

Target Group	Provider	Modality	Contact Details
All	Care Corner Counselling Centre	F2F	https://www.carecorner.org.sg/
All	Care Corner Counselling Centre (mandarin helpline)	Phone	1800 353 5800 (10am-10pm, daily ex PH)
All	Club Heal (specialises in Muslim needs)	F2F	http://www.clubheal.org.sg
All	Singapore Association for Mental Health	F2F	https://www.samhealth.org.sg/
All	Family Service Centres	F2F	https://www.msf.gov.sg/dfcs/familyservice/default.aspx
All	Silver Ribbon	F2F	Call for appointment @ 63861928 (Serangoon) / 65090271 (Geylang) / 63853714 (Hougang), 9am-5pm, weekdays ex PH)
All	Samaritans of Singapore (SOS)	Phone	1800 221 4444 (24 hrs)
All	SOS Care Text	Live chat	https://www.sos.org.sg (6pm-6am, Mon-Thu; 6pm-12am, Fri)
All	SOS Caremail	Email	pat@sos.org.sg
All	Institute of Mental Health	Phone	6389 2222 (24 hrs)
All	National CARE Hotline	Phone	1800 202 6868 (8am-12am, daily)
All	Help123 Cyber Wellness Hotline	Phone	1800 612 3123 (9am-6pm, weekdays ex PH)
All	Hear4U	Whatsapp	6978 2728 (10am-5pm, weekdays)
All	Belle Helpbot	Chatbot	https://www.ncss.gov.sg/our-initiatives/beyond-the-label/belle-beyond-the-label-helpbot#
Children	Tinkle Friend Helpline (for Pri Sch students)	Phone	1800 2744 788 (2.30pm-5pm, weekdays)
Children	Tinkle Friend Online Chat (for Pri Sch students)	Live chat	www.tinklefriend.sg (2.30pm-7pm, Mon-Thu; 2.30pm-5pm, Fri)
Youth	Community Health Assessment Team (CHAT)	F2F	https://www.chat.mentalhealth.sg/
Youth	CHAT webChat		https://www.chat.mentalhealth.sg/ (1pm-8pm, Tue-Fri)
Youth	TOUCHline	Phone	1800 377 2252 (9am-6pm, weekdays)
Youth	Fei Yue eC2	Live chat	www.ec2.sg (10am-12pm & 2pm-5pm, weekdays ex PH)
Youth	Help123 Cyber Wellness	Phone	1800 612 3123 (9am-6pm, weekdays ex PH)
Youth		Email	hello@help123.sg
Married couples & parents	Community Psychology Hub's Online counselling	Live chat; email	https://www.CPHOnlineCounselling.sg (9am-6pm, weekdays ex PH)
Addiction		Phone; email	3165 8017 (10am-7pm, weekdays); help@wecare.org.sg
Seniors	Singapore Silver Line by Agency for Integrated Care (AIC) (provides info and link-up to services)	Phone	1800 650 6060 (8.30am-8.30pm, weekdays; 8.30am-4pm, Sat)
Caregivers	Alzheimer's Disease Association	Phone	6377 0700 (9am-6pm, weekdays)
Caregivers	Caregivers Alliance Limited (CAL)	F2F	https://www.cal.org.sg