

Uncovering & Empowering
Hidden
Heroes

CAREGIVER SERVICES AND RESOURCES

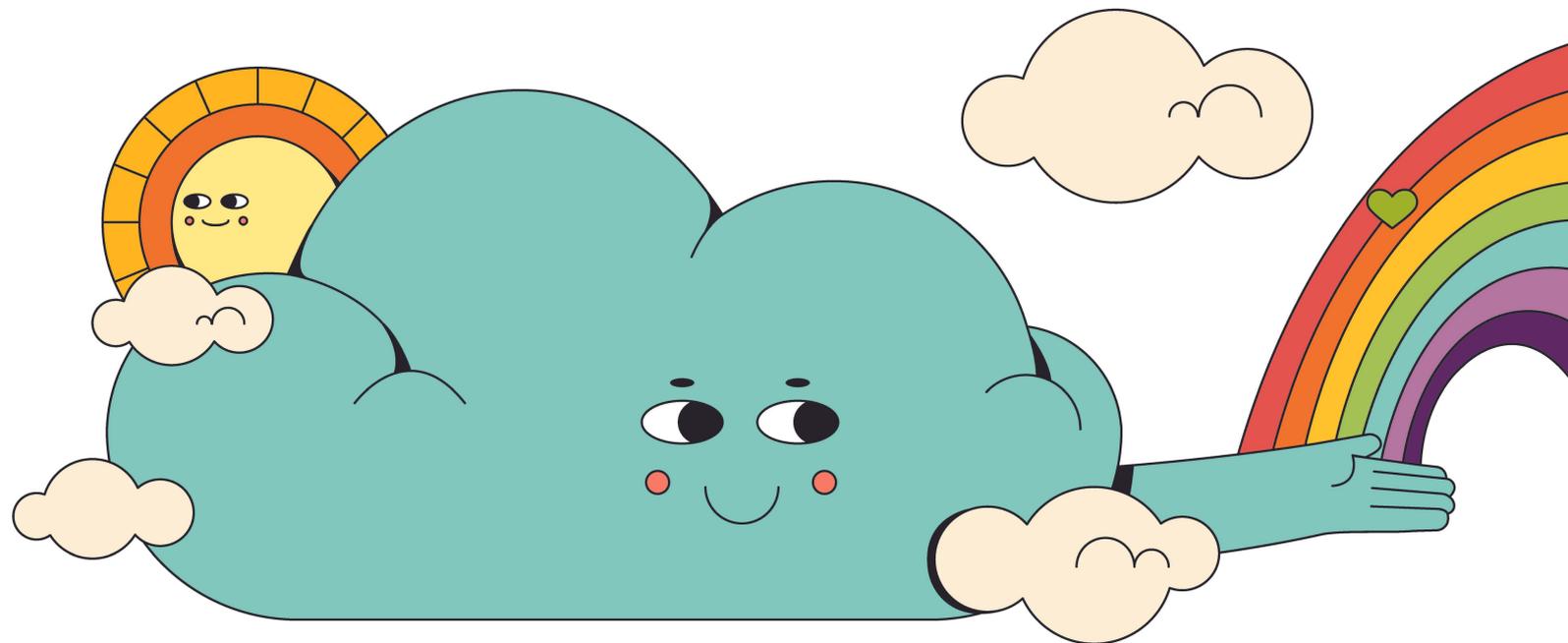
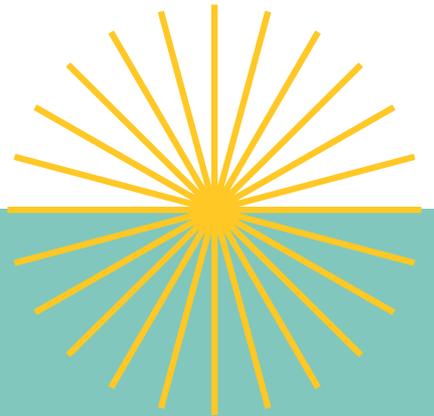


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CAMPAIGN PARTNERS



Campaign Partners



Supporting Organisations





ABOUT

Caregivers Alliance Limited (CAL) is the only non-profit organisation in Singapore dedicated to meeting the needs of caregivers of persons with mental health issues through education, support networks, crisis support, tailored services and self-care enablement.

