

SUPPORT AND SERVICES FOR DEMENTIA AND MENTAL HEALTH ISSUES

A helpline is a fast and convenient way to obtain information and advice. It can also be a source of emotional support when you are in distress.

Organisation	Details	Helpline Number
Brahm Centre Assistline	For anybody in distress who needs an empathetic ear and emotional support	6655 0000 8823 0000 - WhatsApp available (Daily from 9am – 10.30pm)
Caregivers Alliance Limited Helpline	For caregivers who are caring for persons living with dementia and living with mental health issues	6460 4400 (Monday – Friday, 9am – 6pm)
Care Corner Counselling Hotline (Mandarin)	For those who need counselling and advice	1800 353 5800 (Monday – Sunday, except public holidays, 10am - 10pm)
Dementia Hotline (by Dementia Singapore)	For caregivers who are caring for persons living with dementia	6377 0700 (Monday – Friday, 9.00am – 6.00pm)
Mental Health Helpline (by Institute of Mental Health)	For psychiatric emergencies, and others who need information for such persons	6389 2222 (24 hours)
Samaritans of Singapore (SOS)	For anybody in crisis and persons with suicidal tendencies	1800 221 4444
Singapore Association for Mental Health Helpline	For people who have psychological, psychiatric or social problems, and others who need information for such persons	1800 283 7019 (Monday – Friday, 9.00am – 6.00pm)

Community Outreach Teams (CREST) reaches out to individuals who may be at risk of dementia and other mental health problems and provides them with early periodic tests, basic emotional counselling and support, and help them coordinate services.

* For people in the community who are at risk of suffering from mental health problems, or patients who have suffered from dementia and other mental health problems, and who need additional support. Caregivers who care for their loved ones provide assistance and services.

** Reach out to young people in the community who are at risk of illness or who are already suffering from mental health conditions and caregivers who need additional support to look after their loved ones.

*** Provide elderly care services and participate in meaningful activities with people at risk of dementia or who are already sick.

Community Intervention Teams (COMIT) provides evaluation, psychological counselling and counselling, and psychological education for patients with mental illness and their caregivers. The community support team, general practitioners and polyclinics provide integrated nursing services covering all aspects of physical, psychological and social care.

Youth Integrated Team (YIT) is for young people between the ages of 12-25 who are at risk of mental health diseases and/or show signs and symptoms of such diseases provide evaluation and intervention services in the year. In addition, the Youth Integrated Team also offers a helping hand to young people who are at higher risk of developing mental illness and provide continuous monitoring and support in the early and late intervention phases.

EAST

Support Services	Contact Details
AMKFSC Community Services Blk 182 Rivervale Crescent #01-311 S540182	Tel: 6385 0260
AMKFSC Community Services Blk 677B Punggol Drive #01-774 S822677	Tel: 6904 9817
Anglican Care Centre (Pasir Ris) Blk 534 Pasir Ris Drive 1 #01-266 S610534	Tel: 6584 4633
***Brahm Centre (Tampines) Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
***Brahm Centre (Simei) Blk 227 Simei Street 4 #01-50 S520227	Tel: 6786 0800
Club HEAL (Pasir Ris) Blk 148 Pasir Ris Street 13 #01-24 S510148	Tel: 6899 3463
**Fei Yue Community Services (ec2.sg) Blk 145 Simei Street 2 #01-06 S520145	Email: ec2sg@fyocs.org
Fei Yue Community Services (Hougang) Blk 174A Hougang Avenue 1 #01-1505 S531174	Tel: 6538 0234
Fei Yue Community Services (Hougang Dewcourt) Blk 376C Hougang Street 32 #01-32 S533376	Tel: 6202 4699
***Filos Community Services Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
GoodLife! @ Bedok Blk 551 Bedok North Avenue 1 #01-550 S460551	Tel: 6312 3988
GoodLife! @ Marine Parade Blk 53 Marine Terrace #01-215 S440053	Tel: 6242 3309
#Singapore Association for Mental Health (SAMH SAY-IT) 59 Urb Avenue 1 Bizlink Centre #04-12 S408938	Email: samhsayit@samhealth.org.sg
The Salvation Army – Peacehaven Bedok Arena Blk 187 Bedok North Street 4 #01-02 S460187	Tel: 6581 9225

CENTRAL

Support Services	Contact Details
***AMKFSC Community Services Blk 420 Ang Mo Kio Avenue 10 #01-1143 S560420	Tel: 6453 5364
Asian Women's Welfare Association (AWWA) Blk 123 Ang Mo Kio Avenue 6 #01-4011 S560123	Tel: 6511 6690

