of the public. For more information, please click here .		
FREE – Substance <i>Service Providers:</i> National Addictions Management Service and WE CARE Community Services	Aim to help family members of drug users understand addiction, learn coping skills and effective communication skills. All family members of drug users are welcomed to sign up. For more information, please click here .	WE CARE Community Services Ltd Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 5, #01-41 Singapore 409074	To sign up, call All Addictions Helpline at 6-RECOVER (6-7326837) or WE CARE Community Services at 6547 5459.
Gambling Addiction Management through Education (GAME) – Family <i>Service Provider:</i> National Addictions Management Service	Aim to bring together families impacted by problem gambling. It also helps family members make sense of their situations, and receive professional help and support for their loved ones' recovery. This programme caters to families of NAMS patients only. For more information, please click here .	NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	For further enquiries, please call the National Problem Gambling Helpline at 1800-666 8668.
Group Therapy Programmes <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. Pathways Help in the rehabilitation of those with addictive behaviours. Acceptance Help those with compulsive sexual behaviour. Compulsive and Atypical Theft (C.A.T)	Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506	Tel: 6397 6994 Email: admin@promises.com.sg

	<p>Aim to help through interventions to prevent compulsive behaviours.</p> <p>Psychodrama Involve spontaneous experiential and movement therapy which helps an individual to address problems in a creative way.</p> <p>Personal Growth Enhance emotional well-being and develop meaningful relationships in life.</p> <p>Pilates A form of mind and body therapy that relieves stress and builds resilience.</p> <p>Personal Empowerment Process (PEP) Develop self-confidence, assertiveness and communication skills.</p>		
<p>HOPE</p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>A programme designed to help parents understand the common addiction problems faced by adolescents and learn practical skills on how they can help their children manage their addictions. It provides group therapy led by counsellors who are trained in handling addiction problems.</p> <p>For more information, please click here.</p>	<p>NAMS Clinic Institute of Mental Health, Blk 9 (Basement) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p>	<p>To sign up, contact your child's counsellor or call the All Addictions Helpline at 6-RECOVER (6-7326837) for details.</p>
<p>Mindfulness Based Relapse Prevention</p> <p><i>Service Provider:</i> We CARE Community Services</p>	<p>An evidenced-based program designed to bring practices of mindfulness awareness with cognitive-behavioral relapse prevention to individuals who are recovering from addictive behaviors.</p> <p>For more information, please click here.</p>	<p>Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 5, #01-41 Singapore 409074</p>	<p>Tel: 6547 5459 Email: help@wecare.org.sg</p>
<p>New Seekers support-group programme</p> <p><i>Service Provider:</i></p>	<p>Provide weekly support-group meetings cater to a wide range of individuals; from newcomers who seek a solution to their immediate gambling-related problems to our</p>	<p>View here for the list of meetings in Singapore.</p>	<p>Tel: 6547 1011 Email: help@onehopecentre.org</p>

One Hope Centre	regular clients who are on their journey to recovery. For more information, please click here .		
Peer Recovery and Self-Help Support Groups <i>Service Provider:</i> PSALT Care	Psalt Care Peer Support Programs Open to anyone who has had a lived experience with mental illness and wishes to learn more about recovery principles with the support of others.	Novena Medical Centre (Square 2), 10 Sinaran Drive, #11-16, Singapore 307506	To sign up, or for more details, write to info@psaltcare.com
	Families of those Recovering from Alcohol Abuse Open to friends and family members of problem drinkers.		
	Narcotics Anonymous Open to those recovering from substance abuse.		
	Overeaters Anonymous Open to anyone struggling with a problematic relation with food.		
Recovery Support Groups (RSG) <i>Service Provider:</i> We CARE Community Services	Provide support to persons and families, who are affected by addiction. We CARE hosts various RSGs on a weekly daily basis and, all RSGs are self-help groups, based on the Twelve-step principles on recovery. For more information on the list of RSGs, please click here .	For more information about RSG meetings, please contact Alex at AlexLim@wecare.org.sg	Tel: 6547 5459 Email: help@wecare.org.sg
Recovery Zones – Groups <i>Service Provider:</i> The Cabin Singapore	An intensive 6-month outpatient treatment programme catering to clients' individual needs based on our clinical assessment. Over the 6-month term, clients will have the opportunity, determined by clinical needs, to select groups from the à la carte offerings. For more information on the groups offered, please click here .	Novena Medical Centre 10 Sinaran Drive, #11-02 Singapore 307506	Tel: 3158 9949 Email: contact@thecabin singapore.com.sg
Support Group Sessions <i>Service Provider:</i>	Provide a safe and non-judgemental environment where gamblers and their family members can interact with one another.	East 11 Playfair Road Singapore 367986	Tel: 6749 0400 Email: admin@silver-lining.org

The Silver Lining Community Services Ltd	For more information, please click here .	West Jurong Spring CC Activity Room 3 8 Jurong West St 52 Singapore 649296	
Support Group Meetings <i>Service Provider:</i> Blessed Grace Social Service	A weekly support group meeting that uses the “12-Step Recovery Program” that helps to break free from gambling addiction. The group consists of counsellors and recovering gamblers. For more information, please click here .	16 Arumugam Road #04-02B, Block D, LTC Building Singapore 409961	Tel: 8428 6377
Understanding Substances and Behavioural Addictions (USBA) Ladies <i>Service Provider:</i> We CARE Community Services	A 4-session group programme focusing on relapse prevention. This programme is suitable for ladies recovering from any form of addictions. For more information, please click here .	Kembangan-Chai Chee Community Hub 11 Jalan Ubi Block 5, #01-41 Singapore 409074	Tel: 6547 5459 Email: help@wecare.org.sg

2.2) Children and Youth

Children and Youth – General

Programme	Description	Address	Contact
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@youthinmind.sg
Child and Adolescent Psychiatric Unit <i>Service Provider:</i> Adam Road Medical Centre	Provide psychological assessment and treatment of physical aggression, anxiety disorder and other mental health related issues. The emphasis of treatment is placed on each child's needs. 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 Clinic <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. For more information, please click here .	Child Guidance Clinic, IMH Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Sunrise Wing, Block 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)
I.M.Powered <i>Service Providers:</i> National Council of Social Service and SPD	I.M.Powered is a strengths-based training which aims to strengthen the mental resilience of students with disability, so as to contribute to their improved mental wellbeing and reduced occurrence of mental illness across the entire lifespan. These students will be equipped with the knowledge and	National Council of Social Service 170 Ghim Moh Road #01-02 Singapore 279621 SPD 2 Peng Nguan St Singapore 168955	NCSS Officer Ms Chua Yi Xian Tel: 6210 2454 Email: CHUA_Yi_Xian@ncss.gov.sg SPD Officer Mr Clemaus Lim Tel: 6579 0700 Email: Clemaus_LIM@spd.gov.sg