Support for this group is crucial as their journey can be long and challenging, with many experiencing caregiver burnout. CAL's mission is to reach out to anyone who cares for someone with a mental health issue, be it family member, friend or colleague, empowering them to achieve a high level of well-being and resilience.

Our 8-12 week Caregivers to Caregivers (C2C) training programmes are co-facilitated by volunteers who are themselves caregivers, and fully-funded so as not to limit access to anyone who needs help. Attendees learn about the different mental health conditions, pick up skills around self-care, communication, resilience-building and advocacy, and learn about available resources in the community. Our core programme is C2C for Persons with Mental Health Issues, and we also offer a Dementia programme, a Youth Caregiver Programme, an Eating Disorders programme and other ad hoc programmes as we see the need.

The programmes perform another important function, which is to gather caregivers into informal support groups. C2C sessions often encourage sharing and interaction between caregivers to facilitate bond-building among them.

Beyond C2C, caregivers can also opt to join year-long support groups called Caregivers for Caregivers (C4C) and participate in the engagement activities that we organise for further education, respite and enrichment. We also encourage them to advocate for mental health and caregiving, in an effort to reduce the still-prevalent stigma around the topic.

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Caregivers-to-Caregivers Training Programmes (C2C)

The C2C for Persons with Mental Health Issues (C2C-PMHI) is CAL's signature training programme.

Across 12 weeks, caregivers will widen/deepen their knowledge of mental health conditions and pick up skills around self-care, communication, resilience-building and advocacy, as well as available community resources.



To further meet the needs of the community, we also have:

- Dementia (C2C-Dem)  
- Young Caregivers (C2C-YCG) 
- Eating Disorder (C2C - ED) 

Engagement to Empowerment (E2E)

In association with People's Association, the E2E team facilitates peer support caregiver groups in six constituencies: Bukit Gombak, Fengshan, Henderson/Dawson, Nee Soon East and Tampines.

Meetings are once a month over the course of a year, where caregivers can have a safe space to share their experiences and knowledge resources. If you are a graduate of CAL's Caregivers-to-Caregivers (C2C) programme and wish to journey with fellow caregivers staying near you, do contact the team at e2e@cal.org.sg.

Individual Training & Support (ITS)

As a result of their heavy responsibilities, some caregivers may face tremendous stress and may not have the capacity to attend CAL's C2C programme onsite. The ITS programme provides an alternative for the convenience of those who cannot leave their loved ones for long periods. Sessions may be through face-to-face meetings at a location convenient to caregivers, or through other means such as phone calls, messaging, or email.

If this support is what you need, please do not hesitate to contact us.

general@cal.org.sg

Caregivers-for-Caregivers (C4C)

After completing the 12-week C2C Training Programme, caregivers often ponder "what's next?" Many of them appreciate the connections made and support received during the sessions, and wish for a continuation of the support network. The C4C Support Programme offers caregivers a structured monthly support group that runs over 12 months, to continue their journey with each other and to further explore topics that were not covered during the C2C Programme.

The first five sessions are facilitated by a CAL staff and covers common topics among caregivers. For the subsequent sessions, the caregivers themselves are empowered to lead, choosing topics that best fit their interests.

Caregivers Engagement Activities

- Fireside Chat
- Events



ABOUT

Care Corner Singapore is a non-profit organisation providing social and health care services to build hope and promote well-being for those in need. With 43 service points island-wide, we help children with special learning needs or from disadvantaged backgrounds, youths at risk, troubled families, vulnerable seniors, and individuals with counselling and mental health needs.