Brahm Centre (Macpherson) Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131
Care Corner Seniors Service Ltd Blk 62B Lorong 4 Toa Payoh #02-121 S312062	Tel: 6258 6601
Clarity Singapore Ltd 7A Lorong 8 Toa Payoh #04-01 Agape Village S319264	Tel: 6757 7990
GoodLife! @ Central 1 Lorong 2 Toa Payoh #02-08 Braddell House S319637	Tel: 6926 0350
GoodLife! @ Telok Blangah Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
**Limitless 2 Orchard Link Hubquarters #04-01 S237978	Email: hello@limitless.sg
Methodist Welfare Services (Charis ACE) Blk 125 Geylang East Avenue 1 #01-05 S381125	Tel: 6842 0497
NTUC Health (Bukit Merah) Blk 121 Bukit Merah View #01-96 S151121	Tel: 8612 8302
***O'Joy Limited Blk 5 Upper Boon Keng Road #02-10 S380005	Tel: 6749 0190
PEACE-Connect Cluster Operator Hub @ Telok Blangah Parcview 92 Telok Blangah Street 31 #01-255 S100092	Tel: 6291 2473
Singapore Association for Mental Health Blk 139 Potong Pasir Avenue 3 #01-136 S350139	Tel: 8511 2678
St Hilda's Community Services Blk 10 Jalan Batu #01-06 S431010	Tel: 6345 0054
Thye Hua Kwan Moral Charities (Beo Crescent) Blk 44 Beo Crescent #01-57 S160044	Tel: 6924 2951
TOUCH Community Services Blk 433 Ang Mo Kio Avenue 10 #01-1415 S560433	Tel: 6804 6555 Email: crest@touch.org.sg
#TOUCH Community Services (Touch Mental Wellness) Blk 162 Bukit Merah Central #05-3545 S150162	Tel: 6730 9552 Email: mentalhealth@touch.org.sg
Tsao Foundation 298 Tiong Bahru Road #15-01/06 Central Plaza S168730	Tel: 6593 9500
Viriya Community Services Blk 142 Potong Pasir Avenue 3 #01-224 S350142	Tel: 6285 8033

NORTH

Support Services	Contact Details
Anglican Care Centre (Yishun) Blk 707 Yishun Avenue 5 #01-36 S760707	Tel: 6753 5311
Asian Women's Welfare Association (AWWA) Blk 740 Yishun Avenue 5 #01-490 S760740	Tel: 9786 5352
**Care Corner Mental Health & Counselling Services (inSIGHT) 6 Woodlands Square #03-01 Woods Square Tower 2 S737737	Tel: 6978 4217 Email: ccs@carecorner.org.sg

Clarity Singapore Blk 854 Yishun Ring Road #01-3511 S760854	Tel: 6757 7990
Club HEAL (Marsiling) Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
GoodLife! @ Yishun Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040

WEST

Support Services	Contact Details
Anglican Care Centre (Bukit Batok) Blk 267 Bukit Batok East Avenue 4 #01-206 S650267	Tel: 6562 4881
***Anglican Care Centre (Jurong East) (Nee Soon Central) Blk 374 Jurong East Street 32 #01-486 S600374	Tel: 6262 1183
Club HEAL (Bukit Batok) Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463
Fei Yue Community Services (Bukit Panjang) Blk 634B Senja Road #02-227 S672634	Tel: 6351 9555
Fei Yue Community Services (Choa Chu Kang) Blk 574 Choa Chu Kang Street 52 #01-296 S680574	Tel: 6661 9499

Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6471 2022
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Fei Yue Community Services (Retiree Centre) Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6769 6981
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NTUC Health (Taman Jurong) Blk 361 Yung An Road #01-111 S610361	Tel: 8612 8302
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REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878
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St Luke's Hospital 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
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**SHINE Children and Youth Services (Resilience) 329 Clementi Avenue 2 #01-248 S120329	Tel: 6778 6867 Email: resilience@shine.org.sg
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Singapore Association for Mental Health Blk 257 Jurong East Street 24 #01-405 S600257	Tel: 8511 2678
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TRANS FOCUS Centre Blk 3 Toh Yi Drive #01-189 S590003	Tel: 6467 8191
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Viriya Community Services – Whispering Hearts FSC Blk 646 Jurong West Street 61 #01-142 S640646	Tel: 6795 1008
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NATIONWIDE

Support Services	Contact Details
*Caregivers Alliance Limited 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400

*Club HEAL (Marsiling) Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463
***Dementia Singapore 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6345 0054
Silver Ribbon (Singapore) Blk 208 Serangoon Central #01-238 S550208	Tel: 6386 1928

RESPITE CARE SERVICES

Respite care provides much needed short-term breaks that can relieve stress and restore energy.

Apart from working with family members, relatives, friends, neighbours, or hiring a domestic helper, there are respite care options that allow you to take short breaks. Caregivers can use this short time to rest, pursue their own hobbies or run personal errands. For the most updated list, you can refer to the Agency for Integrated Care website.

CENTRE-BASED WEEKEND RESPITE SERVICES

CENTRAL		
Centres	Contact Details	Operating Hours
Active Global Active Aging Hub @ Telok Blangah Parcview 92 Telok Blangah Street 31 #01-255 S100092	Tel: 6536 0086 www.activeglobalcaregiver.sg	Mondays – Fridays: 7am – 8pm (For enquiries & application) Saturdays, Sundays & Public Holidays: 9am – 5pm
SASCO Day Activity Centre for the Elderly (DACE) 30 Telok Blangah Rise #01-316 S090030	Tel: 6275 5183 www.sasco.org.sg	Mondays – Fridays: 7am – 7pm (For enquiries & application) Saturdays: 8am – 5pm

EAST

EAST		
Centres	Contact Details	Operating Hours
St Luke's Eldercare (Marine Parade) 86 Marine Parade Central #01-670 S440086	Tel: 6284 1089 www.slec.org.sg	Mondays – Fridays: 7am – 7pm (For enquiries & application) Saturdays: 9am – 3pm
Peacehaven Changi Day Centre 9 Upper Changi Road North S070706	Tel: 6546 5669 www.salvationarmy.org.sg	Mondays – Fridays: 8am – 5pm (For enquiries & application) Saturdays, Sundays : 8am – 5pm

