

SUPPORT AND SERVICES FOR MENTAL HEALTH ISSUES AND DEMENTIA

HELPLINES

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
Fei Yue Online Counselling Service	For youths aged 12 to 25 to talk about their mental health or emotional concerns	ec2.sg
Mental Health Helpline (by Institute of Mental Health)	For psychiatric emergencies	6389 2222 (24 hours)
Samaritans of Singapore (SOS)	For anybody in crisis and persons with suicidal tendencies	Hotline: 1-767 CareText Whatsapp: 9151 1767 (24 hours)
Silver Ribbon (Singapore)	For online emotional support	6386 1928 (Monday – Friday, 9am – 5pm, excluding public holiday)
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, 9am – 6pm)

Community Outreach Teams

The Community Outreach Team (CREST) focuses on raising public awareness of mental health conditions and dementia, promotes early recognition of at-risk individuals, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

* The Caregiver Community Outreach Team (CREST-Caregivers) focuses on caregivers who have or are at risk of developing depression, anxiety and burn-out due to their caregiving role. The team increases public awareness of caregiving concerns, promote identification of caregiver needs, supports caregivers in self-care and links caregivers up with support groups and counselling services where needed.

** The Youth Community Outreach Team (CREST-Youth) increases awareness of mental health and promotes early identification by organising outreach events, involving parents and peers in the recovery journeys and link them to appropriate health and social support networks.

EAST	
Support Services	Contact Details
AMKFSC Community Services Blk 182 Rivervale Crescent #01-311 S540182	Tel: 6385 0260
Brahm Centre Blk 148 Simei Street 1 #01-121 S520148	Tel: 6612 6125
Brahm Centre Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
Club HEAL Blk 148 Pasir Ris Street 13 #01-24 S510148	Tel: 6899 3463
Club HEAL Blk 997A Buangkok Crescent #01-809 S531997	Tel: 6899 3463
**Fei Yue Community Services Blk 145 Simei Street 2 #01-06 S520145	Email: ec2sg@fycs.org
Fei Yue Community Services Blk 376C Hougang Street 32 #01-32 S533376	Tel: 6011 7650 Tel: 6011 7656
Filos Community Services Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
Home Nursing Foundation Blk 991B Buangkok Link #01-251 S532991	Tel: 6854 5555
Montfort Care Blk 613B Bedok Reservoir Road #01-1376 S472613	Tel: 6312 3988

Montfort Care Blk 52 Marine Terrace #01-189 S440052	Tel: 6702 0212
**Singapore Anglican Community Services 20 Buangkok View Block 4 S534194	Tel: 6386 9338 Ext: 108
The Salvation Army 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 Ave 10 #01-1143 S560420	Tel: 6453 5364
AWWA Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123	Tel: 6511 6690 HP: 9621 7856
Brahm Centre Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131
**Brahm Centre 47 Scotts Road #05-02 Goldbell Towers S228233	Whatsapp: 8866 4811 Email: info@brahmcentre.com
Care Corner Seniors Service Ltd Blk 62B Lorong 4 Toa Payoh #02-121 S312062	Tel: 6258 6601
**Limitless 176 Orchard Road JustCo #05-05 S238843	Email: hello@limitless.sg

Montfort Care Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
Montfort Care Blk 108 Bukit Purmei Road #01-105 S090108	Tel: 6274 6904
NTUC Health Blk 121 Bukit Merah View #01-96 S151121	Tel: 6267 4197
OJoy Limited Blk 5 Upper Boon Keng Road #02-10 S380005	Tel: 6749 0190
Silver Ribbon (Singapore) Blk 208 Serangoon Central #01-238 S550208	Tel: 6386 1928
Singapore Anglican Community Services Blk 5 Beach Road #02-4915 S190005	Tel: 6291 2473
Thye Hua Kwan Moral Charities Blk 44 Beo Crescent #01-57 S160044	Tel: 6924 2951
TOUCH Community Services Blk 433 Ang Mo Kio Ave 10 #01-1415 S560433	Tel: 6804 6555
Viriya Community Services Blk 142 Potong Pasir Ave 3 #01-224 S350142	HP: 9690 2989