Programme	Description	Address	Contact
	<p>techniques aimed at enhancing their ability to bounce back and even thrive in the face of extreme difficulty.</p> <p>For more information, please click here.</p>		d.org.sg
<p>Mindfulness for Children</p> <p><i>Service Provider:</i> Brahm Centre Limited</p>	<p>Also known as Paws b mindfulness course. Paws b us a primary school version of .b (stands for “Stop, Breathe and Be!”) and it is adapted for primary school children aged 7 to 11 years old. It aims simply to be an awareness raising exercise that provides children with a taste if mindfulness, so that they know about it, and can thus return it later in life, learning more about it when this is useful to them.</p> <p>For more information, please click here.</p>	71 Irrawaddy Road Ren Ci Hospital, #03-09 Singapore 329562	<p>Tel: 6258 0831</p> <p>Email:info@brahmcentre.com</p>
<p>Mindfulness for Teens and Parents</p> <p><i>Service Provider:</i> Brahm Centre Limited</p>	<p>A tailored course for youth aged 12 to 16 years old. This simple act of mindfulness 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.</p> <p>For more information, please click here.</p>	71 Irrawaddy Road Ren Ci Hospital, #03-09 Singapore 329562	<p>Tel: 6258 0831</p> <p>Email:info@brahmcentre.com</p>
<p>Psychological Therapy and Assessment for Children and Adolescent</p> <p><i>Service Provider:</i> Promises Healthcare Pte Ltd</p>	<p>Provide evidence-based therapeutic interventions and comprehensive diagnostic and psycho-educational evaluations for children and adolescents.</p> <p>For more information, please click here.</p>	Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506	<p>Tel: 6397 7309</p> <p>Email:clinic@promises.com.sg</p>
<p>Response, Early Intervention and Assessment in Community Mental Health</p>	<p>A community-based mental health service set up to work closely with schools, community agencies and family doctors to help students with emotional, behavioural</p>	REACH (North) Office Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747	<p>Appointments are made through the school counsellors only.</p>

Programme	Description	Address	Contact
(REACH) <i>Service Provider:</i> Institute of Mental Health	and/or developmental disorders. For more information, please click here .	REACH (South) Office Health Promotion Board Building, 3 Second Hospital Avenue, #03-01 Singapore 168937 REACH (East) Office No. 5, Jalan Masjid, Kembangan Court, #01-07 Singapore 418924 REACH (West) Office Department of Psychological Medicine, University Medicine Cluster, National University Hospital, 1E Kent Ridge Road, NUHS Tower Block Level 9, Singapore 119228	
The Forensic Rehabilitation, Intervention, Evaluation & Network Development Services (FRIENDS) <i>Service Provider:</i> Institute of Mental Health	Provide comprehensive and integrated multi-disciplinary assessment and intervention services for the following groups facing mental health issues: <ul style="list-style-type: none"> • Young offenders • Youth-at-risk of committing offences • Victims of child abuse • Children and parents involved in complex custody and access disputes For more information, please click here .	Child Guidance Clinic, IMH Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Sunrise Wing, Block 3, Basement 1 Singapore 539747 Child Guidance Clinic, HPB Health Promotion Board Building, 3 Second Hospital Avenue, #03-01 Singapore 168937	Appointment line: 6389 2200 All patients are seen by appointment only. Referrals can be made by the police, lawyers, schools, MSF, Juvenile and Family Courts, social agencies and hospitals.
The Mood and Anxiety Clinic <i>Service Provider:</i> Institute of Mental Health	Provide comprehensive assessment, treatment planning, and intervention for children with mood, anxiety, and other related emotional conditions that may require clinical attention. For more information, please click here .	Child Guidance Clinic, IMH Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View, Sunrise Wing, Block 3, Basement 1 Singapore 539747	Appointment line: 6389 2200
Your Empowered Self (YES) <i>Service provider:</i> Clarity	For youths between ages 18 to 30 who are at risk or experiencing mental health issues. YES initiative provides mental health workshops, psychotherapy and various platforms of engagement to help	Yishun 854 Yishun Ring Road #01- 3511, Singapore 760854 AGAPE VILLAGE 7A Lorong 8 Toa Payoh	Tel : 6757 7990 Email: lightingtheway@clarity-singapore.org Tel : 6801 7467 Email: lightingtheway@clarity-singapore.org

Programme	Description	Address	Contact
Singapore Limited	form communities. For more information, please click here .	#04-01, Singapore 319264	larity-singapore.org
YouthReach <i>Service Provider:</i> Singapore Association for Mental Health	Specialise in integrating children and youths identified with emotional and/or psychological issues. 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

Programme	Description	Address	Contact
ACE★ Programme for Youths <i>Service Provider:</i> Calvary Community Care	ACE STAR (Aspiration, Confidence, Excellence – Strength, Tenacity, Activity, Resilience) is a counselling service cater specifically to youths, in the age range of 13 to 24 years old, identified with emotional and/or psychological issues that may cause person distress and/or affect functioning in school, work, family and social relationships. For more information, please click here .	147 Potong Pasir Avenue 1 #02-83 Singapore 350147	Tel: 6281 1866 Email: care@calvary.org.sg
Counselling and Psychotherapy <i>Service Provider:</i> Shan You Counselling Centre	Provide compassionate, effective and culturally-sensitive counselling and psychotherapy to children, adults and families. For more information, please click here .	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
Children and Youth Concerns <i>Service Provider:</i> The Singapore Counselling Centre (SCC)	SCC provides counselling, psychotherapy and psychological services for those experiencing personal, relationship, and work related difficulties. Professional services are available for adults, adolescents, children, couples, families, and organisations. For more information, please click here .	Park Mall 9 Penang Road, Level 13 Singapore 238459	Tel: 6339 5411 Email: counselling@scc.sg