Woven into the fabric of our community, we aim to provide a holistic continuum of care to the marginalised across their life stages and major transitions.

At Care Corner, we promote mental wellness and reduce stigma around mental health issues through education and outreach, intervention and emotional support, and counselling services.

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Dementia: Care Corner Caregiver Support Group

We provide therapeutic intervention and training on caregiving for persons living with dementia.

Through monthly support group sessions for caregivers, we journey with caregivers, provide them with emotional support, and organise respite programmes to help them maintain emotional well-being.

Youth Mental Health: Care Corner INSIGHT (Mental Health Support for Youths)

Our team of professionals specialises in engaging youths. They help youths and young adults manage mental challenges, realise their full potential and equip them with the knowledge and skills for lifelong mental wellness by providing:

- Mental health screening to recognise early signs and symptoms of mental health conditions
- Fully-subsidised counselling services (for youths aged 13-25)
- Creative activities and experiential learning to cultivate good mental health practices and develop a growth mindset

Care Corner '800' Toll-Free Counselling Hotline (Mandarin)

As the largest and only toll-free Mandarin counselling hotline (1800-3535-800) in Singapore, Care Corner has been providing support to distressed help-seekers in the community for over 30 years.

Our team of more than 120 trained volunteer hotline counsellors provide individuals with emotional first aid and counselling intervention to prevent escalation of mental health issues, provide emotional regulation and manage relationship challenges.

We help individuals cope with:

- Family dynamics issues
- Grief and loss
- Mental health challenges
- Personal challenges
- Pre-marital and marital issues

Care Corner Counselling Centre

Through highly-subsidised professional counseling services, we provide support to individuals, couples and families who may experience distress in their interpersonal, marital and familial relationships, including those who may be coping with mental, emotional and behavioural challenges.

Our team of counsellors uses a wide range of approaches and also specialises in:

- Play therapy for children
- Couple therapy
- Mental health
- Trauma recovery

Carey

Carey, Care Corner Singapore's online youth mental health platform, offers 24/7 access to help seekers aged 13 to 25 years old and their caregivers. Users will be brought through a mental health screening tool and be led to schedule timely appointments with youth mental health professionals within 3 weeks at no cost. With this mental health buddy, youths can take the first step towards seeking help conveniently and confidentially. They will also have access to mental health resources curated for the local context.

If you or a youth you know needs support, reach out to Carey here: <https://carey.carecorner.org.sg/>



ABOUT

Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental illness and their families. Club HEAL aims to assist and empower people with mental health challenges to regain confidence in themselves and work towards community reintegration through rehabilitation and purposeful work. Club HEAL also supports and enables their families to provide better care during their recovery journey. It promotes the healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Services provided by Club HEAL include day rehabilitative services, counselling, home visits, public education, support groups and volunteer training.

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CREST Caregiver Support Network (CREST CSN)

Club HEAL's CREST CSN was launched in April 2021 to support and connect caregivers who are taking care of people with mental health challenges and seniors with dementia.

Our Goals

- To build a network among caregivers
- To strengthen their relationships through meaningful activities
- To empower caregivers to keep a look out and help one another

Benefits of Joining Us

- Prioritise self-care and learn to look after your needs and wellbeing
- Access to caregiving resources
- Mutual support through sharing and building care network
- Join fun and meaningful activities with other caregivers

Events and Activities

- Regular talks on caregiving skills such as being a good communicator and practical caring techniques.
- Monthly caregiver support group sessions - sharing of personal experiences and providing mutual support
- Fun activities eg. nature walks, celebratory events and excursions to places of interest.

Contact us at email: crest.caregiver@clubheal.org.sg or tel: **6899 3463**

ABOUT

The Institute of Mental Health (IMH) offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19), adults, and the elderly.