NORTH	
Support Services	Contact Details
AWWA Blk 740 Yishun Ave 5 #01-490 S760740	Tel: 9784 9247
**Care Corner Singapore 6 Woodlands Square #03-01 Woods Square Tower 2 S737737	Email: insight@carecorner.org.sg
Club HEAL Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
Montfort Care Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040
**Singapore Association for Mental Health Blk 317 Woodlands Street 31 #01-196 S730317	Tel: 6362 4845 Whatsapp/Telegram: 9127 9784 Email: csay@samhealth.org.sg

WEST	
Support Services	Contact Details
Fei Yue Community Services Blk 634B Senja Road #02-227 S672634	Tel: 6011 7653
Fei Yue Community Services Blk 574 Choa Chu Kang Street 52 #01-296 S680574	Tel: 6011 7655
Fei Yue Community Services Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6011 7651
Fei Yue Community Services Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7654
**Lakeside Family Services Blk 997, Jurong West Street 93 #01-369 S640977	Tel: 6991 3000
NTUC Health Blk 361 Yung An Road #01-111 S610361	Tel: 6267 4197
REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0876 Tel: 6801 0878
SAGE Counselling Centre 1 Jurong West Central 2 #06-04 Jurong Point Shopping Centre S648886	Tel: 6354 1191
Singapore Anglican Community Services Blk 374 Jurong East Street 32 #01-486 S600374	Tel: 6262 1183

**SHINE Children and Youth Services 329 Clementi Ave 2 #01-248 S120329	(i) WhatsApp for caregivers : 8788 3171 (ii) Whatsapp for youths: 8855 3566 Email: resilience@shine.org.sg HP: 9690 2989
Viriya Community Services Blk 646 Jurong West Street 61 #01-142 S640646	

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 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: 6377 0700
*Dementia Singapore 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389

Community Intervention Teams

The Community Intervention Team (COMIT) provides assessment, counselling, therapy, case management and psychoeducation support for clients with mental health issues and dementia, including their caregivers. COMIT works closely with the community outreach teams, General Practitioners, Polyclinics and other community partners to provide holistic care to clients.

The Youth Integrated Team (YIT) conducts targeted outreach to increase awareness of mental wellness, provides assessment, therapeutic intervention and case management while engaging youth for ongoing monitoring and support.

EAST	
Support Services	Contact Details
AMKFSC Community Services Blk 677B Punggol Drive #01-774 S822677	Tel: 6904 9817
Brahm Centre Blk 473 Tampines Street 43 #01-94 S520473	Tel: 6908 2122
Brahm Centre Blk 148 Simei Street 1 #01-121 S520148	Tel: 6612 6125
Filos Community Services Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
Montfort Care Blk 613B Bedok Reservoir Road #01-1376 S472613	Tel: 6312 3988
Singapore Anglican Community Services Blk 534 Pasir Ris Drive 1 #01-266 S610534	Tel: 6584 4633
#Singapore Association for Mental Health Blk 124 Bedok North Road #01-133 S460124	Tel: 6344 8451 Email: samhsayit@samhealth.org.sg

CENTRAL	
Support Services	Contact Details
Clarity Singapore 7A Lorong 8 Toa Payoh #04-01 Agape Village S319264	Tel: 6801 7467
Montfort Care Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
Montfort Care Blk 223 Mountbatten Road #02-18 S398008	Tel: 6242 3309
Singapore Association for Mental Health Blk 1 Maude Road #03-30 S200001	Tel: 8511 2678
#TOUCH Community Services Blk 162 Bukit Merah Central #05-3545 S150162	Tel: 1800 377 2252 Email: mentalhealth@touch.org.sg
Tsao Foundation 298 Tiong Bahru Road Central Plaza #15-01/06 S168730	Tel: 6661 9539
Tsao Foundation 300 Whampoa Drive ComSA Centre S327737	Tel: 8664 3335