Programme	Description	Address	Contact
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
Family Support and Counselling Programme <i>Service Provider:</i> WINGS Counselling Centre	An integrated counselling programme for children, youths, individuals, couples and families from 2.5 to 65 years old. It aims to help clients enhance the quality of their personal, social, emotional, behavioural, family and marital challenges, and or developmental issues experienced through the various stages of life. For more information, please click here .	179 Bartley Road Singapore 539784	Tel: 6383 5745 Email: admin@wingscounselling.org.sg
MeToYou Cyber Care <i>Service Provider:</i> Montfort Care	MeToYou consists of a team of trained social workers and counsellors to provide casework and counselling service to youths aged 12 to 18. Through casework and counselling, it is hoped that youths facing cyber-related issues and their families whom MeToYou serves can be empowered and equipped with additional skills, knowledge and resources to manage the challenges they face that are associated with the cyber world. For more information, please click here .	Agape Village 7A, Lorong 8 Toa Payoh #02-05/06 Singapore 319264 @27 Family Service Centre 27 Telok Blangah Way #01-1018 Singapore 090027 Marine Parade Family Service Centre 53 Marine Terrace #01-215 Singapore 440053	Tel: 6801 7396 Email: contact@metoyo.u.org.sg Tel: 6270 8327 Email: contact@metoyo.u.org.sg Tel: 6446 0300 Email: contact@metoyo.u.org.sg

2.3) Adults

Adults – General

Programme	Description	Address	Contact
Association for Psychiatric Rehabilitation (Singapore)	<p>An organization of psychosocial rehabilitation agencies, practitioners and interested organizations and individuals dedicated to promoting, supporting and strengthening community-oriented rehabilitation services and resources for persons with psychiatric issues.</p> <p>For more information, please click here.</p>	139 Potong Pasir Avenue 3 #01-132 Singapore 350139	Email: admin@aprs.org.sg
Community Mental Health Team (CMHT) <i>Service Provider:</i> Institute of Mental Health	<p>CMHT is a national programme run by a multi-disciplinary team at the IMh. The team provides community-based treatment to patients aged 18 to 65 years old with severe and persistent psychiatric illness, so that these patients may continue to live in the community while working towards recovery.</p> <p>For more information, please click here.</p>	Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	Tel: 6389 2371
Community Rehabilitation & Support Service (CRSS) <i>Service Provider:</i> Singapore Anglican Community Service	<p>Provide services such as coordination and training in activities of daily living to persons with mental health issues at their place of residence in the community. It also operates a drop-in centre for persons with mental health issues.</p> <p>For more information, please click here.</p>	<p>CRSS@Bukit Batok 267 Bukit Batok East Avenue 4, #01-206 Singapore 650267</p> <p>CRSS@Yishun 707 Yishun Avenue 5 #01-36 Singapore 760707</p> <p>CRSS@Pasir Ris 534 Pasir Ris Drive 1 #01-266 Singapore 510534</p>	<p>Tel: 6562 4881 Email: crss@sacscrss.org.sg</p> <p>Tel: 6753 5311 Email: crss@sacscrss.org.sg</p> <p>Tel: 6584 4633 Email: crss@sacscrss.org.sg</p>
Creative Hub <i>Service Provider:</i> Singapore Association for Mental Health	<p>A platform to promote psychological wellness and mental health recovery through expressive arts and creative therapies.</p> <p>For more information, please click here.</p>	Goodman Arts Centre 90 Goodman Road Block L, #01-47 Singapore 439053	<p>Tel: 6344 8451 Email: ch@samhealth.org.sg</p>

Programme	Description	Address	Contact
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. It provides individualised case management, psychological assessments, psychotherapy, stress management, crisis intervention, recreational activities, caregiver groups and patient support groups. 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
Insight Centre - Counselling and Support Services <i>Service Provider:</i> Singapore Association for Mental Health (SAMH)	A community-based programme that specialises in working with persons with mental health issues (including persons at risk of developing mental illness and persons recovering from mental illness) and their caregivers. Types of services provided under Insight Centre are: a) Clinical Counselling b) Support Groups c) Public Education d) Helpline Service For more information, please click here .	SAMH Counselling Services 139 Potong Pasir Avenue 3 #01-136 Singapore 350139	Tel: 6283 1576 Email: counselling@samhealth.org.sg
	Illness Management and Recovery (IMR) programme Consist of a series of nine weekly sessions to help people who have experienced psychiatric symptoms to develop personalised strategies for managing their mental illness and moving forward in their lives. For more information, please click here .	Social Services Hub @Tiong Bahru 298 Tiong Bahru Road Level 10 Central Plaza Singapore 168730	Tel: 1800-283 7019 Email: supportsvcs@samhealth.org.sg
	Peer Support Groups Self-help groups for people who are recovering or have recovered from mental health problems to get together as a group for information and sharing of experiences, to obtain social and emotional support and to learn from one another.	Sunshinepath Members will be informed of the location via mass email prior to each session Mental Health Interactive Group for Schizophrenia Social Services Hub@Tiong Bahru	Tel: 1800-283 7019 Email: counselling@samhealth.org.sg

Programme	Description	Address	Contact
	It runs two Peer Support Groups: <ol style="list-style-type: none"> 1. Sunshinepath – A Support Group for Depression (include Bipolar Disorder) and Anxiety 2. Mental Health Interactive Group for Schizophrenia For more information, please click here .	298 Tiong Bahru Road Level 10 Central Plaza Singapore 168730	
MindCare <i>Service Provider:</i> AMKFSC Community Services Ltd	MindCare is the mental health division of AMKFSC Community 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. This service is open to all residents residing within Ang Mo Kio, Sin Ming, Bishan, Sengkang and Punggol estates. View here for more information.	643 Ang Mo Kio Ave 5 #01-3001 Singapore 560643	Tel: 6553 6643 Email: mindcare@amkfs.c.org.sg
Mood Disorder 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 (MDU) Inpatient Service. 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

Adults – Counselling

Programme	Description	Address	Contact
Adult Psychiatric and Counselling Services <i>Service Provider:</i> Promises Healthcare Pte Ltd	Promises is a unique practice which provides psychiatric and counselling services for stress, anger, addictions and various mental health issues through a multi-disciplinary team. For more information, please click here .	Novena Medical Centre 10 Sinaran Drive #09-21/22/23 Singapore 307506	Tel: 6397 7309 Email: clinic@promises.com.sg