Besides providing clinical treatment for patients, IMH also provides caregiver support to equip caregivers in their journey of caring for their loved ones. Medical staff, such as the psychiatrist, pharmacist and nursing staff, educates caregivers on the mental illness and its treatment while the medical social worker conducts family psychoeducation to help families cope better as they support their loved ones in their recovery journey. In addition, IMH works closely with community agencies such as Caregivers Alliance and may make referrals to these agencies to ensure caregivers receive sustained support in the community.

Families of IMH patients may approach their Medical Social Workers to enquire about caregiver support.



Caregivers Workshop

Workshops are conducted to provide information to caregivers to support them in caring for their loved ones without neglecting their own needs.

Caregivers Therapeutic Group Work

Group work is a form of intervention used to support caregivers. Using the dynamics and support from the group, the caregivers are guided by the therapist to explore and increase their understanding of themselves and work through any barriers with the aim of increasing their wellness while fulfilling their roles as caregivers.

Family Psychoeducation

Psychoeducation is conducted with families to equip them with knowledge on the illness and its impact on the family. Family members will also be provided with practical tips such as effective communication to enhance interaction with their loved ones.

Family Therapy Services

This therapy aims to support patients and their families/ caregivers to address family issues to increase patient's and family's wellness.



ABOUT

At Janssen, we're creating a future where disease is a thing of the past. We're the Pharmaceutical Companies of Johnson & Johnson, working tirelessly to make that future a reality for patients everywhere by fighting sickness with science, improving access with ingenuity, and healing hopelessness with heart. We focus on areas of medicine where we can make the biggest difference: Cardiovascular & Metabolism, Immunology, Infectious Diseases & Vaccines, Neuroscience, Oncology, and Pulmonary Hypertension.

Learn more at <https://www.janssen.com/>.

Follow us at <https://twitter.com/JanssenGlobal>.

ABOUT

Mental Health Film Festival Singapore (MHFFS) provides a safe platform for audiences to learn more about different aspects of mental health through a series of films, panel conversations, and workshops. As mental health awareness continues to grow in Singapore, it is also crucial to acknowledge the importance of managing our emotions and discomforts on the subject. Only in doing so can we take meaningful steps to support the mental health of our children, youths, and communities.

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Annual Film Festival

MHFFS runs our annual film festival and other events using film to ignite genuine conversations surrounding mental health themes such as caregiving, mental wellness, and managing stress. The 2022 festival will feature a Mental Health Roadshow to feature the available mental health organisations and programmes available in Singapore. The roadshow takes mental health literacy one step further enabling youths to access and understand resources. Through the experience of the roadshow, attendees will act and register for programmes or volunteer with the organisations that will be present.



Annual Youth Competition

We also conduct an annual Youth Competition where youths aged 15-35 receive psychoeducational regarding mental health topics and make a film surrounding a mental health topic. These films are screened at our partner events and used to spark conversations and break the mental health stigma.



ABOUT

Milieu Insight is a consumer research and analytics company that connects businesses directly with their target audience for market research. The company collects consumer opinion data across a multitude of lifestyle topics and sectors through a proprietary mobile app known as Milieu Surveys. Milieu's customer platform, known as Canvas, offers businesses a wide range of tools for accessing, analysing, and visualising high-value and timely consumer opinion data to help power better decision-making and strategy. For more information about Milieu Insight visit: www.mili.eu



ABOUT

The Movement for the Intellectually Disabled of Singapore (MINDS) has been caring for Persons with Intellectual Disabilities (PWIDs) and their families since 1962. Grounded in the belief that all PWIDs have innate abilities and talents, MINDS is committed to empowering them and enhancing their quality of life, while advocating for greater inclusivity for PWIDs as a nation. MINDS is today one of the largest charities in Singapore employing more than 850 staff.

