

# Community Mental Health Resources (West Zone)

The information provided in this publication is based on information available online, and is not exhaustive. If you need more information about the services provided by the organisations mentioned in this publication, please consult the respective organisations.

## **National University Hospital**

**5 Lower Kent Ridge Road, Singapore 119074**

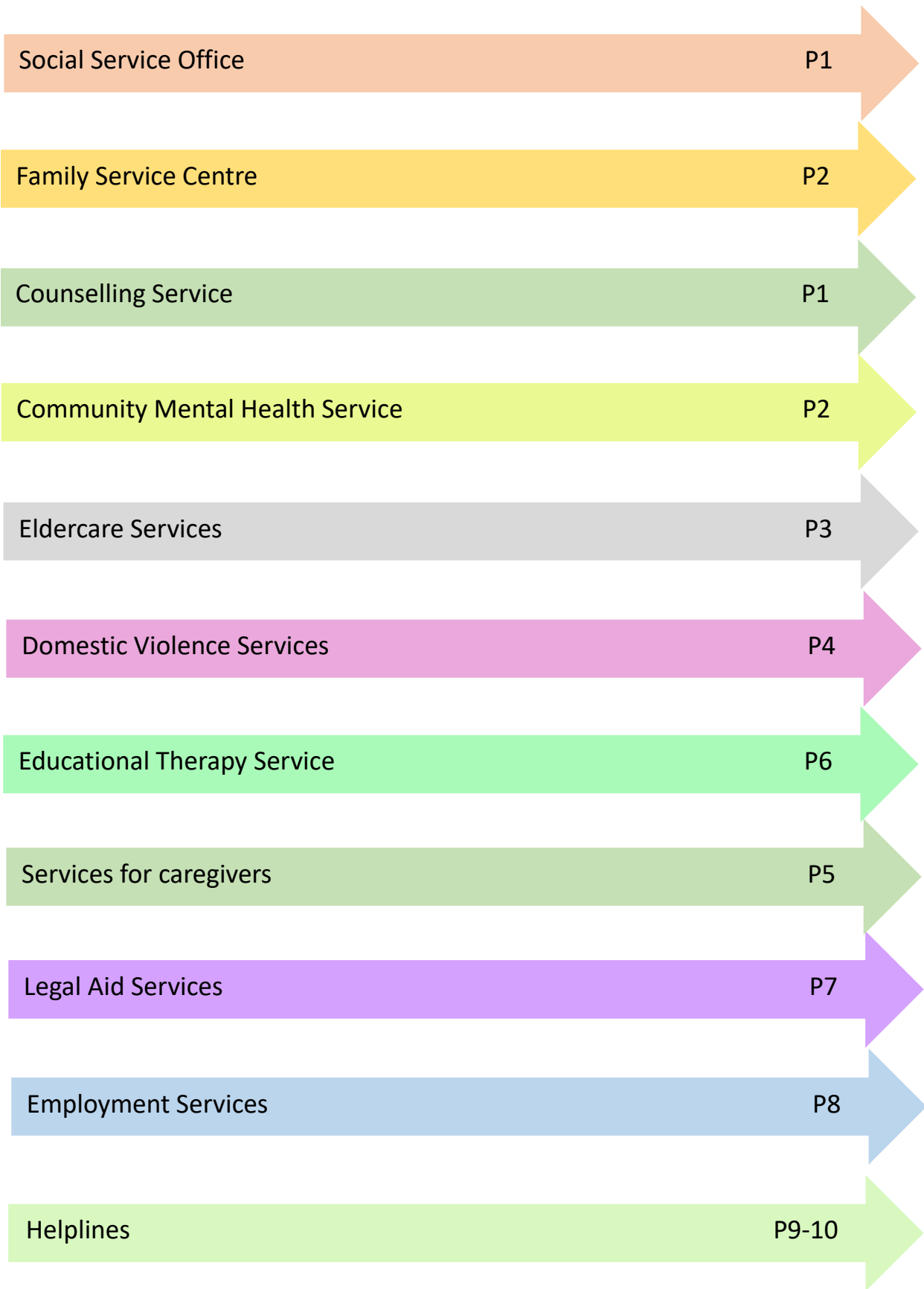
**Tel: (65) 6779 5555**

**Website: [www.nuh.com.sg](http://www.nuh.com.sg)**

Company Registration Number. 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (Feb 2019) and subject to revision without prior notice.



