

SUPPORT AND SERVICES FOR MENTAL HEALTH ISSUES AND DEMENTIA HELPLINES

MENTAL HEALTH FIRST-STOP TOUCHPOINTS

Visit any of these in-person and digital services as a first stop for your mental health needs.

In-Person Services		
Community Outreach Team (CREST) CHAT	refer to listing below	
	Scape 2 Orchard Link #04-01A S237978	
Digital		
	mindline.sg	

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)
Care Corner Counselling Hotline (Mandarin)	For those who need counselling and advice	1800 353 5800 (Monday – Sunday, except public holidays, 10am – 10pm)
Dementia Helpline (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 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 TEAM

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 Support Network Community Outreach Team (CREST-CSN), formerly known as 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) focuses on raising awareness of mental health and promotes early identification of mental health needs in youths. The team also provides emotional support to youth in psychological distress and actively involves the caregivers of youth in their recovery journeys. The team serves as the community node linking youths and their families to appropriate health and social support networks when necessary.

EAST		
Support Services	Contact Details	
Allkin Singapore 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	
**Children-At-Risk Empowerment Association Blk 428 Pasir Ris Drive 6 #01-21 S510428	Tel: 6950 2206	
Club HEAL Blk 148 Pasir Ris Street 13 #01-24 S510148	Tel: 6899 3463	
Club HEAL Blk 20 Eunos Crescent #01-2961A S400020	Tel: 6899 3463	
**Fei Yue Community Services Blk 145 Simei Street 2 #01-06 S520145	Tel: 6027 7650 Email: ec2sg@fycs.org	
Fei Yue Community Services 31 Anchorvale Road S545056	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 5777	
Montfort Care Blk 613B Bedok Reservoir Road #01-1376 S472613	Tel: 6312 3988	
Montfort Care Blk 15 Marine Terrace #01-18 S440015	Tel: 6445 0570	
**Singapore Anglican Community Services Blk 184C Rivervale Crescent #01-199 S543184	Tel: 6258 1558	
The Salvation Army Blk 187 Bedok North Street 4 #01-02 S460187	Tel: 6581 9225	
**Singapore Association for Mental Health Blk 124 Bedok North Road #01-133 S460124	Tel: 6344 8451 Email: csayeast@samhealth.org.sg	

CENTRAL		
Support Services	Contact Details	
AWWA Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123	HP: 6511 6690	
Brahm Centre Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131	
**Brahm Centre 47 Scotts Road #05-02 Goldbell Towers S228233	Tel: 6690 5349	
Care Corner Seniors Service 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 108 Bukit Purmei Road #01-105 S090108	Tel: 6250 0244	
NTUC Health Blk 121 Bukit Merah View #01-96 S151121	Tel: 8223 1135	
O'Joy 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	Tel: 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	Tel: 6978 4217 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	
TOUCH Community Services 513 Wellington Circle S750513	Tel: 1800 6123 123	
**Singapore Association for Mental Health Blk 317 Woodlands Street 31 #01-196 S730317	Tel: 6362 4845 Email: csay@samhealth.org.sg	

WEST		
Support Services	Contact Details	
Fei Yue Community Services Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7651 Tel: 6011 7652 Tel: 6011 7653 Tel: 6011 7654 Tel: 6011 7655 Tel: 6011 7656	
**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	
Viriya Community Services Blk 646 Jurong West Street 61 #01-142 S640646	HP: 9690 2989	
**SHINE Children and Youth Services 329 Clementi Ave 2 #01-248 S120329	(i) WhatsApp for caregivers: 8877 8728 (ii) Whatsapp for youths: 8855 3566 Email: resilience@shine.org.sg	

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 997A Buangkok Crescent #01-809 S531997	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 TEAM

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) provides community-based mental health assessment, therapeutic intervention and case management for youths with mild mental health conditions. The team also works actively with their families, schools and other youth agencies to provide holistic case management.

EAST		
Support Services	Contact Details	
Allkin Singapore 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	
#SHINE Children and Youth Services 463 Hougang Ave 10 #01-964 S530463	Tel: 6286 9905	
Singapore Anglican Community Services Blk 534 Pasir Ris Drive 1 #01-266 S510534	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	
Montfort Care 133 New Bridge Road #04-01 to #11 Chinatown Point S059413	Tel: 6274 6904	
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 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	Tel: 6978 4217 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 11 Teck Whye Lane #01-222 S680011	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	
Care Corner Singapore Blk 159 Lorong 1 Toa Payoh #01-1530 S310159	Tel: 6978 7151	
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	
Intellect Company Pte Ltd. 171 Tras Street Union Building #02-179 S079025	WhatsApp: 8043 5120	
5 Straits View B2-60/61 East Tower Marina One S018935		
11 Bidadari Park Drive #02-03/05/06/07 The Woodleigh Mall S367803		
252 Tembeling Road #01-09 Tembeling Centre S423731		
11 Prinsep Link The Foundry S187949		

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	
Brahm Centre Blk 55 Pipit Road #01-01 S370055	Tel: 6741 1131	
Care Corner Seniors Service Blk 214 Lorong 8 Toa Payoh #01-745 S310214	Tel: 6258 6601 Email: tp.crest@carecorner.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 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	
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	

NORTH		
Caregiver Support Groups	Contact Details	
AWWA CSGs are conducted on a quarterly basis. Please contact them directly for further information	Tel: 9784 9247	
Club HEAL Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463	
Khoo Teck Puat Hospital Dementia Support Group 90 Yishun Central S768828	Email: ktph.memorycare@ktph.com.sg www.ktph.com.sg/dementia_support_group	
Montfort Care Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040 Email: crest.north@montfortcare.org.sg	

EAST		
Caregiver Support Groups	Contact Details	
Allkin Singapore Blk 182 Rivervale Crescent #01-311 S540182	Tel: 6385 0260 Email: mentalhealthservice@allkin.org.sg	
Allkin Singapore 476A Pasir Ris Drive 6 #01-618 S511476	Tel: 6246 8002 Email: mentalhealthservice@allkin.org.sg	

Club HEAL Blk 997A Buangkok Crescent #01-809 S531997	Tel: 6899 3463	
Club HEAL Blk 20 Eunos Crescent #01-2961A S400020	Tel: 6899 3463	
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 Email: crest.east@montfortcare.org.sg	
Montfort Care Blk 15 Marine Terrace #01-18 S440015	Tel: 6445 0570 Email: crest.east@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 Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7651 www.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 https://www.reach.org.sg/	

PREFER TO SEARCH FOR MENTAL HEALTH SERVICES DIGITALLY?

Try out the Community Mental Health Wayfinding Tool to search for mental health services based on your needs, age and location.

Which statement describes you best?
I am looking for...

Enquiry & Support

Search my mental health needs

Therapy & Counselling

Speak with a licensed health professional

Medical Advice

Ask questions from a mental doctor

Self-Help Resources

Find resources for better mental health

Which statement describes you best?
I am ...

12-25 years old

Above 25 years old

Finding nearby services

Please enter a postal code or street name.

Search postal code or street address



www.for.sg/wayfinding

If you feel it, it's REAL

realspace.sg is a one-stop online resource platform to support youths with credible mental health resources and encourage help-seeking behaviours by providing real solutions. Scan to find out curated information and resources for you.