Programme	Description	Address	Contact
Counselling <i>Service Provider:</i> Brahm Centre Limited	Provide counselling and psychotherapy services to the general public. Every case will be treated with the strictest confidence and respect, and this service is available to anyone who needs help. For more information, please click here .	71 Irrawaddy Road Ren Ci Hospital, #03-09 Singapore 329562	Tel: 6258 0831 Email: info@brahmcentre.com Counselling sessions are by appointment only.
Counselling Service <i>Service Provider:</i> Counselling and Care Centre	Provide quality counselling and psychological counselling services, psychotherapy training and consultation to professionals in the mental health and social services. For more information, please click here .	536 Upper Cross Street #05-241 Hong Lim Complex Singapore 050536	Tel: 6536 6366 Email: info@counsel.org.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 The W.A.R.M. Corner 853 Woodlands Street 83 #01-132 Singapore 730853 Raintree Sanctuary 550 Hougang St 51 #01-169 Singapore 530550	Appointment line: 6386 1928 Appointment line: 6742 4190 Appointment line: 6386 1928 Appointment line: 6385 3714
Psychotherapy and Counselling <i>Service Provider:</i> Care Corner Counselling Centre	Focus on serving the Mandarin-speaking community. It seeks to promote the well-being and growth of individuals and families through a network of services. For more information, please click here .	62B Lorong 4 Toa Payoh #02-143 Singapore 312062	Tel: 6353 1180 Email: ccc@carecorner.org.sg

Adults – Training and Employment Support

Programme	Description	Address	Contact
Employment Internship Programme <i>Service Providers:</i> Singapore Anglican Community Service and National Council of Social Service	The Employment Internship Programme provides on the job training for persons with mental health issues to prepare them for open employment. The objectives are to: <ol style="list-style-type: none"> 1) Enhance the job readiness and sustainability of persons with mental health issues through on the job training in specified industries; 2) Enhance knowledge and skills of employers in supporting persons with mental health issues; and 3) Showcase employability of persons with mental health issues. 	Singapore Anglican Community Service 10 Simei Street 3 Singapore 529897 National Council of Social Service 170 Ghim Moh Road #01-02 Singapore 279621	SACS Officers Mr Steven Ting Tel: 68120840 Email: steventing@sacsscc.org.sg Mr Vincent Budihardjo Tel: 6812 0878 Email: Vincent_budihardjo@sacs.org.sg NCSS Officer Ms Charis Chua Tel: 6210 2541 Email: Charis_CHUA@ncss.gov.sg
Employment Support Services <i>Service Provider:</i> Singapore Anglican Community Service	Provide employment services that help persons recovering from psychiatric disabilities seek sustained employment in the competitive job market. For more information, please click here .	4 Hillview Rise #02-22, HillV2 Singapore 667979	Tel: 6801 0490 Email: ess@sacsess.org.sg
Employment Training Course <i>Service Provider:</i> Singapore Anglican Community Service	A structure vocational training course designed to suit the interests of persons with mental health issues, and equip them with essential skills and knowledge to enter the workforce. For more information, please click here .	4 Hillview Rise #02-22, HillV2 Singapore 667979	Tel: 6801 0490 Email: ess@sacsess.org.sg
Job Club <i>Service Provider:</i> Institute of Mental Health	A one-stop centre, supported employment service for individuals diagnosed with mental illness. For more information, please click here .	Institute of Mental Health Buangkok Green Medical Park, 10 Buangkok View Block 1, Occupational Therapy Department, Singapore 539747	Tel: 6389 2678 Email: enquiries@jobclub.sg
Social Enterprise <i>Service Provider:</i> Singapore Anglican	On-the-job training in retail through Social Enterprises that equips and empowers persons with mental health issues with employability skills to facilitate transition into the workforce.	4 Hillview Rise #02-22, HillV2 Singapore 667979	Tel: 6801 0490 Email: ess@sacsess.org.sg

Programme	Description	Address	Contact
Community Service	For more information, please click here .		

Adults – Day Activity / Day Rehabilitation Centres

Programme	Description	Address	Contact
Club 3R – Drop-in Centre (Support Services) <i>Service Provider:</i> Singapore Association for Mental Health	Provide a supportive environment for persons recovering from psychiatric conditions. The participants are given opportunities to work on their personal, social and vocational skills. For more information, please click here .	69 Lorong 4 Toa Payoh #01-365 Singapore 310069	Tel: 6255 3222 Email: supportsvcs@samhealth.org.sg
Club HEAL	Provide day rehabilitation services for clients with psychiatric issues. 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
Friendship And Mind Enrichment (FAME) Club <i>Service Provider:</i> Bethesda C.A.R.E Centre	Seek to rehabilitate patients recovering from mental illness and facilitate their re-integration into the community. For more information, please click here .	242 Hougang St 22 #01-93 Singapore 530242	Tel: 6340 4164 Email: lilychan@bcare.org.sg (Mrs Lily Chan)
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: odc@samhealth.org.sg

Programme	Description	Address	Contact
Hougang Care Centre <i>Service Provider:</i> Singapore Anglican Community Service	A residential programme to promote community integration and the development of independent living skills. For more information, please click here .	20 Buangkok View Singapore 534194	Tel: 6386 9338 Email: hcc@sacshcc.org.sg
Simei Care Centre <i>Service Provider:</i> Singapore Anglican Community Service		10 Simei Street 3 Singapore 529897	Tel: 6781 8113 Email: enquiry@sacsscc.org.sg

Adults – Rehabilitation residential/Nursing homes

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
Bukit Gombak Group Homes <i>Service Provider:</i> Singapore Association for Mental Health	Provide opportunities for individuals with stabilised mental health conditions to experience community integration in the heartlands. For more information, please click here .	239 Bukit Batok East Avenue 5, #01-165 Singapore 650239	Tel: 6564 7003 Email: samhbggh@singnet.com.sg
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 .	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. At the same time, it also provides short-term respite care for families.	Buangkok Green Medical Park, 70 Buangkok View Singapore 534190	Tel: 6387 3548 Email: sunlovehq@gmail.com

	For more information, please click here .		
<p>Service Residential Care</p> <p><i>Service Provider:</i> Tai Pei Social Service (TPSS)</p>	<p>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.</p> <p>For more information, please click here.</p>	<p>Buangkok Green Medical Park, 10, Buangkok View, Block 5, Level 5 & 6 Singapore 539747</p>	<p>Tel: 6387 4728 Email: taipeisocialservice@gmail.com</p>