WEST

WEST		
Centres	Contact Details	Operating Hours
Active Global Active Aging Hub @ Ghim Moh Edge 31A Ghim Moh Link #01-11 S272031	Tel: 6536 0086 www.activeglobalcaregiver.sg	Mondays – Fridays: 7am – 8pm (For enquiries & application) Saturdays, Sundays & Public Holidays: 9am – 5pm
SASCO Integrated Eldercare Centre Blk 704 West Coast Road #01-431 S120704	Tel: 6273 5183 www.sasco.org.sg	Mondays – Fridays: 7am – 7pm (For enquiries & application) Saturdays: 8am – 5pm
St Luke's Eldercare (Keat Hong) 801 Keat Hong Close #01-02 S680801	Tel: 6891 0370 www.slec.org.sg	Mondays – Fridays: 7.30am – 6.30pm (For enquiries & application) Saturdays: 9am – 3pm

NORTH & NORTH EAST

NORTH & NORTH EAST		
Centres	Contact Details	Operating Hours
St Luke's Eldercare (Nee Soon Central) 766 Yishun Avenue 3 #01-295 S760766	Tel: 6759 9053 www.slec.org.sg	Mondays – Fridays: 7.30am – 6.30pm (For enquiries & application) Saturdays: 9am – 3pm
St Luke's Eldercare (Sumang) 222 Sumang Lane #01-01 S820222	Tel: 6244 8031 www.slec.org.sg	Mondays – Fridays: 7am – 7pm (For enquiries & application) Saturdays: 9am – 3pm

CAREGIVER SUPPORT GROUPS

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons living with mental health conditions / dementia. It offers caregivers support, information and resources. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another.

*Most of the support groups listed provide nationwide services

CENTRAL

Caregiver Support Groups	Contact Details
AMKFSC Community Services Blk 469 Ang Mo Kio Avenue 10 #01-940 S560469	Tel: 6451 0898 Email: refer2comnet@amkfs.org.sg
Caregivers Alliance Limited 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400 www.cal.org.sg
Dementia Singapore – Caregiver Support Services 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700 www.dementia.org.sg
National Neuroscience Institute Dementia Support Group 11 Jalan Tan Tock Seng S308433	Tel: 9720 8718 (call or SMS for registration purpose only) Email: mei_mei_nyu@nni.com.sg www.nni.com.sg/patient-care/dementia-support-group-meetings
Singapore General Hospital Dementia Support Group Outram Road S169608	Tel: 6222 3322 www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups

TOUCH Caregivers Support
Blk 444 Ang Mo Kio Avenue 10 #01-1603 S560444

Tel: 6804 6555
Email: caregivers@touch.org.sg
www.touch.org.sg/caregivers

NORTH

Caregiver Support Groups	Contact Details
Asian Women's Welfare Association (AWWA) Blk 740 Yishun Avenue 5 #01-490 S760740	Tel: 9784 9247
Khoo Teck Puat Hospital Dementia Support Group 90 Yishun Central S768828	Email: ktp.memorycare@alexandrahealth.com.sg www.ktp.com.sg/dementia_support_group
Montfort Care @ Yishun Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040 Email: goodlife-Yishun@montfortcare.org.sg

EAST

Caregiver Support Groups	Contact Details
Brahm Centre (Macpherson) Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131
Filos Community Services Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503 www.filos.sg
Montfort Care @ Bedok 551 Bedok North Avenue 1 #01-550 S460551	Tel: 6312 3988 Email: goodlifebd@montfortcare.org.sg

WEST

Caregiver Support Groups	Contact Details
Caregiving Welfare Association Blk 3 Ghim Moh Road #01-294 S270003	Tel: 6466 7957 / 6466 7996 www.cwa.org.sg
Club HEAL Blk 254 Bukit Batok East Avenue 4 #01-229 S650254	Tel: 6899 3463
Fei Yue Community Services (Queenstown) Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6471 2022 www.fyocs.org
REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878 / 6801 0876 Email: crest-ss@reach.org.sg www.reach.org.sg

Otherwise, you can visit our AIC Links at the following locations:

AIC Link @ Maxwell 7 Maxwell Road #04-01 MND Complex Annex B S069111 (above Amoy Street Food Centre) Operating Hours: Mondays to Fridays: 8.30am - 5.30pm Closed on weekends and public holidays Note: Closed until further notice.	AIC Link @ Changi General Hospital 2 Simei Street 3 S529889 Discharge Lounge at Main Building Level 1 Atrium (next to Pharmacy B) Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
AIC Link @ Outram Community Hospital 10 Hospital Boulevard S168582 Patient Service Centre Level 2 (opposite Koufu Food Court) Operating Hours: Mondays to Thursday: 9.30am - 5.30pm Fridays: 9.30am - 5pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	AIC Link @ Khoo Teck Puat Hospital 90 Yishun Central S768828 Patient Service Centre Tower B Level 1 Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
AIC Link @ National University Hospital 5 Lower Kent Ridge Road S119074 Main Building Zone G Level 1 (besides Health & U or opposite Kopitiam) Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	AIC Link @ Ng Teng Fong General Hospital 1 Jurong East Street 21 S609606 Tower B Level 2 (near Visitor Self-registration Kiosk) Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays


AIC Link @ Sengkang Community Hospital 1 Anchorvale Street S544835 Patient Service Centre at Green Zone Beside Koufu Food Court (Near Sengkang MRT Station or Cheng Lim LRT Station) Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays	AIC Link @ Singapore General Hospital Block 6 Level 1 (beside Kopitiam) Outram Road S169608 Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays
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AIC Link @ Tan Tock Seng Hospital 11 Jalan Tan Tock Seng S308433 Centre for Health Activation Level 1 Atrium Operating Hours: Mondays to Fridays: 9.30am - 5.30pm Saturdays: 9am - 12.30pm Closed on Sundays and public holidays

Dementia Friend app



 Get info, tips & resources on dementia

 Post cases of missing loved ones & help keep a lookout

 Receive updates on events & training




For service information and resources, contact cmh@aic.sg

MENTAL HEALTH GENERAL PRACTITIONERS PARTNERSHIP

General practitioners (GPs) partners are medical doctors who provide both medical and physical health assessments. They also provide medications for clients who require psychiatric medical interventions.

LIST OF GP PARTNERS BY REGIONS

CENTRAL REGION

Dr Xu Kuan 57 Medical Clinic (Geylang Bahru) Blk 57 Geylang Bahru #01-3505 S330057 Tel: 6694 7078	Dr Fairuz Bin Ahmad Access Medical (Circuit Road) 88 Circuit Road #01-965 S370088 Tel: 6547 8840
Dr Kwan Wai Chee Grace Bishan Grace Clinic 150 Bishan Street 11 #01-151 S570150 Tel: 6254 2232	Dr Wong Mei Chun C.M.C Wong Binjai Clinic 15 Binjai Park S589824 Tel: 6469 3737
Dr Cheong Siew Meng James, Dr Eng Soo Kiang, Dr Jee Yong Hing, Dr Tan Mui Yen June C3 Family Clinic @Aljunied Crescent 95 Aljunied Crescent #01-509 S380095 Tel: 6742 2285	Dr Lim Kai Hung 1 Medical Teck Ghee Blk 410 Ang Mo Kio Avenue 10 Teck Ghee Square #01-837 S560410 Tel: 6251 7030
Dr Choo Kay Wee A Life Clinic 10 Sinaran Drive Novena Medical Centre #09-21 S307506 Tel: 6727 2283	Dr Lim Hong Shen A Medical Clinic 1 Everton Park #01-27 S051001 Tel: 6226 2066
Dr Tan Puay Wee Steve Calrose Medical Family Clinic 231A Sumang Lane #01-05 Matilda Court S821231 Tel: 6957 1750	Dr Lim Geok Leong Central Medical Group Pte Ltd 11 Jalan Bukit Merah #01-4442 S150011 Tel: 6272 2212
Dr Chang Chean Seng Stephen Chang Clinic & Surgery Blk 7 Everton Park #01-21 S080007 Tel: 6221 6955	Dr Chang Tou Liang Chang Clinic 1 Jalan Anak Bukit #B1-08 S588996 Tel: 6466 3811
Dr Cheng Heng Lee Cheng Clinic 447 Ang Mo Kio Avenue 10 #01-1677 S560447 Tel: 6454 2482	Dr Oh Cher Ming, Dr Yeo Cheng Hsun Jonathan Chinatown FMC 133 New Bridge Road #02-09/10 Chinatown Point S059413 Tel: 6225 5155
Dr Chin Yui Cheng Braddell Medical Clinic Blk 124 Lorong 1 Toa Payoh #01-489 S310124 Tel: 6235 6288	Dr Lim Wen Siang Kevin Cornerstone Medical Bidadari Blk 106A Bidadari Park Drive #01-03 S341106 Tel: 6707 5660
Dr Keong Kean Seng Gary Dr Gary's Family Clinic 77 Indus Road #01-523 S160077 Tel: 6803 9375	Dr Ang Boon Kian Steven Gregory Dr Steven Ang Aesthetic & Family Clinic 75D Redhill Road #01-112 S154075 Tel: 6474 7333
Dr Foo Winnie Dr.W Medical Clinic 8 Empress Road #01-09 S260008 Tel: 6475 4262	Dr Pang Sze Kang Jonathan, Dr Wong Ming Everhealth Medical Centre 540 Hougang Avenue 8 #B1-1235 S530540 Tel: 6385 0815
Dr Khwaja Asif, Dr Joan Tay Yee Khoon, Dr Yan Shiyuan Edgedale Medical Clinic 122A Edgedale Plains #01-187 S821122 Tel: 6635 2272	Dr Lily Lie Everton Clinic 7 Everton Park #01-17 S080007 Tel: 6220 7872
Dr Ng Chee Lian Lawrence Family Medicine Clinic 58 Marine Terrace #01-65 S440058 Tel: 6449 1606	Dr Teo Huiling Fraser Medical Centre 78A Telok Bliangah Street 32 #01-07 S101078 Tel: 6273 3603
Dr Ong Kong Yiew Healthcare AMK Medical Clinic 157 Ang Mo Kio Avenue 4 #01-578 S560157 Tel: 6451 1528	Dr Lim Hock Hin Healthcare Medical Centre 311 Hougang Avenue 5 #01-191 S530311 Tel: 6288 1426
Dr Lim Soon Aun Rodney Healthlink Medical Clinic & Surgery 5 Upper Aljunied Lane #01-46 S360005 Tel: 6289 0885	Dr Kay Aih Boon Erwin Healthwerkz Medical Centre @ Orchard 9 Scotts Road #11-02 Scotts Medical Centre Pacific Plaza S228210 Tel: 6734 5987
Dr Fairuz Bin Ahmad Heartland Health 88 Circuit Road #01-965 S370088 Tel: 6547 8840	Dr Tan Sai Tiang Hua Mei Mobile Clinic, HMSCA 298 Tiong Bahru Road #15-01/06 Central Plaza S168730 Tel: 6593 9530
Dr Chen Shiling Hua Mei Clinic Whampoa 300 Whampoa Drive #02-06 Whampoa Community Club S327737 Tel: 6661 9545	Dr Lim Khoon Boon Peter Joash Family Clinic and Surgery 1030 Upper Serangoon Road S534767 Tel: 6282 7371
Dr Lee Yi Jie Jack, Dr Sarah Jane Packer Katong Family Clinic 263 Tanjong Katong Road #01-01 Suites@Katong S437050 Tel: 6203 4192	Dr Ang Xin Lin Priscilla Good Shepherd Family Clinic Blk 9 Jalan Kukoh #01-81 S160009 Tel: 6513 4861
Dr Tan Kian Wee Kenneth Kenneth Tan Medical Clinic 658 Punggol East #01-07 S820658 Tel: 6312 4589	Dr Ko Hong Beng Gregory Ko Family Clinic 18 Upper Boon Keng Road #01-1133 S380018 Tel: 6842 1403
Dr Lee Yik Voon Lee & Tan Family Clinic and Surgery 72 Circuit Road #01-03 S370072 Tel: 6745 6877	Dr Tan Peng Wee Lifelink 24Hrs Clinic & Surgery 153 Serangoon North Avenue 1 #01-534 S550153 Tel: 6281 3977
Dr Lily Neo Lily Neo Clinic Pte Ltd 101 Irrawaddy Road #21-09 S329565 Tel: 6472 6226	Dr See Shean Yaw Make-well Family Clinic & Surgery 70 Lorong Toa Payoh #01-351 S310070 Tel: 6253 4235
Dr Lee Choi Keong Maritime Medical Centre (Pte) Ltd 120 Cantonment Road #02-03/06 Maritime House S089760 Tel: 6223 6066	Dr Tham Kwong Lum Mediview Clinic and Surgery 150 Toa Payoh Lorong 1 #01-999 S310150 Tel: 6253 2351

