**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

**Singapore General Hospital**
**Department of Psychiatry (SGH)**
Outram Road, Singapore 169608
Tel: 6222 3322, 6321 4377 (for appointment)

**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](http://www.imalive.org) 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](http://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**

DepNet www.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 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.alcoholicanonymoussingapore.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.