

Resource List

Local Organizations that offer counseling

SOS – Samaritans of Singapore

Helpline: 1800 - 221 4444 (24-hr)

Email Befriending: pat@samaritans.org.sg

www.samaritans.org.sg

SAMH Counselling Services

Helpline: 1800 - 283 7019

Tel: (65) 6283 1576 (4 lines)

Email: counselling@samhealth.org.sg

www.samhealth.org.sg

Counseling & Care Centre

Tel: (65) 6536 6366

Email: www.counsel.org.sg

Silver Ribbon (Singapore)

Tel: (65) 6386 1928 (9am - 5pm, Monday - Friday excluding public holidays)

Email: info@silverribbonsingapore.com

www.silverribbonsingapore.com

Sexual Assault Care Centre

Tel: (65) 6779 0282 (10am – midnight, Mon –Fri)

Visit: 5 Dover Crescent, #01-22 (10am to 7pm, Mon – Fri)

Email: sacc@aware.org.sg

www.sacc.sg

Touchline (Touch Youth Service)

Tel: 1800 - 377 2252

Visit: 3615 Jalan Bukit Merah, 3rd floor, Touch Community Theatre

Face to face counseling for students to manage youth issues

Local Helplines

IMH Emergency Helpline

Tel: 6389 2222

www.imh.com.sg

ComCare Call

Tel: 1800 - 222 0000

Toll free telephone number for people who do not know who to approach for help can call to be directed to the appropriate agency for assistance.

National Family Service Centre (FSC)

Helpline: 1800 - 222 0000

Toll-free telephone number that links all FSCs. It operates in English, Mandarin, Malay and Tamil.

Local Mental Health Services for Adults

Changi General Hospital

Department of Psychological Medicine

2 Simei St 3, Singapore 529889

General Enquires Tel: 6788 8833 (24-hr)

Appointment Centre Tel: 6850 3333

www.cgh.com.sg

Singapore General Hospital

Department of Psychiatry (SGH)

Outram Road, Singapore 169608

Tel: 6222 3322, 6321 4377 (for appointment)

www.sgh.com.sg

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

General Enquiries Tel: 6779 5555 (24-hr)

Central Appointment Line Tel: 6772 2002

Tan Tock Seng Hospital

Department of Psychological Medicine Tan Tock Seng Hospital

11 Jalan Tan Tock Seng, Singapore 308433

Central appointments Tel: 6357 7000

Institute of Mental Health

Buangkok Green Medical Park

10 Buangkok View, Singapore 539747

General Line: 6389 2000 Helpline Tel: 6389 2222

Health Promotion Board (HPB)

3 Second Hospital Avenue #03-01, Singapore 168937

Tel: 6435 3878 / 6435 3879

Online Resources

[IMAlive](#) online crisis chat, Monday-Friday 7pm-10:30pm EST (except Dec. 24 and 25)

[Lifeline crisis chat is a online chat where you can talk to trained operators in times of crisis- Australian based.](#)

www.helpguide.org

HelpGuide is a non-profit guide to mental health and well-being. It has over 200 science-based articles and other resources to help overcome mental and emotional challenges.

Time Management

<https://bigfuture.collegeboard.org/get-started/inside-the-classroom/8-ways-to-take-control-of-your-time>
bigfuture presentation on time management.

http://www.cob.sjsu.edu/nellen_a/time_management.htm

Kate Bondareva's time management tips for students.

Mood

DepNetwww.depnet.com.sg

Depnet is a local depression information service. The website is sponsored by Lundbeck Institute and provides a wide range of information and resources on depression.

Black Dog Institute

www.blackdoginstitute.org.au

The Black Dog Institute is an organisation based in Sydney which provides clinical services, education and research on bipolar disorder. The website gives information about the disorder, including self-assessment test, and downloadable fact sheets.

Ybblue

www.ybblue.com.au

This is the site for young people set up by beyondblue: the national depression initiative. It gives information about depression, how to get help and how to support someone else who is depressed.

MoodGYM

www.moodgym.anu.edu.au

This site teaches people to use ways of thinking which will help prevent depression and anxiety. It is based on cognitive behaviour therapy.

Suicide: Read this First - Page provided as a public service by Metanoia

<http://www.metanoia.org/suicide/>?

