

WHERE TO SEEK HELP FOR MENTAL HEALTH ISSUES

1 HELPLINES

National Mental Health Hotline

Institute of Mental Health (IMH): 1771 (24 HOURS)/ WHATSAPP 6669-1771

Singapore Association for Mental Health: 1800-283-7019

Samaritans of Singapore: 1800-221-4444 (24 HOURS)/ 1767 (24 HOURS)

2 COUNSELLING

Family-related counselling (Touchline): 1800 377 2252

Counselling and Therapy (Care Corner): 63531180

Free basic counselling (Silver Ribbon): 6386-1928

3 ONLINE CHAT

Children counsellors for 13 and below (Tinkle Friend): WWW.TINKLEFRIEND.SG

Relationship counsellors for 12 - 25 years (Fei Yue Community Services): EC2.SG

Youth support ambassadors (IMH): WWW.CHAT.MENTALHEALTH.SG

Online mental health chatbot (Care Corner): CAREY.CARECORNER.ORG.SG

4 RESOURCES

Explore [mindline.sg](https://www.mindline.sg) where you can:

- Find out more on Community Outreach Centres and programmes
- Get 24 hour access to a counsellor or professional
- Find resources for **self**, **youths** and those at **work**
(Financial Support, Relationships, Self-care, Mental Wellness etc.)

Help-seeking can be confidential. Be brave to **seek help.**