## Counselling Services

### **Counselling & Care Centre**

Services: Family therapy, couple therapy, individual psychotherapy, child focused therapy, trauma counselling, pre-marital counselling and marriage preparation, counselling on sexuality and sexual issues, counselling for domestic violence.

**Address:** Blk 538 Upper Cross Street #05-241 Hong Lim Complex Singapore 050536

**Tel:** 6536 6636

**Email:** [info@counsel.org.sg](mailto:info@counsel.org.sg) or visit [www.counsel.org.sg](http://www.counsel.org.sg) for more information.

### **SAGE Counselling Centre**

Counsellors provide an avenue for client and/or caregivers and family members to discuss various issues and concerns.

Caters to clients who are ≥50 years old, and no age limit for caregivers and family members.

**Address:** 1 Jurong West Central 2 #06-04 Jurong Point Shopping Centre  
Singapore 648886

**Tel:** 6354 1191

**Helpline:** 1800 555 5555 (Mondays to Fridays from 9am to 7pm, Saturdays from 9am to 1pm, closed on Sunday and public holiday)

**Email:** [receptions@sagecc.org.sg](mailto:receptions@sagecc.org.sg) or visit [www.sagecc.org.sg](http://www.sagecc.org.sg) for more information.

### **TRANS Family Services (Bukit Timah)**

Social workers and counsellors provide counselling support for individuals, couples and families to manage life challenges.

**Address:** Blk 1 Toh Yi Drive #01-143 Singapore 591501

**Tel:** 6466 2287

**Email:** [transbt@trans.org.sg](mailto:transbt@trans.org.sg) or visit [www.trans.org.sg](http://www.trans.org.sg) for more information.

## Social Service Office (SSO)

The office provides more accessible and coordinated social assistance to Singaporeans in need.

To locate the Social Service Office near you, please call 1800 222 0000, or visit [www.msf.org.sg](http://www.msf.org.sg)

## Community Mental Health Services

### Singapore Association of Mental Health (SAMH)

Services provided:

- Day activities
- Case management
- Counselling
- Vocational rehabilitation, placement

For more information, please call SAMH Helpline: 1800 238 7019 or visit [www.samhealth.org.sg](http://www.samhealth.org.sg).

### Singapore Anglican Care Services (SACS)

Services provided:

- Day activities
- Case management
- Counselling
- Vocational rehabilitation, placement
- Residential services
- Community based support

For more information, please call 6562 4881 (Bukit Batok) or visit [www.sacs.org.sg](http://www.sacs.org.sg).

### COMIT (Community Intervention Team)

Provides holistic services for clients with mental health needs and their caregivers. Each COMIT comprises a multi-disciplinary team of counsellors, occupational therapists, psychologists, nurses, and programme coordinators who provide the following services:

- Performs needs assessment for clients and caregivers
- Develops individualised intervention plan for clients
- Provides counselling and other psycho-social therapy for clients and caregivers
- Conducts home visits for assessment and close follow-ups for clients and caregivers to help them cope better

To locate the **COMIT** near you, please contact Singapore Silver Helpline 1800 650 6060 or email: [careinmind@aic.sg](mailto:careinmind@aic.sg) or visit [www.aic.sg](http://www.aic.sg). (The COMIT team in the West region of Singapore are: Anglican Care Centre (under SACS), SAMH, Club Heal, Fei Yue)

## Family Service Centres (FSC)

What do they do?

- Information and referral
- Casework and counselling
- Group work
- Community work

To locate the Family Service Centre near you, please call 1800 222 0000, or visit [www.msf.org.sg](http://www.msf.org.sg)

## Eldercare Services

### **CREST (Community Resource Engagement and Support Team)**

A community-based programme which aims to serve as a community safety net to reach out to older persons at risk of/with mental illness.

### **Befriending Service:**

Serving clients aged 60 and above, who live alone, with suboptimal caregiving, and require case management to meet multiple needs.

### **Senior Activity Centre**

Senior Activity Centres can be found at the void decks of HDB rental blocks, where seniors living around the area are encouraged to participate in active ageing. Activities such as karaoke, arts and craft and exercise sessions are available to keep the elderly engaged. The centres also act as a communal space for them to socialise with their peers, and to find social support.

### **Dementia Daycare: New Horizon Centres**

The Alzheimer's Disease Association manages and supports the New Horizon centres which provide day care services for people with dementia. The New Horizon Centres at Bukit Batok, Jurong Point, Tampines and Toa Payoh also offer an Early Dementia Programme for those who are at the early stage of dementia.

