

INSTITUTE OF MENTAL HEALTH (IMH)	
Main Hotline	Those needing professional psychiatric care & treatment
	Tel: 6389 2222
NATIONAL ADDICTIONS MANAGEMENT SERVICE (NAMS)	
All Addictions Helpline	To provide support for all addiction-related issues
	Tel: 6-RECOVER (6-7326837)
National Problem Gambling Helpline	To provide support for gambling related issues
	Tel: 1800 6 668 668
HOSPITAL	
National University Hospital (NUH)	Department of Psychological Medicine
	Tel: 6779 5555
KK Womens' and Children's Hospital (KKH)	Psychology Service
	Tel: 6225 5554
Singapore General Hospital (SGH)	Department of Psychiatry
	Tel: 6222 3322
Sengkang General Hospital (SKH)	Department of Psychiatry
	Tel: 6930 6000
Tan Tock Seng Hospital (TTSH)	Psychological Medicine Clinic
	Tel: 6256 6011
Changi General Hospital (CGH)	Division of Psychological Medicine
	Tel: 6788 8833

FAMILY CARE CENTRES	
South Central Community Family Service Centre (SCCFSC)	Tel: 6461 9200
Care Corner Family Service Centre	Admiralty Tel: 6365 8751
	Queenstown Tel: 6476 1481
	Toa Payoh Tel: 6356 1622
	Woodlands Tel: 6362 2481
Fei Yue Family Service Centre	Bukit Batok Tel: 6569 0381
	Choa Chu Kang Tel: 6762 5215
Hougang Sheng Hong Family Service Centre	Tel: 6289 5022
Kampong Kapor Family Service Centre	Tel: 6299 7662
Lakeside Family Service Centre	Jurong East Tel: 6564 9722
	Jurong West Tel: 6567 1908
Marine Parade Family Service Centre	Tel: 6445 0100
Pasir Ris Family Service Centre	Tel: 6581 2159

FAMILY CARE CENTRES (Cont.)	
REACH Family Service Centre	Tel: 6252 2566
Rotary Family Service Centre	Tel: 6779 9488
Sembawang Family Service Centre	Tel: 6754 7050
SINDA Family Service Centre	Tel: 1800 2950 3333
MWS Family Service Centre (Tampines)	Tel: 6787 2001
THK Family Service Centre @Tanjong Pagar	Tel: 6270 6711
The Ang Mo Kio Family Service Centre	Ang Mo Kio Tel: 6038 4100
	Cheng San Tel: 6038 4120
	Sengkang Tel: 6312 8100
The SBL Vision Family Service Centre	Tel: 6544 2263
YWMA - MENDAKI FSC / PPIS Family Care Centre	Tel: 6561 3462

OTHERS	
AWARE Helpline	<i>For women with problems.</i> Tel: 1800 777 5555
Care Corner Mandarin Counselling	<i>For the Mandarin-speaking community with family, marital or personal problems.</i> Tel: 1800 353 5800
Centre for Promoting Alternatives to Violence (PAVe)	<i>For families facing violence in need of counselling and support services.</i> Tel: 6555 0390 http://www.pave.org.sg/index.php
SAGE Helpline for Seniors	<i>For anyone 50 years and above or anyone who has a concern or question regarding someone 50 years and above.</i> Tel: 1800 555 5555/6353 7159
Samaritans of Singapore (SOS)	<i>For anybody in crisis and the suicidal.</i> Tel: 1800 221 4444
Community Health Assessment Team (CHAT)	<i>To help and support young people with mental health concerns.</i> Tel: 6493 6500/6501
We Care	<i>For support and treatment programmes for all forms of addiction.</i> Tel: 6547 5459
Alcoholics Anonymous	<i>To provide a platform for alcoholics to support each other in achieving sobriety.</i> Tel: 6475 0890
Al-Anon family groups	<i>To offer help and support to families and friends of alcoholics</i> Tel: 9894 1201

gov.sg list	
National Care Hotline	Tel: 1800-202-6868
Fei Yue’s Online Counselling Service	https://www.ec2.sg/
Silver Ribbon Singapore	https://www.silverribbonsingapore.com/ Tel: 6386-1928
Community Psychology Hub’s Online Counselling platform	https://www.cphonlinecounselling.sg/hc/en-us
Big Love Child Protection Specialist Centre	http://www.biglove.org.sg/ Tel: 6445-0400
HEART @ Fei Yue Child Protection Specialist Centre	https://www.fycs.org/our-work/children/community-based-child-protection-specialist-centre/ Tel: 6819-9170
Project StART	https://www.carecorner.org.sg/family-violence Tel: 6476-1482
TRANS SAFE Centre	http://www.transfamilyservices.org.sg/services-safe Tel: 6449-9088
TOUCHline (Counselling)	https://www.touch.org.sg/keeping-our-community-safe Tel: 1800 377 2252

Preventing Depression: Investigation in Cohorts of its etiology and Trajectory - The PREDICT study

HELPLINE BROCHURE

For more details on the Institute of Mental Health, please refer to:

IMH main website: <http://www.imh.com.sg>