With the key focus to expand community-based services, improving the employability of PWIDs, strengthening education, and engendering inclusive community living, MINDS offers a holistic range of services and programmes across the PWIDs' lifespan. These include schools, employment and training development centres, home-based care services and community-based services to cater to the physical, psychological, environmental and social needs of PWIDs.

To empower and support caregivers in their caregiving journey, MINDS offers respite services, future care planning services and caregivers support networks including MINDS Care Circle and MINDSibs, a support programme for siblings of persons with special needs.

For more information, please visit www.minds.org.sg

MINDS Care Circle

MINDs Care Circle aims to provide a safe community for caregivers to find strength, resilience and support while caring for their loved ones.

More than just a network for resources and workshops, we provide opportunities for caregivers to come together for social, emotional and practical support.

MINDSibs (MINDS Siblings Programme)

MINDSibs is a support programme that reaches out to typically-developing siblings of persons with special needs. MINDSibs engages siblings through a wide range of activities that allow siblings to foster friendships, garner peer support and grow social networks among themselves. Through promoting the inclusion of siblings, MINDSibs also aims to empower siblings to build positive healthy relationships with their siblings with special needs from young.

Future Care Planning

Understanding the needs and aspirations of PWIDs and the importance of future care planning, we assist caregivers with the understanding of and access to legal and financial resources, as well as health and accommodation options available in the community.

Services offered include Deputyship Programmes, online toolkits and Life Coaching Services.

MINDS Raintree – Special Student Care Centre (SSCC)

MINDS Raintree SSCC was set up to provide before-and-after school enrichment programmes for children with special needs. This service also provides the much-needed respite for caregivers, offering them valuable time for self-care and to look after their own needs. Students in the centre are given many opportunities to enrich their knowledge and hone essential Activities of Daily Living (ADL) skills across several domains beyond their schools' structured curriculum.



ABOUT

Singapore Anglican Community Services (SACS) is the community service arm of the Diocese of Singapore.

The origins of SACS date back to the 1950s with the setting up of a clinic by Mrs. Catharine Eng Neo Thomas, a nurse and the wife of the then Principal of St. Andrew's School. The clinic was to serve villagers living in the Potong Pasir area.

In the 1960s, student counselling services were introduced, first at St. Margaret's Primary School and later at all the Anglican schools. 1967 saw the launch of Singapore Anglican Welfare Council (SAWC) to meet the needs of the elderly, the lonely, the sick and the poor. Services under SAWC included the Wilkie Road Children's Home, drug rehabilitation centres and the Christian Outreach to the Handicapped. The 80s saw the development of Psychiatric Rehabilitation Services, which became SAWC's anchor service. SAWC was later restructured and renamed SACS in 2006.

Today, SACS continue to bring love, light and hope to the underserved through our services.

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Integrated Employment Services

a. Employee Assistance Programme (EAP+)

EAP+ promotes awareness on mental health wellness at workshop through talks and workshops. Support is rendered to:

- Employees with mental health issues through face-to-face counselling and consultations
- Supervisory team and management executives through consultations and training to equip them with knowledge and skills to support their employees with mental health issues

For more information, you may:

- view the EAP+ video (bit.ly/EAP-V), or
- refer to the EAP+ brochure (bit.ly/EAP-B)

b. Employment Support Services (ESS)

Job matching and placement services for clients where sustainable employment goals are created to facilitate their transit back into the workforce. Job support services are provided for clients who are already in the workforce.

COMMUNITY INTERVENTION TEAM (COMIT)

Available at Anglican Care Centre (Bukit Batok, Pasir Ris, Yishun)

Mobile teams of professionals provide counselling, training, and support services to clients and their caregivers to sustain their recovery in the community.

Day Rehabilitation

Available at Anglican Care Centre (Bukit Batok, Hougang, Pasir Ris, Simei, Yishun)

Clients are attached to work units based on interest and ability to build up vocational and social skills under an adapted Clubhouse Model.

Rehabilitation counsellors and programme staff work closely with clients to achieve rehabilitation goals and recovery through personalised day rehabilitation programmes.