Dr Foo Hsien Yang Joel Medlife Clinic & Surgery 684 Hougang Avenue 8 #01-985 S530684 Tel: 6385 0836	Dr Ung Eugene Meridian Medical and Dental Centre 327 Hougang Avenue 5 #01-162 S530327 Tel: 6282 5205
Dr Tan Heng Kwang Neighbourhood Medical Clinic Blk 683 Hougang Avenue 8 #01-901 S530683 Tel: 6386 8689	Dr Koo Seng Long Newcastle Clinic 541 Orchard Road #18-02A Liat Towers S238881 Tel: 6736 2322

Dr Phuah Wei Jan Melanie Nutramed Clinic Access Medical (Circuit Road) 1 Grange Road #10-10 Orchard Building S239693 Tel: 6735 0706	Dr Au Kai Xin Charis Healthsprings Medical & Laser Clinic Blk 105A Bidadari Park Drive #-01-09 S341105 Tel: 8616 6166
Dr Kok Moo Ling, Dr Ong Guan Hong Pancare Medical Clinic Blk 133 Ang Mo Kio Avenue 3 #01-1643 S560133 Tel: 6258 3186	Dr Goh Sze Yi Prudence Family Clinic 512 Bishan Street 13 #01-524 S570512 Tel: 6251 5512
Dr Sunil Kumar Joseph Pulse Clinic Pte Ltd 38 Beo Crescent #01-32 S160038 Tel: 6272 4145	Dr Suresh Mahtani S G Clinic 84 Serangoon Garden Way S555980 Tel: 6382 1988
Dr Chua Boon Ling Simon Road Family Clinic 9 Simon Road S545895 Tel: 6287 8755	Dr Tan May Yen Lilian Sims Drive Medical Clinic 53 Sims Place #01-174 Sims Vista S380053 Tel: 6741 1607
Dr Goh Xin Wei Ivanna Tan's T & T Clinic and Surgery 152 Bishan Street 11 #01-213 S570152 Tel: 6353 1133	Dr Sunil Kumar Joseph Tayka Medical 29A Desker Road S209562 Tel: 6392 4473
Dr Teoh Che Chung Teoh Family Clinic Practice Blk 47 Lorong 6 Toa Payoh #01-142 S310047 Tel: 6255 5188	Dr Arjunan Edward Kumanan Grazt The Clinic @ Aperia 12 Kallang Avenue #03-15 Aperia Mall S339511 Tel: 6341 6892
Dr Yak Siqi Ryan HeartlandHealth Blk 19 Lorong 7 Toa Payoh Kim Keat Palm #01-272 S310019 Tel: 6252 3858	Dr Lim Lok Houw Mervin, Dr Yong Yoke Kuen Christine The Clinic @ Campus 70 Stamford Road #B1-21 Singapore Management University S178901 Tel: 6333 9300
Dr Erprini Prabhakar The Clinic @ Capitagreen Capitagreen 138 Market Street #02-01A S048946 Tel: 6384 6851	Dr Keong Kean Seng Gary Dr Gary's Family Clinic 77 Indus Road #01-513 S160077 Tel: 6803 9375