2.4) Seniors

Seniors – General

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. It also empowers caregivers with knowledge and skills that will help them connect with their loved ones, to facilitate stronger relationship bonds. For more information, please click here .	38 Chai Chee Avenue #01-177 Singapore 461038	Tel: 6242 5978 / 6636 3787 Email: info@filos.sg
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
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 .	11 Jalan Tan Tock Seng, Neuroscience Clinic, Level 1, National Neuroscience Institute Singapore 308433	General enquiries: 6357 7088 Appointment line: 6357 7095
Comfort Keepers	Provide care assistance for Alzheimer's patients. Many Comfort Keepers have been formally trained in how to provide in-home care for Alzheimer's patients, which include assisting the client with dressing or personal grooming, etc. For more information, please click	Head Office 221 Henderson Road Henderson Building #07-18 Singapore 159557 Bedok Office 198 Joo Chiat Road #03-01 Singapore 427469	Tel: 6336 3376 Email: service@comfortkeepers.com.sg Tel: 6348 9007 Email: bedok@comfortkeepers.com.sg

Programme	Description	Address	Contact
	here .	Jurong and Bukit Batok Offices 10 Bukit Batok Crescent The Aspire #04-02 Singapore 658079	Tel: 6515 5308 Email: helpinghands@comfortkeepers.com.sg
Community Intervention Team (COMIT)	COMIT is a community-based allied health-led team who provides psych-social therapeutic intervention for clients with mild to moderate levels of mental disorders and support for their caregivers to cope with caregiving.	Refer to AIC's Community-based Care: Health and Social Care Service Directory 2015/2016 for the list of social service organisations that provide COMIT support.	--
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
Community, Resource, Engagement and Support Team (CREST)	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.	--
Memory Clinic <i>Service Provider:</i> Institute of Mental Health	Offer assessment, support, information and advice to those with memory problems and their caregivers. This specialty clinic involves patients and caregivers going 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 Green Singapore 539747	Appointment line: 6389 2200 Appointment email: imh_appt@imh.com.sg

Programme	Description	Address	Contact
Memory Clinic <i>Service Provider:</i> Changi General Hospital	Aim is to assess, investigate and assist in the management of patients over the age of 50 with memory loss and dementia. For more information, please click here .	Changi General Hospital 2 Simei Street 3 Singapore 529889	Appointment line: 6850 3333
Old Age Psychiatric Clinic <i>Service Provider:</i> Adam Road Medical Centre	Access and treat common psychiatric syndromes of old age including dementia, mood and anxiety disorders and late-onset psychosis. It also manages people over 65 years old who have developed psychiatric disorder at an earlier age. 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
Psychogeriatric Clinic <i>Service Provider:</i> Institute of Mental Health	IMH runs a Psychogeriatric Clinic located at Buangkok, Geylang and Queenstown, which cater to the mental health needs of the elderly in Singapore. Services provided by the multi-disciplinary team include both inpatient and outpatient assessments and management. For more information, please click here .	Institute of Mental Health Buangkok Green Medical Park, Specialist Clinic B 10 Buangkok Green Singapore 539747 Community Wellness Clinic, Geylang Geylang Polyclinic 21 Geylang East Central Singapore 389707 Community Wellness Clinic, Queenstown Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958	Appointment line: 6389 2200 Appointment email: imh_appt@imh.com.sg

Seniors – Counselling Centres

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. These services, which are in English, Mandarin and local dialects, include individual counselling and group counselling. View here for more information.	5 Upper Boon Keng Road #02-10 (across from Kallang MRT) Singapore 380005	Tel: 6749 0190 Email: admin@ojoy.org

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. Service is by appointment only. For more information, please click here .	298 Tiong Bahru Road, #15-01/06, Central Plaza Singapore 168730	Tel: 6593 9512 Email: hmcc@tsaofoundation.org
Online Counselling Service <i>Service Provider:</i> Caregiving Welfare Association	Specifically for caregivers providing care for an elderly with physical or mental disabilities. The service is provided free of charge for residents of Singapore only. This 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
Counselling Centre <i>Service Provider:</i> Singapore Action Group of Elders (SAGE)	Aim to enhance the total well-being of the older persons and their caregivers with a special focus on the psychological and social aspects of their health and to promote the well-being of older persons by listening and responding appropriately to their concerns and needs. For more information, please click here .	1 Jurong West Central 2 #06-04, Jurong Point Shopping Centre Singapore 648886	Tel: 6354 1191 Email: reception@sagecc.org.sg

Seniors – Dementia Day Care Centres

Programme	Description	Address	Contact
Apex Harmony Lodge	The Apex Harmony Lodge is purpose-built lodge for Person with Dementia in Singapore. 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, in addition to client monitoring and assistance with activities of daily living, include managing	123 Ang Mo Kio Ave 6 #01-4035 Singapore 560123	Tel: 6511 9479 Email: dementiadc@awwa.org.sg

Programme	Description	Address	Contact
	<p>challenging behaviours of clients.</p> <p>For more information, please click here.</p>		
<p>Day Activity Centre For The Elderly (DACE)</p> <p><i>Service Provider:</i> Singapore Amalgamated Services Co-Operative Organisation</p>	<p>Admit clients clinically diagnosed as having dementia.</p> <p>For more information, please click here.</p>	<p>30 Telok Blangah Rise #01-316 Singapore 090030</p>	<p>Tel: 6276 8713 Email: info@sasco.org.sg</p>
<p>Integrated Home and Day Centre (IHDC) Programme</p> <p><i>Service Provider:</i> The Salvation Army</p>	<p>Reaching out to clients with multiple-care needs, including dementia, the programme aims to deliver seamless care even as their needs change with time.</p> <p>View here for more information.</p>	<p>Peacehaven Bedok Day Centre 121 Bedok North Road, #01-161/163 Singapore 460121</p> <p>Peacehaven Changi Day Centre 9 Upper Changi Road North Singapore 507706</p>	<p>Tel: 6445 1630 Email: peacehaven_day_centre@smm.salvationarmy.org</p> <p>Tel: 6546 5669 Email: peacehaven_day_centre@smm.salvationarmy.org</p>
<p>New Horizon Centres</p> <p><i>Service Provider:</i> Alzheimer's Disease Association</p>	<p>Provide day care services for people with dementia. The New Horizon Centres also offer an Early Dementia Programme for those at an early stage of dementia.</p> <p>View here for more information.</p>	<p>New Horizon Centre (Toa Payoh) 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157</p> <p>New Horizon Centre (Jurong Point) 1 Jurong West Central 2 #04-04, Jurong Point Shopping Centre Singapore 648886</p> <p>New Horizon Centre (Bukit Batok) 511 Bukit Batok Street 52 #01-211 Singapore 650511</p> <p>New Horizon Centre (Tampines) 362 Tampines St 34 #01-377 Singapore 520362</p>	<p>Tel: 6353 8734 Email: alzheimers.tp@alz.org.sg</p> <p>Tel: 6790 1650 Email: alzheimers.jp@alz.org.sg</p> <p>Tel: 6565 9958 Email: alzheimers.bb@alz.org.sg</p> <p>Tel: 6786 5373 Email: alzheimers.tm@alz.org.sg</p>