Address:

Jurong Point: 1 Jurong West Central 2 #04-04 Jurong Point Shopping Centre Singapore 648886

Tel: 6790 1650

Bukit Batok: Blk 511 Bukit Batok Street 52 #01-211 Singapore 650511

Tel: 6565 9958

To locate the CREST TEAM, Befriending Service, Senior Activity Centres and Dementia Daycare near you, please call Singapore Silver Helpline 1800 650 6060, email: [careinmind@aic.sg](mailto:careinmind@aic.sg), call Comcare helpline at 1800 222 0000, or talk to the officer at any Family Service Centres.

## Domestic Violence Services

### Care Corner Project Start

Project StART is one of the three family violence specialist centres in Singapore, appointed by the Ministry of Social and Family Development, to provide community based services for persons affected by family violence.

Address: Blk 71 Commonwealth Ave #01-672 Singapore 141007

Tel: 6476 1482

Email: [projectstart@carecorner.org.sg](mailto:projectstart@carecorner.org.sg) or visit [www.carecorner.org.sg/start.html](http://www.carecorner.org.sg/start.html).

### PAVE

PAVE is Singapore's pioneer family violence specialist centre, working to promote a healthy community free from violence. PAVE provides services for perpetrators, survivors and vulnerable family members, such as children and the elderly, in dealing with violence.

Address: Blk 211 Ang Mo Kio Ave 3 #01-1446 Singapore 560211

Tel: 6555 0390

Email: [admin@pave.org.sg](mailto:admin@pave.org.sg) or visit [www.pave.org.sg](http://www.pave.org.sg) for more information.

### AWARE Singapore

The Women's Care Centre provides information and support for women who are in distress or at a time of uncertainty in their lives.

Experienced counsellors and well-trained volunteers are available to help women resolve a life crisis, deal with a painful past, adjust to changed circumstances or seek out new directions.

For more information, please visit [www.aware.org.sg](http://www.aware.org.sg).

Address: Blk 5 Dover Crescent #01-22 Singapore 130005

Tel: 6779 7137 or Helpline: 1800 777 5555 (Mondays to Fridays from 3pm to 9.30pm)

### TRANS SAFE Centre

TRANS SAFE Centre is a Family Violence Specialist Centre (FVSC) which aims to promote safe relationships in families by providing help to victims of abuse, persons who abuse and their families who are affected by the abuse.

Address: Blk 133 Bedok Reservoir Road #01-1205 Singapore 470177

Tel: 6747 3202

Email: [transsafe@trans.org.sg](mailto:transsafe@trans.org.sg) or visit [www.trans.org.sg](http://www.trans.org.sg) for more information.

Operating hours: Monday – Friday from 9am to 5pm, closed on Saturdays, Sundays and Public holidays.

## Services for Caregivers

### **Caregivers Alliance Limited (CAL)**

To meet the needs of families and caregivers of persons with mental health issue through education, support networks, crisis support, tailored services and self-care enablement.

#### **How does CAL help caregivers?**

CAL supports caregivers to help them cope with their situation better and recognize that the challenging behaviour they face comes from the mental health issue, and not from their loved one.

#### **Caregivers-to-Caregivers Training Programme (C2C)**

A 12-week course for caregivers held weekly over 2.5-hour sessions, available in English and Chinese. Find out more from [www.cal.org.sg/caregiver-training-programmes](http://www.cal.org.sg/caregiver-training-programmes).

Address: 491-B River Valley Road #04-04 Valley Office Tower Singapore 248373

Tel: 6460 4400/6388 2686

Operation hours: Weekdays from 9am to 6pm

Email: [emailwest@cal.org.sg](mailto:emailwest@cal.org.sg)

### **Caregiving Wellness Association (CWA)**

To improve the quality of life of elderly through dependable direct care service, and to create a generation of responsible and knowledgeable caregivers.

**Services available:** Dementia early intervention programme, welfare support, counselling, elderly wellness and social support, home health service, client referral and case management, home personal care, eldersitter programme, CWA caregivers' sanctuary. Find out more from [www.cwa.org.sg](http://www.cwa.org.sg).

Address: Block 3 Ghim Moh Road #01-294 Singapore 270003

Tel: 6466 7957/6466 7996

Email: [contact@cwa.org.sg](mailto:contact@cwa.org.sg)

### **Dyslexia Association of Singapore (DAS)**

DAS Psychologists are able to provide psycho-educational assessment for students (primary to tertiary), school-readiness assessment for preschoolers, as well as assessments and consultation for adults with concerns.