Dr Sukhvinder Singh The Clinic @ Marina One 5 Straits View #01-07 S018935 Tel: 6282 8518	Dr Chong Wen Yu The Clinic @ One George Street 1 George Street #05-05 S049145 Tel: 6438 5322
Dr Yo Masuya The Clinic @ Tai Seng 70 Stamford Road #B1-21 Singapore Management University S178901 Tel: 6333 9300	Dr Lee Chong Han, Dr Tan Shi Ching Trucare Medical and Surgery 1187 Upper Serangoon Road #01-53 The Midtown S533971 Tel: 6385 3525
Dr Neo Kiah Yong Alvin Northeast Medical Group (Kallang) Blk 39 Jalan Tiga #01-01 S390039 Tel: 6241 3298	Dr Lee Chong Han, Dr Tan Shi Ching Trucare Medical and Surgery (AMK) Blk 226A Ang Mo Kio Avenue 1 Kebun Baru Mall #01-631 S561226 Tel: 6255 8849
Dr Lim Shiau Lin Northeast Medical Group (Sengkang) 5 Sengkang Square #01-05 S545062 Tel: 6875 5911	Dr Chan Shijie, Dr Cheong Siew Meng James, Dr Eng Soo Kiang, Dr Neo Hui Yee, Dr Si Poh Nguan Cedric, Dr Tan Mui Yen June, Dr Yeo Yu Lin Janine NTUC Health Family Medicine Clinic 264 Serangoon Central #01-205 S550264 Tel: 6281 2638

Dr Chan Wei Chyet, Dr Cheryl Lim Shijun Phoenix Medical Group (Novena) 275 Thomson Road #01-05 Novena Regency S307645 Tel: 6254 3862	Dr Liang Kai Lun Victor Q & M Mutual Healthcare Medical Clinic Punggol MRT Station 70 Punggol Central #01-07 S828868 Tel: 6384 6605
Dr Mohamed Baisal S/O Abdul Nassar, Dr Mohamed Ghazali Shifa Clinic & Surgery Blk 668 Chandler Road #01-18/20 S210668 Tel: 6295 7667	Dr Ang Teng Soon Paul Zenith Medical Clinic Pte Ltd 266 Punggol Way #01-374 S823266 Tel: 6443 3678
Dr Wong Alvin Well Family Clinic & Surgery 555 Ang Mo Kio Avenue 10 #01-1948 S560555 Tel: 6454 9519	Dr Sim Tiong Peng Winsome Medical and Dental Centre 81 Whampoa Drive #01-915 S320081 Tel: 6254 4568
Dr Koh Hang Yong Citizen Family Clinic & Surgery 102 Yishun Avenue 5 #01-117 S760102 Tel: 6758 6188	Dr Loh Foo Keong Jeffrey Lian Clinic 18 Marsiling Lane #01-269 S730018 Tel: 6269 7435
Dr Jipson Quah Mayfair Medical Clinic 182 Woodlands Street 13 S730182 Tel: 6235 2880	Dr Leong Yan Hoi Millennium Medical Group 849 Woodlands Street 82 #01-215 S730849 Tel: 6368 0386
Dr Tan Yan Yuan My Family Clinic (Angsana Breeze @Yishun) 507 Yishun Avenue 4 #01-05 S760507 Tel: 6753 0178	Dr Neoh Jia Quan Leon Norwood Medical Clinic Blk 785E Woodlands Rise #01-02 S735785 Tel: 6937 3576

Dr Muhammad Iqbal Bin Abdullah Sembawang Mart Medical Centre Pte Ltd 511 Canberra Road #02-02A Sembawang Mart S750511 Tel: 6481 9793	Dr Teow Kay Leong Roy United Health Family Clinic 627 Yishun Street 61 #01-63 S760627 Tel: 6257 1182
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Dr Yim Li-Jen Jean Yim Medical Clinic 678 Woodlands Avenue 6 #01-722 S730678 Tel: 6893 9181	Dr Tan Yuan Zi T Medical Clinic 115 Canberra Walk #01-05 S750115 Tel: 6970 0882
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EAST REGION