Residential Rehabilitation

Available at Anglican Care Centre (Hougang, Simei)

Short to intermediate term residential rehabilitation services depending on the recovery stage of each client.

Personalised programmes to enhance independent living skills, build confidence for community integration and improve clients' quality of life.



ABOUT

The Singapore Association for Mental Health (SAMH) has been a key partner in the transformation of the mental health landscape in Singapore since 1968.

As a social service agency, SAMH has contributed significantly to the mental health care system in Singapore by having a suite of services, which include rehabilitative, outreach and creative services, that complement the Government's efforts to provide holistic mental healthcare.

SAMH continues to play a critical role in strengthening the social fabric by cultivating and building a more inclusive and empathetic community through focusing on preventive care, psychosocial rehabilitation and public education on mental health and wellness.

These services allow caregivers, particularly those whose loved ones have a mental health condition, to feel supported as they journey together with their loved ones on the road towards recovery.

With a vision to promote 'Mental Wellness for All', SAMH is committed to not only improve the lives of and promote acceptance and respect for persons with mental health issues, but also to build the mental resilience of the community, including caregivers too.

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SAMH Insight Centre

Toll-free helpline & Counselling Service

Besides persons with psychiatric, psychological or emotional issues, counselling is also made accessible for caregivers at Insight Centre. Caregivers who are seeking for counselling should call the **toll-free helpline (1800-283-7019)** to arrange for an appointment with a counsellor.

Counselling is a mutual, collaborative process that involves discussing and working on identified issues and goals with the counsellor. It aims to provide clients or caregivers with the opportunity to express their thoughts and feelings, gain clarity on their issues and receive support while working to improve their situation.



SAMH Creative Hub

Creative therapeutic interventions such as art, writing, music and dance, as well as individual art therapy to enhance well-being.

SAMH Creative Hub uses art, writing, music and dance as a form of therapy for participants of all ages to explore and express their feelings. Activities include creative therapeutic interventions, individual art therapy and counselling with creative approaches. The integrated model is open to the public and helps to encourage awareness, relieve stress and improve quality of life.

Caregivers who are keen to register for upcoming activities can contact us at **creativehub@samhealth.org.sg** or **6344 8451 / 9863 0603** (both are available via call and WhatsApp).

SAMH Mobile Support Team

Community based intervention team providing psycho-social therapeutic interventions for clients with mental health needs and support for their caregivers.

SAMH MST provides a holistic service to clients and caregivers, equipping them with information to make informed decisions for the management of their condition and support social reintegration, resulting in an improvement in functioning and quality of life. Each multi-disciplinary team comprises allied health professionals and programme coordinators to provide a variety of services depending on the needs.

Caregivers can seek the help of a referring agency or contact us directly for assistance at samhmobile@samhealth.org.sg or **8511 2678**.

SAMH C'SAY, SAMH SAY-IT! and SAMH YouthReach

Youth-related services that also provide support for caregivers of youths

SAMH C'SAY which stands for Sports, Arts and Youths, echoes our belief that youths should have a SAY! in their lives. As physical health and mental health are closely linked, this centre offers sports, outdoor and art activities to help spark conversations, promote general well-being, cultivate resilience, and prevent the onset of mental illness.

Youths aged 12-25 years old who are keen can email us at csay@samhealth.org.sg or contact us at **6362 4845**.

SAMH SAY-IT! aims to provide mental health support to youths and their families in the community, through positive engagement, empowering them on mental health matters and promote help-seeking behaviours.

Youths or family members can seek the help of a referring agency (hospital, clinic, school, social service agency, etc.) or contact us directly for assistance at **6344 8451**.

SAMH YouthReach helps to develop client's social and functional competencies through life skills training, enhance client's and family strengths and resources in order to minimise risk, promote safety and improve functioning and assist families in caring for their children.