Address: 1 Jurong West Central 2 #05-01 Jurong Point

Tel: 6444 5700

Email: [info@das.org.sg](mailto:info@das.org.sg) or visit [www.das.org.sg](http://www.das.org.sg).

### **Thye Hua Kwan (THK) Children's Therapy Centre**

THK Children's Therapy Centre provides assessment and intervention services to children from birth to 18 years old with developmental needs.

#### **THK Children's Therapy Centre @ Mei Chin**

150A Mei Chin Road #02-01 Singapore 140150

Tel: 6471 4270

#### **THK Children's Therapy Centre @ MacPherson**

Blk 121 Paya Lebar Way #01-2859 Singapore 381121

Tel: 6805 9480

Email: [ctc@thkmc.org.sg](mailto:ctc@thkmc.org.sg) or visit [www.thkmc.org.sg](http://www.thkmc.org.sg) for more information.

### **Early Intervention Programme for Infants and Children (EIPIC)**

EIPIC provides trainings for infant and children on social communication skills, social skills, cognitive skills, fine and gross motor skills and adaptive/self-help skills.

#### **Fei Yue EIPIC (Jurong East) (0-6 years old)**

Blk 101 Jurong East St 13 #01-188 Singapore 600101

Tel: 6565 6260

Email: [Katherinekwan@fyics.org](mailto:Katherinekwan@fyics.org) or visit <http://eipic.fyics.org>.

#### **THK EIPIC Centre @ CCK (0-7 years old)**

Blk 606 Choa Chu Kang Street 62 #01-139

Singapore 680606

Tel: 6762 9125

Email: [eipic@thkmc.org.sg](mailto:eipic@thkmc.org.sg) or visit [www.thkmc.org.sg](http://www.thkmc.org.sg) for more information.

### **Care Corner Educational Therapy Service**

Caters to children (aged 5 to 13) studying in mainstream school with a range of learning difficulties.

Email: [ets@carecorner.org.sg](mailto:ets@carecorner.org.sg) or visit [www.carecorner.org.sg](http://www.carecorner.org.sg) for more information.

Tel: 6235 2585 (Woodlands), 6259 8683 (Toa Payoh), 6694 8568 (Tampines)



## Legal Aid Services

### Legal Aid Bureau (LAB)

LAB provides the following areas of help:

#### Legal advice

Oral advice by LAB lawyers on questions of Singapore law and the practical steps you may take in the circumstances of your case.

#### Legal Aid

Representation by legal aid lawyer in civil proceedings in the Court of Appeal, the High Court, the District Court, the Magistrates' Court, the Syariah Court, as well as proceedings under the Women's Charter.

#### Legal assistance

Drafting of various legal documents including deeds of separation (separation from spouse before deciding on divorce) and deeds of severance of cohabitation.

For more information, please visit [www.mlaw.gov.sg](http://www.mlaw.gov.sg).

Address: Ministry of Law Services Centre 45 Maxwell Road #07-11 The URA Centre (East Wing) Singapore 069118

Tel: 1800-CALL-LAW (1800 2255 529)

Monday to Friday: from 8:30am to 5:30pm

(Closed on Weekends & Public Holidays)

### Legal Clinics – Free Legal Advice (Singapore Council of Women's Organization)

Address: 96 Waterloo Street Singapore 187967

Tel: 6571 0185

Email : [mscentral@scwo.org.sg](mailto:mscentral@scwo.org.sg) or visit [www.scwo.org.sg](http://www.scwo.org.sg).

Civil law clinic: 1st and 3rd Monday (6.30pm to 8.30pm)

By Volunteer Lawyers from the Singapore Association of Women Lawyers (SAWL).

Muslim Law clinic: 3rd Monday (6.30pm-8.30pm)

By Volunteer Lawyers from the Law Society of Singapore Muslim Law Practice Committee.

### Other free Legal Clinics

Find out more at <http://legalclinics.sg>.

## Employment Services

### **Integrated Employment Services (Under Singapore Anglican Community Services)**

Provides a wide range of employment services that helps the persons with mental health issues to gain and sustain employment in the competitive job market.