Dr Quek Koh Choon Bedok Life Clinic 123 Bedok North Street 2 #01-160 S460123 Tel: 6443 1398	Dr Chua Lee Lea Im, Dr Yeo Peng Hock Henry Bedok Medical Centre 18 Bedok South Road #01-57 S460018 Tel: 6241 4111
Dr Quah Soon Wee Crossroads Family Clinic Blk 601B Tampines Avenue 9 #01-10 S522601 Tel: 6592 7080	Dr Lye Tong Fong Central 24-Hr Clinic (Pasir Ris) 446 Pasir Ris Drive 6 #01-122 S510446 Tel: 6582 2640
Dr Chua Teo Ngee Chua Medical Centre 248 Simei Street 3 #01-134 S520248 Tel: 6785 3825	Dr Fong Chiu Yan Eastern Medical Centre 631 Bedok Reservoir Road #01-896 S470631 Tel: 6448 7628
Dr Wong Toon Heng Faith Medical Clinic & Surgery 487C Tampines Street 45 #B1-103 S522487 Tel: 6788 1061	Dr Fairuz Bin Ahmad Heartland Health 730 Tampines Street 71 #01-51 S520730 Tel: 6588 7833
Dr Cheng Kah Ling Grace Joy Health Medical Clinic & Surgery 825 Tampines Street 81 #01-50 S520825 Tel: 6781 1868	Dr Tay Kok Ling K.L.Tay Clinic & Surgery 632 Bedok Reservoir Road #01-822 S470632 Tel: 6448 1630
Dr Kay Aih Boon Erwin KCS Medical Centre 515 Bedok North Avenue 2 #01-205 S460515 Tel: 6443 8322	Dr Foo Yew Sin Patrick Little Cross Family Clinic 929 Tampines Street 91 #01-445 S520929 Tel: 6544 0040
Dr Kan Boon Thaim Eugene, Dr Lim Geok Bin Joshua Pasir Ris Clinic & Surgery 442 Pasir Ris Drive 6 #01-28 S510442 Tel: 6582 0502	Dr Joan Tay Yee Khoon, Dr Khwaja Asif, Dr Yan Shiyuan Edgedale Medical Clinic 122A Edgedale Plains #01-187 S821122 Tel: 6635 2272
Dr Chua Thiam Eng Siglap Clinic Pte Ltd 308 Telok Kurau Road #01-08 Vibes @ East Coast S423858 Tel: 6348 8389	Dr Sajena Abdul Azeesu Kunju SM Haneefa Clinic 11 Chai Chee Road #01-23 S460011 Tel: 6243 4237
Dr Chong Wai Yip Trinity Medical & Aesthetic Clinic 151 Simei Street 1 #01-33 S520151 Tel: 6260 2822	Dr Wong Jee Pao Wong Family Clinic & Surgery Pte Ltd 117 Bedok Reservoir Road #01-68 S470117 Tel: 6846 1613
Dr Yap Theresa Yang & Yap Clinic & Surgery Pte Ltd 537 Bedok North Street 3 #01-571 S460537 Tel: 6449 9946	Dr Gan Tek Kah Street 21 Clinic Tampines Blk 201B Tampines Street 21 #02-1097 S522201 Tel: 6785 7888
Dr Chee Boon Ping, Dr Wee Lay Kuan Amy Northeast Medical Group (Bedok) Blk 531 Bedok North Street 3 #01-692 S460531 Tel: 6441 2404	Dr Muhd Azmi Hezan B Abd Latiff, Dr Tan Sei Tai Timothy Our Family Physician Clinic & Surgery Blk 829 Tampines Street 81 #01-292 S520830 Tel: 6785 0147

WEST REGION

Dr Ho Kay Chun Caleb 216 Procross Medical Clinic Blk 216 Boon Lay Avenue #01-03 S640216 Tel: 9876 5330	Dr Ho Kay Chun Caleb 405 Procross Medical Clinic Blk 405 Jurong West Street 42 Hong Kah Court #01-K1 S640405 Tel: 8789 6779
Dr Ho Kay Chun Caleb 411 Procross Medical Clinic Blk 411 Jurong West Street 41 #01-K1 S640411 Tel: 9876 5297	Dr Ling Chia Tien Apex Medical Centre 960 Jurong West Street 92 #01-172 S640960 Tel: 6791 2292
Dr Amir Adhha, Dr Sophian Hadi Ibrahim Ar-Raudhah Medical Clinic 372 Bukit Batok Street 31 #01-386 S650372 Tel: 6567 7458	Dr Chong Wen Yu The Clinic @ Business City Mapletree Business City West Zone 20 Pasir Panjang Road #02-26 S117439 Tel: 6816 7180
Dr Kwek Thiam Soo Bukit Batok Medical Clinic 207 Bukit Batok Street 21 #01-114 S650207 Tel: 6560 3311	Dr Eng Soo Kiang CCK Family Clinic 304 Choa Chu Kang Avenue 4 #01-653 S680304 Tel: 6891 0338
Dr Lim Wen Siang Kevin Cornerstone Medical 29A Ghim Moh Link #01-03 S271029 Tel: 6262 0018	Dr Lim Ying Drs Koo, Fok & Associates (Joo Koon) 55 Banoi Road #01-12 Joo Koon Bus Interchange S629907 Tel: 6261 3629
Dr Fok Wai Yee Rose, Dr Lim Ying Drs Koo, Fok & Associates (Pioneer) 31 Jurong West Street 63 #02-04 S648310 Tel: 6862 2380	Dr Xie Bo Cindy Healthway Medical Blk 446 Bukit Batok West Avenue 8 #01-03 S650446 Tel: 6265 5980
Dr Pradit Thonqudomporn Drs Trythall, Hoy, Davies (Pte) Ltd 1 Jurong West Central 2 B1-19B Jurong Point S648886 Tel: 6793 0611	Dr Pang Sze Kang Jonathan, Dr Wong Ming Everhealth Family Clinic & Surgery 762 Jurong West Street 75 #01-290 S640762 Tel: 6793 3113
Dr Tan Teck Jack Northeast Medical Group (Bukit Batok) 10 Bukit Batok Central Bukit Batok MRT Station #01-01 S659958 Tel: 6266 1442	Dr Ong Tiong Hee David Foo and Ong Family Clinic Pte Ltd 151 Bukit Batok Street 11 #01-256 S650151 Tel: 6567 2212
Dr Koh Thuan Wee, Dr Sim Kok Ping, Dr Thia Wee Keng Kevin Frontier Family Medicine Clinic 3151 Commonwealth Avenue West #04-01 Grantral Mall S129581 Tel: 6778 8362	Dr Lim Lee Wei Northeast Medical Group (Buona Vista) Blk 25 Ghim Moh Link #01-10 S270025 Tel: 6694 3282

