

COMMUNITY RESOURCES

Issues	Organizations	Services	Operating Hours
Elderly & Caregivers	<u>Agency for Integrated Care</u> <u>1800 650 6060</u>	Provides eldercare information or be connected to eldercare and caregiver support services.	Mon to Fri: 8.30am – 8.30pm Sat: 8.30am – 4pm
	<u>Dementia Singapore</u> (Previously known as ADA) <u>6377 0700</u>	For information and support in caring for persons with dementia.	Mon to Fri: 9am – 6pm Sat: 9am – 1pm
	<u>The Seniors Helpline</u> (SAGE Counselling Centre) <u>1800 555 5555</u>	For persons aged 50 and above who need to talk about issues related to aging.	Mon to Fri: 8.30am – 5.30pm
Financial & Social	<u>MSF ComCare</u> <u>1800 222 0000</u>	For individuals and families who require social and financial assistance.	Daily: 7am – 12am midnight
Family issues	<u>AWARE Helpline</u> (Association of Women for Action and Research) <u>1800 777 5555</u>	For women who are facing personal or family issues.	Mon to Fri: 10am – 6pm
	<u>Family Service Centre (FSC) Locator</u>	To search your nearest FSC based on your postal code: <u>Click Here</u>	
Family Violence	<u>PAVE</u> (211 Ang Mo Kio Ave 3 #01) <u>6555 0390</u>	Crisis intervention for children, adult and elderly experiencing violence or neglect.	Mon to Fri: 9am – 1pm 2pm – 6pm
	<u>Care Corner Project START</u> (7A Commonwealth Ave #01) <u>6476 1482</u>		Mon to Fri: 10am – 1pm 2pm – 5pm
	<u>TRANS SAFE Centre</u> (410 Bedok North Ave 2 #01) <u>6449 9088</u>		Mon to Fri: 9am – 5pm
	<u>National Anti-Violence and Sexual Harassment Helpline</u> <u>1800 777 0000</u>	To seek help or whistle blow for family violence and abuse, including sexual violence and sexual harassment. In case of immediate threat, call the Police at 999.	24 hours

Issues	Organizations	Services	Operating Hours
Suicide Prevention	<u>Samaritans of Singapore (SOS)</u> <u>1767</u>	For persons thinking of suicide or affected by suicide. Please call the Police at 999 if the person's life and safety is in danger.	24 hours
	<u>CHAT</u> (Institute of Mental Health) <u>6493 6500 / 6493 6501</u>	Provides confidential and personalized mental health check for young persons aged 16 to 30.	Tue to Sat: 12pm – 9pm
Mental Health	<u>Mental Health Helpline</u> <u>6389 2222</u>	Open to public for individuals who are experiencing mental health crisis.	24 hours
	<u>SG Enable</u> <u>1800 858 5885</u>	Information and referral services for persons with disabilities (children and adult).	Mon to Fri: 9am – 5.30pm
Disability	<u>Babes Pregnancy Crisis Support</u> <u>6206 6641</u>	Pregnancy crisis service and support for teenage girls who are pregnant.	24 hours
	<u>Pregnancy Crisis Service</u> <u>6339 9770</u>	For women facing unwanted, suspected or unexpected pregnancies.	Mon to Sun: 9am – 10pm
Pregnancy	<u>Community Legal Clinic</u> <u>1800 2255 529</u>	Free legal clinics providing basic legal advice and information to individuals.	Mon to Fri: 8.30am – 5pm
	<u>Credit Counselling Singapore</u> <u>6225 5227 / 6338 6586</u>	For persons seeking help for serious debt problems.	Mon to Fri: 9am – 6pm
Others	<u>Family Justice Courts</u> <u>6435 5471</u>	Family law deals with legal issues within the family, such as divorce, probate or family violence. It also covers the treatment and protection of young persons.	Mon to Thu 8.30am – 5.30pm Fri: 8.30am – 5pm
	<u>Workforce Singapore</u> <u>6883 5885</u>	For individuals looking for job, career change or rejoining the workforce.	Mon to Fri: 8.30am – 5.30pm Sat: 8.30am – 1pm

To book an appointment with the Medical Social Worker (MSW):

- Inform your doctor, nurse or other polyclinic staff to request for a MSW appointment or
- Call NHGP Contact Centre at 6355 3000