



External Counselling Agencies List

SILVER RIBBON SINGAPORE

Website: <https://www.silverribbonsingapore.com/counselling.html>

Call 63861928 (HOLA at Serangoon Central)

Call 65090271 (The Linkage at Wisma Geylang Serai)

Call 63853714 (Raintree Sanctuary at Hougang St 51)

Weekday from 9 am to 5 pm

SINGAPORE ASSOCIATION FOR MENTAL HEALTH (SAMH)

Website: <https://www.samhealth.org.sg/our-services/outreach/samh-insight-centre/#1545895446184-0c71e7f9-ecc9>

Call 1800 2837019

Weekday 9 am to 1 pm, 2 pm to 6 pm, Wednesday: 6 pm to 9 pm

AWARE

Website: <https://www.aware.org.sg/womens-care-centre/helpline/>

Call 1800777555

Weekdays, from 10 am to 6 pm

CARE CORNER COUNSELLING CENTRE

Website: <https://www.carecorner.org.sg/youth-services>

Call 1800 353 5800 (toll-free)

7 days a week from 10 am to 10 pm.

FEI YUE ECOUNSELLING CENTRE

Website: www.ec2.sg

Thursday, Friday from 10 am to 12 pm, 2 pm to 5 pm

COMMUNITY HEALTH ASSESSMENT TEAM (CHAT)

Website: <https://www.chat.mentalhealth.sg/>

Call 6493-6500 / 6501

12 noon to 9 pm (Tuesday - Saturday)

ASSOCIATION OF WOMEN FOR ACTION AND RESEARCH (AWARE)

Website: www.aware.org.sg

Call 1800 774 5935 (toll-free)

Monday to Friday from 3 pm to 9.30 pm

SAMARITANS OF SINGAPORE (SOS)

Website: <https://www.sos.org.sg/>

Call 1-767, WhatsApp 91511767 or Chat online (<https://www.sos.org.sg/>)

A 24-hour suicide prevention helpline

Hotline: +65 64239580/ 9590

Email: info@gstm.edu.sg

Website: www.gstm.edu.sg

Address:

105 Cecil St, #21-01,

The Octagon, Singapore 069534