Programme	Description	Address	Contact
Day/Senior Care Centres <i>Service Provider:</i> Silver Circle	Silver Circle currently operates 12 Day/Senior Care Centres. They offer enhanced care services such as community nursing, active rehabilitation and community dementia care services in one convenient location. For more information, please click here .	Refer to Silver Circle 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
Dementia Day Care <i>Service Provider:</i> Sunlove Abode For Intellectually-Infirmed 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	Provide relief to family caregivers by looking after the patient during the day. Activities in the form of games and exercises are organised to keep them active and alert as it helps stimulate their mental capabilities. For more information, please click here .	No. 5 Sembawang Walk Singapore 757717	Tel: 6257 6117 Email: swamihome@singnet.com.sg
Hua Mei Dementia Care System <i>Service Provider:</i> Tsao Foundation	Provide a system of medical, social and emotional care to home-dwelling elders with dementia that simultaneously supports their caregivers and family members. For more information, please click here .	298 Tiong Bahru Road #15-01/06 Central Plaza Singapore 168730	Tel: 6593 9588 Email: hmdcs@tsaofoundation.org
Dementia Day Care Centre <i>Service Provider:</i>	Provide effective dementia care by enhancing the physical, psychosocial and spiritual well-being of the client. The service is	335A Smith Street Chinatown Complex #03-57 Singapore 051335	Tel: 6225 1002 Email: mail@yong-en.org.sg

Programme	Description	Address	Contact
Yong-En Care Centre	<p>provided for clients who are diagnosed by medical professionals as having dementia and through referrals.</p> <p>For more information, please click here.</p>		

Seniors – Nursing Homes with Dementia Facilities

Programme	Description	Address	Contact
Nursing Home <i>Service Provider:</i> Orange Valley	<p>The nursing home offers:</p> <ul style="list-style-type: none"> • Long term care • Short term care / Respite Care • Medical care / Specialty care • Dementia / Psychiatric care • Overall geriatric care <p>For more information, please click here.</p>	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> Lions Home for the Elders	<p>The Dementia Specific ward that is designed to accommodate to the individual needs of the dementia residents in maintaining their dignity and self esteem. Specially trained staff inculcate a culture of caring as residents learn to live with dementia.</p> <p>For more information, please click here.</p>	Bishan Home 9 Bishan Street 13 Singapore 579804 Bedok Home 487 Bedok South Avenue 2, Singapore 469316	Tel: 6252 9900 Email: lhe.pr@lionshome.org.sg Tel: 6244 0667 Email: lhe.pr@lionshome.org.sg
Nursing Homes <i>Service Provider:</i> Pacific Healthcare	<p>A private nursing home that provides a comprehensive range of equipment to assist in the care of the elderly including dementia-friendly facilities.</p> <p>For more information, please click here.</p>	6 Lengkok Bahru Singapore 159051	Tel: 6272 3133
Peacehaven Nursing Home for the Aged <i>Service Provider:</i> The Salvation Army	<p>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.</p> <p>For more information, please click here.</p>	9 Upper Changi Road North Singapore 507706	Tel: 6546 5678 Email: peacehaven@smm.salvationarmy.org

<p>Special Care Services</p> <p><i>Service Provider:</i> United Medicare Centre</p>	<p>Provide care and supervision to its residents 24 hours a day. The centre has a Special Care services which caters for residents with unique conditions such as dementia or other cognitive impairment.</p> <p>For more information, please click here.</p>	<p>170 Toa Payoh Lorong 6 Singapore 319400</p>	<p>Tel: 6258 4848 Email: admin@unitedmedicare.com.sg</p>
<p>St Andrew's Nursing Home</p> <p><i>Service Provider:</i> St Andrew's Mission Hospital</p>	<p>A specialised Dementia Care Ward that enables its residents direct access to a discreetly enclosed garden where they can engage in physical activities and enjoy the outdoor space safely without wandering too far or getting lost.</p> <p>For more information, please click here.</p>	<p>60 Buangkok View Singapore 534012</p>	<p>Tel: 6880 5330 Email: enquiries@sanh.org.sg</p>

2.5) Caregiver Support Services

Programme	Description	Address	Contact
Caregiver Service <i>Service Provider:</i> AWWA Ltd	Provide psycho-social and emotional support for caregivers and advocates for caregiver-centred services. AWWA has served seniors and people with special needs and multiple disabilities, as well as disadvantaged families and individuals. For more information, please click here .	6 Boon Keng Road #01-52 Singapore 330006	Tel: 6511 5318 / 6636 8194 Email: caregiver@awwa.org.sg
Caregiver Support Group <i>Service Provider:</i> Alzheimer's Disease Association	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 .	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 Family of Wisdom Centre (Tiong Bahru) 298 Tiong Bahru Road #10-05 Central Plaza Singapore 168730	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. It takes place every 2nd Friday evening of the month.	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	Tel: 6899 3463 Email: info@clubheal.org.sg

Programme	Description	Address	Contact
	For more information, please click here .	Club HEAL @ Marsiling (North) 317 Woodlands St 31 #01-194 Singapore 730317	
Caregiver Support Group <i>Service Provider:</i> Singapore Association for Mental Health	Open to family members and friends of persons with a mental health condition to equip them with the knowledge and skills necessary to care for their loved ones. For more information, please click here .	SAMH Oasis Day Centre 139 Potong Pasir Avenue 3, #01-132 Singapore 350139	Tel: 6255 3222 / 6665 9220 Email: supportsvcs@samhealth.org.sg
Caregivers-to-Caregivers Education Programme North/Northeast and Central	Provide advice and support to caregivers of persons with mental health issues (PMHIs), and to develop caregiver leaders and empower them to provide peer support to other caregivers. There are three types of training courses offered to caregivers under C2C:	Caregivers Alliance Limited 491-B River Valley Road, #04-04 Valley Point Office Tower, Singapore 248373	Dr. Sally Thio Tel: 6460 4400 Email: sallythio@cal.org.sg Mr Jared Goh Tel: 6460 4400 Email: jaredgoh@cal.org.sg
Caregivers-to-Caregivers Education Programme West	i) 12-week training course; ii) 1-day workshop; and iii) 5-week modular training course In addition, CAL also serves as a one-stop information and resource centre for these caregivers befriended under C2C by providing warm line (a type of caregiver hotline) and referral services. Monthly support groups are also conducted to provide ongoing support to the caregivers. CAL also conduct public education initiatives to raise awareness of caregiving in the community. For more information, please click here .		
Caregivers-to-Caregivers Support Centre North/Northeast	Aim to: i) Outreach to caregivers of persons with mental illness; ii) Offer information and referral to		