Services:

- Employment Training Course (ETC)
- Employment Support Services (ESS)
- Employment Internship Programme (EIP)
- Employee Assistance Programme (EAP+)
- Employment Support Service(ESS)

Address: 10 Simei Street 3 Singapore 529897

Tel: 6812 9600

Fax: 6812 9601

Email: [ies@sacs.org.sg](mailto:ies@sacs.org.sg) or visit [www.sacs.org.sg](http://www.sacs.org.sg) for more information.

### **SAMH Mindset Learning Hub**

Aims to provide Workforce Skills Qualifications (WSQ) training and employment placement in industries such as cleaning, food and beverage, hospitality, healthcare support and retail for persons-in-recovery.

Address: Blk 257 Jurong East Street 24 #01-405 Singapore 600257

Tel: 6665 9220

Email: [MindsetLH@samhealth.org.sg](mailto:MindsetLH@samhealth.org.sg) or visit [www.samhealth.gov.sg](http://www.samhealth.gov.sg) for more information.

### **Workforce Singapore (WSG) SkillsFuture SG (SSG)**

Programmes and initiatives: Career support programme, career trial, IN.LEARN 2020, open door programme, P-max for individual, professional conversion programmes, project phoenix, Singapore Workforce Skills Qualifications (WSQ), skills framework, SkillsFuture for digital workplace, SkillsFuture earn and learn programme, scholarship programme, etc.

For more information, please visit: [www.ssg-wsg.sg](http://www.ssg-wsg.sg).

## Helplines

### Counselling

**Care Corner Counselling Centre (Mandarin)**

Tel: 1800 353 5800

Operating hours: Mondays to Saturdays from 10am to 10pm, except Public Holiday

**Counselling Helpline/Singapore Association for Mental Health (SAMH)**

Tel: 1800 283 7019

Operating hours: Mondays to Fridays from 9am to 6pm, except Public Holidays

**Helpline/Clarity Singapore Limited**

Tel: 6757 7990

Operating hours: Mondays and Fridays from 8.30am to 5.30pm, Tuesdays to Thursdays from 9am to 6pm, Saturdays from 9am to 4pm

**SAF Counselling Hotline /The Central Manpower Base**

Tel: 1800 278 0022

Operating hours: 24 hours

**Yuan Yuan Helpline (Mandarin)/Shan You**

Tel: 6741 0078

Operating hours: Mondays to Fridays from 12pm to 6pm, Saturdays from 1pm to 5pm, closed on Sundays and Public Holidays

**Tinkle Friend Helpline/Singapore Children Society**

Tel: 1800 274 4788

Operating hours: Mondays to Fridays from 2.30pm to 5pm

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### Debt issue

**Credit Counselling Singapore**

Tel: 6225 5227

Operation hours: Mondays to Fridays From 9am to 6pm

**Debt Advisory Centre (manned by Association for Muslim Professionals)**

Tel: 6416 3960/6416 3961

Operation hours: Mondays to Fridays from 9am to 6pm, Saturday from 9am to 1pm, closed on Sundays and Public Holidays

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### Mental Health

**Mental Health Helpline/Institute of Mental Health (IMH)**

Tel: 6389 2222

Operating hours: 24 hours

## Helplines (Cont')

### Mental Health

**Hotline/Samaritans of Singapore (SOS)**

Tel: 1800 221 4444

Operating hours: 24 hours

**Lifeline (National University of Singapore)-For all NUS full-time students**

Tel: 6516 7777

Operating hours: 24 hours

**Addiction Helpline/National Addiction Management Service (NAMS)**

Tel: 6-recover (6732 6837)

Operating hours: 24 hours

**National Problem Gambling Helpline/National Addiction Management Service (NAMS)**

Tel: 1800 666 8668

Operating hours: Mondays to Sundays from 8am to 11pm

**Dementia Helpline/Alzheimer's Disease Association**

Tel: 6377 0700

Operating hours: Mondays to Fridays from 9am to 6pm

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### Information and Enquiries

**ComCare/Ministry of Social and Family Development (MSF)**

Tel: 1800 222 000

Operating hours: Mondays to Sundays from 7am to 12 midnight

**X Ah Long Helpline/National Crime Prevention Council**

Tel: 1800-X-AH-LONG (1800 924 5664)

Operating hours: Mondays to Fridays from 9am to 5pm

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### Caregivers

**Singapore Silver Line/Agency for Integrated Care**

Tel: 1800 650 6060

Operating hours: Monday to Fridays from 8.30am to 8.30pm and Saturdays from 8.30am to 4pm

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For more services, please visit [www.ncss.gov.sg](http://www.ncss.gov.sg) or scan the QR code below.