Those who are keen can email us at youthreach@samhealth.org.sg or contact us at **6593 6424**.



ABOUT

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients. As the heart of care, AIC supports caregivers by connecting them to services, training, respite care and resources so that they can better care for themselves and their loved ones. Since 2012, AIC, together with the Ministry of Health, developed the Community Mental Health (CMH) Masterplan. Under the Masterplan, AIC worked with CMH partners to develop an integrated CMH network to support both persons living with mental health conditions and their caregivers. This network integrates both the healthcare and social care aspects in managing mental health issues, and brings early detection, treatment and long-term support for those who need it closer to home.

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Caregiver Community Outreach Team

Caregivers, in their caregiving journey, may be at risk of developing stressors that may adversely affect their mental wellness. The Caregiver Community Outreach Team, also known as the Community Resource, Engagement & Support 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 and promote identification of caregiver needs. The team also supports caregivers in self-care through health and wellness activities, stress management and future planning. Caregivers are linked up with support groups and counselling services where needed.

The Caregiver Community Outreach Team is one of the programmes under the Community Mental Health Masterplan developed by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH), which enables persons living with mental health issues and dementia to seek early treatment nearer to their homes and ensure that they are well-supported in the community.

E-Resources

a. Mental health awareness e-learning modules

Caregivers who would like to learn more about the various mental health conditions and be equipped with knowledge and skills to support their loved ones, can access complimentary mental health awareness e-learning modules at www.aic.buzz/mh-elearning.

b. Other related resources

There are also resources such as bite-size Mental Health Helpsheets for Caregivers and listing of community mental health services which caregivers can reach out to. You can access these resources at www.aic.buzz/mh-resources.

For service information, linkage, and resources on mental health or caregiving, you may email AIC at ccmh@aic.sg.



Mindcare



ABOUT

MindCare is a community mental health service under AMKFSC Community Services that aims to respond to the rising needs for mental health care in the community. Through its extensive network of healthcare and community partners, MindCare delivers comprehensive psychological and psychoeducational support services to individuals with mental health issues.

Founded in 1978, AMKFSC is a community-based Social Service Agency which provides a holistic range of services that cater to children, youths, families, and the elderly in Central and North-Eastern Singapore. AMKFSC operates four family service centres across Ang Mo Kio, Sengkang and Punggol. It also provides other support services such as student care, senior services, a youth work specialist centre, mental health support programme and a family resource centre at Changi Prison.

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- 
- Caregiver support
 - Psychoeducation for clients and caregivers
 - Counselling & case management for clients and caregivers
 - Assessments & screening for mental health issues
 - Referrals to mental health services
 - Group therapy
 - Psychological support

| Organisation | Contact    |
|--|---|
|  <p>Caregivers Alliance Limited (CAL)</p> | <p>Main Office: 491-B River Valley Road #04-04 Valley Point Office Tower Singapore 248373</p> <p>Centre Locations: https://www.cal.org.sg/find-our-centres</p> <p>Tel: 6460 4400 (Mon to Fri, excluding public holidays, 9 am - 6 pm) Email: general@cal.org.sg</p> <p><u>Individual Training & Support (ITS) enquiries</u> General Hotline: 6460 4400/Email: general@cal.org.sg (Mon-Fri, excluding public holidays, 9am – 6pm)</p> <p><u>Engagement to Empowerment (E2E) registration</u> Email: e2e@cal.org.sg</p> <p><u>Helplines (Mon to Fri, excluding public holidays, 9am – 5pm)</u> IMH CSC: 63882686 / 63888631 West Cluster: 97207590 & 97707996 Central Cluster: 97298628 & 98267115 East Cluster: 97369170</p> |
|  <p>Care Corner</p> | <p><u>Headquarters Office</u> 6 Woodlands Square #03-01 Woods Square Tower 2 Singapore 737737 Tel: 6250 6813 Email: ccs@carecorner.org.sg</p> <p><u>Counselling Centre</u> Blk 62B Lorong 4 Toa Payoh #02-143 Singapore 312062 Tel: 6353 1180 Email: cccc@carecorner.org.sg</p> <p><u>INSIGHT (Mental Health Department)</u> 6 Woodlands Square #03-01 Woods Square Tower 2 Tel: 6978 4217 Email: insight@carecorner.org.sg</p> <p>For other service points: https://www.carecorner.org.sg/service-points-directory</p> <p><u>Toll-free counselling hotline (Mandarin)</u> Tel: 1800 3535 800 (Daily from 10am to 10pm, excluding public holidays)</p> |