Programme	Description	Address	Contact
Caregivers-to-Caregivers Support Centre Central	relevant community resources; and iii) Provide counselling services. Trained caregivers support the professional staff at CAL in some of the above functions.		
Caregivers-to-Caregivers Support Centre West	For more information, please click here .		
Individual Training and Support North/ Northeast and Central	Aim to meet the needs of the caregivers through providing individual training and support to the caregivers in the community based on a sustainable model.		
Individual Training and Support West	Community volunteers and caregiver leaders would be trained as caregiver support specialists to support these caregivers in the community. There are two phases of support provided to caregivers. For more information, please click here .		
Caring for Persons with Memory Difficulties <i>Service Provider:</i> Montessori for Dementia Care	Aim to provide the framework by which persons with dementia can experience memorable moments and to empower caregivers and family caregivers of persons with dementia to provide quality care through education and training. For more information, please click here .	276 Upper Bukit Timah Road, #01-17 Singapore 558214	Tel: 9729 7480 Email: contact@mfscsg.com
Customized Psycho-education Training Talks <i>Service Provider:</i> Clarity Singapore Limited	Provide a psycho-education training workshops for caregivers. The training programmes are conducted by their qualified psychologists and counsellors. For more information, please click here .	854 Yishun Ring Road #01-3511 Singapore 760854	Tel: 6757 7990 Email: ask@clarity-singapore.org
Family Link Programme <i>Service Provider:</i> Singapore Association for	A nine-session workshop for caregivers of persons with any one of the following three mental illnesses: depression, bipolar disorder or schizophrenia. The aim is to educate and support family	To be confirmed.	Tel: 6593 6424 Email: samhyr@singnet.com.sg

Programme	Description	Address	Contact
Mental Health	<p>members in caring for their loved ones with illness.</p> <p>For more information, please click here.</p>		
The Caregivers' Association of the Mentally Ill	<p>Staffed entirely by volunteer caregivers. One of its objectives is to facilitate training, seminars, public education, and innovative programmes to reach out and educate other caregivers caring for family members suffering or recovering from mental illness.</p> <p>For more information, please click here.</p>	84 Riverina Crescent Singapore 518313	Tel: 6782 9371 Email: contact@cami.org.sg
Dementia Support Group <i>Service Provider:</i> Khoo Teck Puat Hospital	<p>Provide opportunities for interaction between caregivers of dementia patients, and the dementia care team at KTPH. Group sessions are free and open to all.</p> <p>For more information, please click here.</p>	90 Yishun Central Singapore 768828	Tel: 6555 8000 Email: ktp.memorycare@alexandrahealth.com.sg
Mindful Caregiver Programme <i>Service Provider:</i> Brahm Centre Limited	<p>The programme focuses on both the caregiver and the care recipient. It seeks to empower both caregivers and care recipients to reduce their own level of stress and to be calmer when handling challenging situations and issues.</p> <p>For more information, please click here.</p>	71 Irrawaddy Road Ren Ci Hospital, #03-09 Singapore 329562	Tel: 6258 0831 Email: info@brahmcentre.com
Project Angels <i>Service Provider:</i> Montfort Care	<p>A one-stop resource for coordinated information, services and support for caregivers for people with dementia. It provides services with no geographic boundary for caregivers to recharge, rebalance and refocus.</p> <p>For more information, please click here.</p>	27 Telok Blangah Way #01-1018 Singapore 090027	Tel: 6274 6904 Email: projectangels@27fs.c.org.sg

2.6) Restructured Hospitals

Programme	Description	Address	Contact
Alexandra Hospital (managed by Sengkang Health)	<p>Psychology Services</p> <p>Conduct individual psychotherapy and psychological assessments for various health and mental health issues and conditions.</p> <p>For more information, please click here.</p>	Clinic K 378 Alexandra Road Singapore 159964	Appointment line: 6472 2000
Changi General Hospital	<p>Department of Psychological Medicine</p> <p>Provide psychological and psychiatric care for both inpatients and outpatients.</p> <p>For more information, please click here.</p>	2 Simei Street 3 Singapore 529889	General enquiries: 6788 8833 Appointment line: 6850 3333
KK Women and Children's Hospital	<p>Psychological Medicine</p> <p>Psychological Medicine (formerly Mental Wellness Service) provides 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>Offer 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>They have a multidisciplinary team, who help patients and their families deal with the after-effects of a traumatic experience in children.</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.

	For more information, please click here .		
	<p>Support Groups for Women - Perinatal Depression Support Group (Psychological Medicine)</p> <p>This support group provides a network of support for mothers who experience depression and anxiety during pregnancy and the postnatal period. It provides mothers with an opportunity to share their experiences and practical information about the condition, and offers tips on coping.</p> <p>For more information, please click here.</p>	Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899	Enquiries for Perinatal Depression Support Group: 6394 2205
	<p>Women's Mental Wellness Service (Psychological Medicine)</p> <p>Provide comprehensive evaluation and holistic care to women who suffer from a spectrum of emotional challenges and psychiatric disorders, promotes awareness and enhance emotional wellness and improves the lives of women, their families and caregivers.</p> <p>For more information, please click here.</p>	Women's Tower, Level 6 100 Bukit Timah Road Singapore 229899	Appointment line: 6294 4050
JurongHealth	<p>Psychology Services</p> <p>Focus on the emotional and mental well-being of patients. To that end, they provide a range of assessment and therapeutic services to help patients cope with their mental disorders, medical illness and/or chronic symptoms.</p> <p>For more information, please click here.</p>	<p>Jurong Community Hospital 1 Jurong East Street 21 Singapore 609606</p> <p>Ng Teng Fong General Hospital 1 Jurong East Street 21 Singapore 609606</p>	General enquiries: 6716 2000 (24 hours) Appointment line: 6716 2222
Khoo Teck Puat Hospital	<p>Psychological Medicine</p> <p>Provide comprehensive treatment and management for depression, anxiety, bipolar and Post Traumatic Stress Disorders (PTSD). Services</p>	90 Yishun Central Singapore 768828	Appointment line: 6555 8828

