

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 111 2222</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 – 6pm
	<u>Care Corner Project START</u> (7A Commonwealth Ave #01) <u>6476 1482</u>		Mon to Fri: 10am – 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 Helpline</u> <u>1800 777 0000</u>	To seek help or whistle blow for family violence or neglect. Please call the Police at 999 immediately if the person's life and safety is in danger.	24 hours

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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>8111 3535</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>6536 0650</u>	Free legal clinics providing basic legal advice and information to individuals.	Mon to Fri: 10am – 4pm
	<u>Credit Counselling Singapore</u> <u>6225 5227</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: 9am – 5.30pm Fri 9am – 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