

COMMUNITY RESOURCES

Issues	Name of Organization	Details/Services	Operating Hours
Elderly & Caregivers	<u>Agency for Integrated Care</u> 1800 650 6060	Centralised agency for the handling of referrals to intermediate and long term care services. Provide eldercare information to the caregivers and seniors or to get connected to eldercare and caregiver support services in Singapore.	Mon to Fri: 8.30am – 8.30pm Sat: 8.30am – 4pm
	<u>Dementia Helpline</u> (Alzheimer's Disease Association) 6377 0700	For caregivers who need help or information in caring for a person with dementia.	Mon to Fri: 9.00am – 6.00pm
	<u>The Seniors Helpline</u> (manned by SAGE Counselling Centre) 1800 555 5555	For any person aged 50 years and above to call in or anyone who wants to enquire or talk about issues related to older persons.	Mon to Fri: 9.00am – 7.00pm Sat: 9.00am – 1.00pm
Financial & Social	<u>MSF ComCare</u> 1800 222 0000	For low-income individuals and families who may require any form of social assistance which includes financial assistance.	Daily: 7.00am – 12.00 midnight
Family issues	<u>AWARE Helpline</u> (Association of Women for Action and Research) 1800 777 5555	For women facing issues.	Mon to Fri: 10.00am – 6.00pm
	<u>Family Service Centre (FSC) Locator</u>	To search your nearest FSC based on your portal code: Click Here	-
Family Violence	<u>Care Corner Project START</u> 6476 1482	For families facing violence in need of counselling and support services.	Mon to Fri: 10.00am – 5.00pm
	<u>PAVE</u> 6555 0390		Mon to Fri: 9.00am – 6.00pm
	<u>TRANS SAFE Centre</u> 6449 9088		Mon to Fri: 9.00am – 5.00pm
	<u>National Anti-Violence Helpline</u> 1800 777 0000		Reporting suspected abuse is the first step to prevent or stop it. Please call the Police at 999 immediately if the person's life and safety is in imminent danger.

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Disability	<u>SG Enable</u> 1800 858 5885	Information and referral services for persons with disabilities (child and adult).	Mon to Fri: 9.00am – 5.30pm
	<u>CHAT</u> Community Health Assessment Team & CHAT HUB 6493 6500 6493 6501	One stop centre for helping and supporting young person between 16 and 30years old. It also provides a confidential and personalized mental health check.	Tue to Sat: 12.00pm – 9.00pm
Mental Health & Suicide Prevention	<u>Mental Health Helpline</u> (Institute of Mental Health) 6389 2222	Open to public who come into contact with individuals who are experiencing any mental health crisis.	24 hours
	<u>Samaritans of Singapore</u> (SOS) 1800 221 4444	For people in crisis, thinking of suicide or affected by suicide.	24 hours
	<u>Babes Pregnancy Crisis Support</u> 8111 3535	Pregnancy crisis service and support for teenage girls who are pregnant.	24 hours
Pregnancy	<u>Pregnancy Crisis Service</u> (Family Life Society) 6339 9770	For women facing unwanted, suspected or unexpected pregnancies.	Mon to Sun: 9.00am – 10.00pm
	<u>Community Legal Clinic</u> 6536 0650	Free legal clinics providing basic legal advice and information to individuals.	Mon to Fri: 10.00am – 4.00pm
Others	<u>Credit Counselling Singapore</u> 6225 5227	For consumers seeking help for serious debt problems.	Mon to Fri: 9.00am – 6.00pm
	<u>Workforce Singapore</u> 6883 5885	For individuals looking for job, career change or rejoining the workforce.	Mon to Fri: 8.30am – 5.30pm Sat: 8.30am – 1.00pm