| Organisation | Contact    |
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|  <p>Club Heal</p> | <p>Tel: 6899 3463 (Mon to Fri, excluding public holidays, 9 am - 5 pm) Email: info@clubheal.org.sg</p> <p>CREST Caregiver Support Network (CREST CSN) Tel: 6899 3463 Email: crest.caregiver@clubheal.org.sg</p> <p>For listing of Mental Wellness Centres: http://www.clubheal.org.sg/about-us/contact-us/</p> |
|  <p>Institute of Mental Health (IMH)</p> | <p>Buangkok Green Medical Park 10 Buangkok View Singapore 539747</p> <p>Tel: 6389 2000 (24 hours)</p> <p>Mental Health Helpline (for crisis cases) Tel: 6389 2222 (24 hours)</p> |
|  <p>Movement for the Intellectually Disabled of Singapore (MINDS)</p> | <p>800 Margaret Drive Singapore 149310</p> <p>Tel: 6479 5655 Email: minds@minds.org.sg</p> <p>MINDS – Caregivers Support Services Centre 11 Jalan Ubi, Blk 3, #01-21 Kembangan-Chai Chee Community Hub Singapore 409074</p> <p>Tel: 65478503 Email: cssc@minds.org.sg</p> <p>For listing of SPED schools and other support services: https://minds.org.sg/contact-us/</p> |
|  <p>Singapore Anglican Community Services (SACS)</p> | <p>10 Simei Street 3 Singapore 529897</p> <p>Tel: 6586 1064 Email: admin@sacs.org.sg</p> <p>Psychiatric, Senior, Family & Children Service Centres: https://sacs.org.sg/our-centres.html</p> |

| Organisation | Contact    |
|---|--|
|  <p>Singapore Association for Mental Health (SAMH)</p> | <p>Blk 139 Potong Pasir Avenue 3 #01-136 Singapore 350139</p> <p>Tel: 6255 3222</p> <p>Counselling Services Toll-Free Helpline Tel: 1800 283 7019 (Mon to Fri, excluding public holidays, 9am – 6pm)</p> <p>SAMH Mobile Support – available for West & Central residents Clients or caregivers can seek the help of a referring agency or contact us directly for assistance. Click here for referral form.</p> <p>Tel: 8511 2678 Email: samhmobile@samhealth.org.sg</p> <p>For listing of other services: https://www.samhealth.org.sg/about-samh/contact-us/</p> |
|  <p>Agency for Integrated Care (AIC)</p> | <p>5 Maxwell Road #10-00 Tower Block, MND Complex Singapore 069110</p> <p>Hotline: 1800 650 6060 (Mon - Fri: 8:30 am - 8:30 pm, Sat: 8:30 am - 4.00 pm) Email: enquiries@aic.sg</p> <p>For service information, linkage, and resources on mental health or caregiving. Email: ccmh@aic.sg.</p> <p>AIC Link Locations: https://www.aic.sg/about-us/aic-link</p> |
|  <p>MindCare AMKFSC Community Services</p> | <p>Tel: 6904 9817 Email: contact@amkfsc.org.sg</p> <p>Locations: https://www.amkfsc.org.sg/contact-us/locate-us#1.3222780/103.8605997/13/cats/10</p> |