Dr Bay Ee Lin Sharon Healthsprings Medical Clinic 524A Jelapang Road #02-01 S671524 Tel: 6892 6681	Dr Yong Yuan Chen Healthlife Family Clinic 296A Bukit Batok Street 22 #01-64 S651296 Tel: 6904 8680
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Dr Siaw Tung Yeng Healthlight Family Medicine Clinic Blk 601 Choa Chu Kang Street 62 #01-09 S680601 Tel: 6767 2281	Dr Wu Eu Heng Wu Clinic & Surgery 249 Jurong East Street 24 #01-78 S600249 Tel: 6561 1672
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Dr Lim Chien Wei Healthway Medical Clinic 445 Fajar Road #02-524 Fajar Shopping Centre S670445 Tel: 6769 0600	Dr Chong Yan-Gerald Mark, Dr Goh Hsin Kai, Dr Kay Aih Boon Erwin Healthwerkz Medical Centre (CCK) 225 Choa Chu Kang Central #01-199 S680225 Tel: 6766 2827
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Dr Kok Zi Yin, Dr Loke Kam Weng, Dr Tan Jia Yeong Jeffrey Keat Hong Family Medicine Clinic 2 Choa Chu Kang Loop #03-02 Keat Hong Community Club S689687 Tel: 6769 0750	Dr Dharshini Puvanendran, Dr Lim Boon Howe Edwin, Dr Neo Hui Yee, Dr Si Poh Nguan Cedric, Dr Tok Soek Cheng Lakeside Family Medicine Clinic 518A Jurong West Street 52 #01-02 S641518 Tel: 6262 6434
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Dr Lim Choo LC Clinic Medical Surgery Aesthetics 446 Clementi Avenue 3 #01-191 S120446 Tel: 6464 0932	Dr Choo Chee Hoe Ivan Lifecare Family Clinic 524A Jelapang Road #02-15 Greenridge Shopping Centre S671524 Tel: 6769 8588
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Dr Chin Yew Liang Alan Lifeline Bukit Panjang Medical Clinic 103 Ganga Road #01-37 S670103 Tel: 6760 5788	Dr Neow May Yin Pauline Mei Ling Clinic 158 Mei Ling Street #01-80 S140158 Tel: 6474 1782
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Dr Toh Beng Chye Millennium Medical Group 533 Choa Chu Kang Street 51 #01-33 S680533 Tel: 6765 6685	Dr Saiful Nizam Bin Subari My Health Medical Centre Blk 501 West Coast Drive #01-256 S120501 Tel: 6872 6920
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Dr Lim Chew Pier Medical Centre 725 Jurong West Avenue 5 #B1-164 S640725 Tel: 6791 5677	Dr Kwong Kum Hoong Princeton Family Clinic Pte Ltd 445 Fajar Road #01-546 Fajar Shopping Centre S670445 Tel: 6762 2278
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Dr Tan Swee Meng Robin RC's Family Clinic Pte Ltd 635C Senja Road #01-03 S673635 Tel: 6468 8006	Dr Sunil Kumar Joseph Tayka Medical Family Clinic 526 Jurong West Street 52 #01-323 S640526 Tel: 6564 5528
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Dr Teo Tiong Kiat Teo Clinic & Surgery Pte Ltd 352 Clementi Avenue 2 #01-111 S120352 Tel: 6776 0216	Dr Gupta Ajeet Kumar The Clinic @ Fusionopolis 1 Fusionopolis Place #01-05G Galaxis S138522 Tel: 6466 0602
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Dr Phan Oi Peng The People's Clinic 145 Teck Whye Avenue #01-161 S680145 Tel: 6781 8030

MENTAL HEALTH IN POLYCLINICS

Clients with mental health conditions (including dementia) and chronic physical conditions can also be managed within the polyclinics. A multi-disciplinary team that consists of doctors, psychologists, medical social workers and nurses, work together to support the clients with mild to moderate mental health conditions.

Please call respective polyclinics' general appointment line to make appointment for consultation. Client will only be referred to mental health or memory clinics as determined by polyclinic doctor upon consultation.

	Service Providers	Mental Health Clinics	Memory Clinics	Contact Details
1	Ang Mo Kio Polyclinic	✓	✓	National Healthcare Group Polyclinics
2	Geylang Polyclinic		✓	Call Centre Appointment Line: 6355 3000
3	Hougang Polyclinic		✓	
4	Toa Payoh Polyclinic	✓	✓	
5	Woodlands Polyclinic	✓	✓	
6	Yishun Polyclinic	✓	✓	
7	Bukit Batok Polyclinic	✓	✓	National University Polyclinics Call Centre Appointment Line: 6663 6847
8	Choa Chu Kang Polyclinic		✓	
9	Jurong Polyclinic	✓	✓	
10.	Pioneer Polyclinic	✓	✓	
10	Queenstown Polyclinic	✓	✓	
11	Bedok Polyclinic		✓	SingHealth Polyclinics Call Centre Appointment Line: 6643 6969
12	Bukit Merah Polyclinic		✓	
13	Outram Polyclinic	✓	✓	
14	Punggol Polyclinic	✓	✓	
16.	Tampines Polyclinic	✓	✓	

If you wish to find out more information about any of the services in this list, it is advisable to call the numbers provided before making a trip down.