Suicide: Read this First was written by Martha Ainsworth based on work by David Conroy, Ph.D.

Reach Out! Central (ROC)

www.reachout.com.au

The Reach Out! website (see Helpful resources Chapter 2) has an interactive program called Reach Out Central (ROC) which aims to teach young people the basics of cognitive behaviour therapy.

Anxiety

National Institute of Mental Health (US government)

[www.nimh.nih.gov/health/topics/anxiety-disorders](http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml) index.shtml

This website has a wealth of good information on anxiety disorders.

Centre for Clinical Interventions www.cci.health.wa.org.au

This website has information sheets on various anxiety disorders, as well as self-help booklets.

Clinical Research Unit for Anxiety and Depression (CRUfAD)

www.crufad.com

This site was developed by the Clinical Research Unit for Anxiety and Depression, University of New South Wales and St Vincent's Hospital, Sydney Australia. See the site's self-help section for downloadable evidence-based fact sheets.

The Macquarie Anxiety Research Unit

www.psy.mq.edu.au/MUARU

This is the site of the Anxiety Research Unit and Psychology Clinic of Macquarie University, Sydney Australia. This site gives information on anxiety disorders in young people.

Eating

The Alliance for Eating Disorder Awareness

www.eatingdisorderinfo.org

This is a US website with information on various eating disorders. It also deals with eating disorders in teenagers and gives advice to parents.

beat: beating eating disorders

www.b-eat.co.uk

This is a UK website run by the Eating Disorders Association. It has a special section for young people. There is also advice for parents and other carers.

Singapore General Hospital Eating Disorders Programme

Tel: 6321 4377 (for appointments)

The SGH Eating Disorders Programme at LIFE centre is a dedicated treatment programme for the management of eating disorders such as Anorexia Nervosa, Bulimia Nervosa and Binge-Eating Disorder.

Self-Harm

Young People and Self-Harm

www.selfharm.org.uk

This is a UK information site for young people who self-harm, family and friends and professionals.

Focus Adolescent Services

www.focusas.com

This North American website is designed for parents.

It covers a range of mental health problems but has a useful section on self-injury.

National Self-harm Network

www.nshn.co.uk

This is a UK website to support people who self-harm and their family and friends.

Addiction

Health Promotion Board Quit line

www.hpb.gov.sg

Tel: 1800-4382000

This quit smoking hotline is a toll-free confidential telephone service that provides smokers and their loved ones with advice on how to quit smoking and how to help someone quit.

National Addictions Management Service (NAMS)

www.camp.org.sg

Tel: 6389 2387

NAMS provides a range of services to assist people who are dealing with addiction problems.

Alcoholics Anonymous Singapore

www.alcoholicsanonymoussingapore.org

Tel: 6475 0890

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.

Narcotics Anonymous

www.nasingapore.org

Tel: 9062 4676 (Nor)

Narcotics Anonymous sprang from the Alcoholics Anonymous movement and like AA, the core of its recovery programme is the Twelve Steps, which include admitting there is a problem, seeking help, engaging in a thorough self-examination, confidential self-disclosure, making amends for harm done, and helping drug addicts who want to recover.

National Council against Drug Abuse

www.drugfree.org.sg

Statistics and information on illegal drugs with a segment for the youth, and another segment for parents on how to help their kids.

Central Narcotics Bureau

www.cnb.gov.sg

Established in 1971 as the primary drug enforcement agency entrusted with the responsibilities of coordinating all matters pertaining to drug eradication, four main strategies used are Preventive Drug Education, Rigorous Enforcement, Treatment and Rehabilitation for addicts and Aftercare and Continued Rehabilitation for ex-addicts to reintegrate them into society.

Centre for Internet Addiction Recovery

www.netaddiction.com

This website has information on internet addictions and quizzes for self-assessment.

Singapore Corporation of Rehabilitative Enterprise (SCORE)

www.score.gov.sg/halfway_houses.html

SCORE is a statutory board set up to enhance the employability of offenders and prepare them for the eventual reintegration back to the workforce.

National Council on Problem Gambling

www.stopproblemgambling.org.sg

Tel: 1800 666 8668

This website has helpful information on gambling addictions for problem gambling as well as family members including how to apply for casino exclusion orders.