	<p>are available for children, adolescents, adults and aged persons.</p> <p>For more information, please click here.</p>		
	<p>ASCAT@North THRIVE</p> <p>Assessment and Shared Care Team (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 is also located at Ang Mo Kio Polyclinic.</p>		
National University Hospital	<p>Clinical Psychology Services</p> <p>Provide psychological (non-drug) assessments and treatments to reduce distress and to promote the psychological well-being in patients.</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 Outpatient appointment line: 6772 2002</p>
Ng Teng Fong General Hospital (managed by JurongHealth)	<p>Psychiatry Services</p> <p>Help patients with psychological problems and behavioral disorders and those who face difficulty in dealing with the various stresses of life.</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) Appointment line: 6716 2222</p>
Singapore General Hospital	<p>Department of Psychiatry</p> <p>Provide a comprehensive integrated multi-disciplinary service in the management of patients with psychological and psychiatric disorders.</p> <p>For more information, please click here.</p>	<p>Outram Road Singapore 169608</p>	<p>General enquiries: 6222 3322 Appointment line: 6321 4377</p>
Tan Tock Seng Hospital	<p>Psychological Medicine Department</p> <p>Provide psychiatric management for individuals who suffer from psychiatric disorders such as</p>	<p>11 Jalan Tan Tock Seng, Medical Centre, Clinic 4A/4B Level 4 Singapore 308433</p>	<p>General enquiries: 6256 6011 Central appointment: 6357 7000 Private appointment: 6357 8000</p>

	<p>depression disorders, anxiety and panic disorders, psychosis, stomatoform disorders, 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) Volunteer Management

Programme	Description	Address	Contact
HEALing Friends <i>Service Provider:</i> Club HEAL	<p>HEALing Friends utilises volunteers to address the chronic shortage of professional manpower in the social service sector. The volunteers will undertake certain basic client support and befriending workload of the professional staff.</p> <p>All volunteers are required to undergo a HEALing Friends training session which provides them with an overview of mental illness and the general guidelines of being a volunteer.</p> <p>For more information, please click here.</p>	<p>Club HEAL Head Office (West) 244 Bukit Batok East Ave 5, #01-02 Singapore 650244</p> <p>Club HEAL @ Pasir Ris East (East) 148 Pasir Ris St 13 #01-24 Singapore 510148</p> <p>Club HEAL @ Marsiling (North) 317 Woodlands St 31 #01-194 Singapore 730317</p>	Tel: 6899 3463 Email: healingfriends@clubheal.org.sg

2.8) 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.

There are five training modules in the Peer Support Specialist Programme, each module targeting a different group in the recovery-oriented eco-system.

Programme Modules	Programme Overview	Target Participants	Enquiry for registration
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 issues.	Ms Gillian Theng Tel: 6589 5570 Email: Gillian_THENG@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 issues.	Ms Gillian Theng Tel: 6589 5570 Email: Gillian_THENG@ncss.gov.sg
Train-the-trainer for Peer Support Modules	This module equips the learners with the underpinning knowledge and basic facilitation skills in the context of facilitating/co-facilitating the ‘Preparatory Training for potential Peer Support Specialist’ and ‘Certificate in Peer	Peer Support Specialists who have completed the ‘Preparatory Training for potential Peer Support Specialist’ and ‘Certificate in Peer	Ms Rahayu Mokti Tel: 6589 5558 Email: Rahayu_MOKTI@ncss.gov.sg

	Support' modules. This module helps to build up peer trainers to train persons with mental health issues so as to sustain a recovery-oriented peer support eco-system in Singapore.	Support' and who are keen to be facilitators.	
Recovery Training for Organisations	This module introduces organisations to the principles and practices of creating a recovery and resilient-oriented environment along with the inclusion of peer support staff. Learners will learn about integrating peer support staff into the workforce and the benefits of peer support in the joint service delivery.	Staff of mental health organisations that employ Peer Support Specialists. The staff may include Executive Directors, Heads of organisations, human resource personnel, supervisors and co-workers of peer support staff.	Ms Rahayu Mokti Tel: 6589 5558 Email: Rahayu_MOKTI@ncss.gov.sg
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 Training for Organisation' module. This module builds up trainers for a sustainable recovery-oriented peer support eco-system in Singapore.	Staff of mental health organisations who have completed the 'Recovery Training for Organisation' and who are keen to be facilitators.	Ms Rahayu Mokti Tel: 6589 5558 Email: Rahayu_MOKTI@ncss.gov.sg

Please contact the respective staff in-charge of each module for more information. The second run of the five modules will commence in July/August 2017.

Resources

1. National Council of Social Service (NCSS) Resources

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

- You can refer to the [IMH website](#) for a list of services offered by IMH.

3. Agency for Integrated Care (AIC) Resources

- 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](#).
 - b. For service providers who are looking for mental health related reading materials, you can visit [AIC-Learning Institute](#).

4. Health Promotion Board (HPB) Resources

- You can refer to the [HealthHub](#) for a list of services offered by HPB.

5. Helpful Resources

General information on Mental Illnesses	Mood Disorders
<ol style="list-style-type: none"> 1. CLARITY Singapore 2. Common Mental Health Problems 3. Disability of Mental Illness 4. National Institute of Mental Health (US government) 5. Silver Ribbon (Singapore) 	<ol style="list-style-type: none"> 1. Beyondblue 2. Black Dog Institute 3. MoodGYM 4. Reach Out! (ROC) 5. Youth Beyond Blue
Anxiety Disorders	Addiction Disorders
<ol style="list-style-type: none"> 1. Anxiety and Depression Association of America 2. Center for Clinical Interventions 3. Clinical Research Unit for Anxiety and Depression (CRUFAD) 4. National Center for PTSD 5. Panic Self Help 	<ol style="list-style-type: none"> 1. National Addictions Management Service 2. Neils Clark's website on games addiction 3. The Cabin Singapore 4. The Centre for Internet Addiction Recovery in the United States 5. The National Youth Council

 If you would like to share any other information that would support persons with mental health issues, kindly contact Ms Ayuni at Seri_AYUNI@ncss.gov.sg.