NORTH	
Support Services	Contact Details
#Care Corner Singapore 6 Woodlands Square #03-01 Woods Square Tower 2 S737737	Email: insight@carecorner.org.sg
Clarity Singapore Blk 854 Yishun Ring Road #01-3511 S760854	Tel: 6757 7990
Club HEAL Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
Montfort Care Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040
Singapore Anglican Community Services Blk 707 Yishun Ave 5 #01-36 S760707	Tel: 6753 5311

WEST	
Support Services	Contact Details
Fei Yue Community Services Blk 574 Choa Chu Kang Street 52 #01-296 S680574	Tel: 6011 7658
#SHINE Children and Youth Services Blk 329 Clementi Ave 2 #01-248 S120329	(i) WhatsApp for caregivers : 8788 3171 (ii) Whatsapp for youths: 8855 3566 Email: resilience@shine.org.sg
Singapore Anglican Community Services Blk 267 Bukit Batok East Ave 4 #01-206 S650267	Tel: 6562 4881
Singapore Association for Mental Health Blk 257 Jurong East Street 24 #01-405 S600257	Tel: 8511 2678
St. Luke's Hospital 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
Viriya Community Services Blk 646 Jurong West Street 61 #01-142 S640646	Tel: 9690 2989

NATIONWIDE	
Support Services	Contact Details
Club HEAL 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: 6377 0700

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
Caregivers Alliance Limited 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400 www.cal.org.sg
Dementia Singapore 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700 www.dementia.org.sg
Dementia Singapore 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389 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

EAST	
Caregiver Support Groups	Contact Details
AMKFSC Community Services Blk 182 Rivervale Crescent #01-311 S540182	Tel: 6385 0260 Email: refer2comnet@amkfsc.org.sg
Brahm Centre Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131

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 Blk 107 Commonwealth Crescent #01-230 S140107	Tel: 6011 7651 Email: crest@fycs.org
Fei Yue Community Services Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7657 Email: crest@fycs.org
REACH Community Services Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878 / 6801 0876 Email: crest-ss@reach.org.sg

Show you care with the CARA app

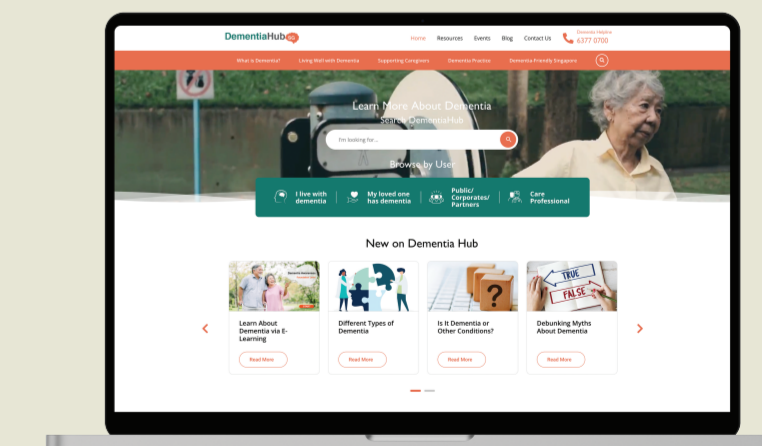
CARA, an initiative by Dementia Singapore, stands for 'Community, Assurance, Rewards and Acceptance'. It provides access to an ecosystem of solutions. Download the app to:

- Access trusted resources and support
- Obtain a unique identifier and membership card for persons living with dementia
- Receive support for the safe return of a wandering person living with dementia



To get the most comprehensive and up-to-date information and resources on dementia, visit:

www.DementiaHub.SG



Click www.aic.sg

Call 1800 650 6060

Visit AIC Link



