

**MINDLINESG**

**Main Hotline** Tel: 1771  
 WhatsApp: 6669 1771  
 Website:  
<https://mindline.sg/fsmh>

**HOSPITAL GENERAL ENQUIRIES**

**National University Hospital (NUH)** *Department of Psychological Medicine*  
 Tel: 6779 5555

**KK Womens' and Children's Hospital (KKH)** *Psychology Service*  
 Tel: 6225 5554

**Singapore General Hospital (SGH)** *Department of Psychiatry*  
 Tel: 6222 3322

**Sengkang General Hospital (SKH)** *Department of Psychiatry*  
 Tel: 6930 5000

**Tan Tock Seng Hospital (TTSH)** *Psychological Medicine Clinic*  
 Tel: 6256 6011

**Changi General Hospital (CGH)** *Division of Psychological Medicine*  
 Tel: 6788 8833

**FAMILY CARE CENTRES**

**South Central Community Family Service Centre (SCCFSC)** Tel: 6461 9200

**Care Corner Family Service Centre**  
*Admiralty*  
 Tel: 6365 8751  
*Queenstown*  
 Tel: 6476 1481  
*Toa Payoh*  
 Tel: 6356 1622  
*Woodlands*  
 Tel: 6362 2481

**Fei Yue Family Service Centre** *Bukit Batok*  
 Tel: 6569 0381  
*Choa Chu Kang*  
 Tel: 6762 5215

**Hougang Sheng Hong Family Service Centre** Tel: 6289 5022

**Kampong Kapor Family Service Centre** Tel: 6299 7662

**Lakeside Family Service Centre** *Jurong East*  
 Tel: 6564 9722  
*Jurong West*  
 Tel: 6567 1908

**Montfort Care Family Service** *Marine Parade*  
 Tel: 6445 0100  
*Kreta Ayer*  
 Tel: 6200 2111  
*Telok Blangah*  
 Tel: 6200 2111

**Good News Family Service Centre @ Pasir Ris** Tel: 6581 2159

**FAMILY CARE CENTRES (Cont.)**

**REACH Family Service Centre** Tel: 6252 2566

**Rotary Family Service Centre** Tel: 6779 9488

**Sembawang Family Service Centre** Tel: 6754 7050

**SINDA Family Service Centre** Tel: 1800 295 3333

**MWS Family Service Centre (Tampines)** Tel: 6787 2001

**THK Family Service Centre @Tanjong Pagar** Tel: 6270 6711

**The Ang Mo Kio Family Service Centre** *Ang Mo Kio*  
 Tel: 6038 4100  
*Cheng San*  
 Tel: 6038 4120  
*Sengkang*  
 Tel: 6038 4150

**The SBL Vision Family Service Centre** Tel: 6544 2263

**YWMA - MENDAKI FSC / PPIS Family Care Centre** Tel: 6561 3462

**OTHERS**

<b>AWARE Helpline</b>	<i>For women with problems.</i> Tel: 1800 777 5555
<b>Care Corner Mandarin Counselling</b>	<i>For the Mandarin-speaking community with family, marital or personal problems.</i> Tel: 1800 353 5800
<b>Centre for Promoting Alternatives to Violence (PAVe)</b>	<i>For families facing violence in need of counselling and support services.</i> Tel: 6555 0390 <a href="http://www.pave.org.sg/index.php">http://www.pave.org.sg/index.php</a>
<b>SAGE Helpline for Seniors</b>	<i>For anyone 50 years and above or anyone who has a concern or question regarding someone 50 years and above.</i> Tel: 1800 555 5555/6353 7159
<b>Samaritans of Singapore (SOS)</b>	<i>For anybody in crisis and the suicidal.</i> Tel: 1800 221 4444
<b>Community Health Assessment Team (CHAT)</b>	<i>To help and support young people with mental health concerns.</i> Tel: 6493 6500/6501
<b>We Care</b>	<i>For support and treatment programmes for all forms of addiction.</i> Tel: 31658017 / 83913023 (WhatsApp)
<b>Alcoholics Anonymous</b>	<i>To provide a platform for alcoholics to support each other in achieving sobriety.</i> Tel: 8112 8089
<b>Al-Anon family groups</b>	<i>To offer help and support to families and friends of alcoholics</i> Tel: 9894 1201

**gov.sg list**

<b>Fei Yue's Online Counselling Service</b>	<a href="https://fyics.org/ec2-sg/">https://fyics.org/ec2-sg/</a>
<b>Silver Ribbon Singapore</b>	<a href="https://www.silverribbonsingapore.com/">https://www.silverribbonsingapore.com/</a> Tel: 6386-1928
<b>Community Psychology Hub's Online Counselling platform</b>	<a href="https://familyassist.msf.gov.sg/content/resources/counselling/ways-to-seek-counselling/online-counselling/">https://familyassist.msf.gov.sg/content/resources/counselling/ways-to-seek-counselling/online-counselling/</a>
<b>Big Love Child Protection Specialist Centre</b>	<a href="http://www.biglove.org.sg/">http://www.biglove.org.sg/</a> Tel: 6445-0400
<b>HEART @ Fei Yue Child Protection Specialist Centre</b>	<a href="https://fyics.org/child-protection-specialist-centre/">https://fyics.org/child-protection-specialist-centre/</a> Tel: 6819-9170
<b>Project StART</b>	<a href="https://www.carecorner.org.sg/services/family-violence-protection/">https://www.carecorner.org.sg/services/family-violence-protection/</a> Tel: 6476-1482
<b>TRANS SAFE Centre</b>	<a href="https://www.trans.org.sg/services/family-violence-protection-sexual-violence-recovery/">https://www.trans.org.sg/services/family-violence-protection-sexual-violence-recovery/</a> Tel: 6449-9088
<b>TOUCHline (Counselling)</b>	<a href="https://www.touch.org.sg/get-assistance/counselling-and-mental-wellness.html">https://www.touch.org.sg/get-assistance/counselling-and-mental-wellness.html</a> Tel: 1800 377 2252

# Preventing Depression: Investigation in Cohorts of its etiology and Trajectory - The PREDICT study

## HELPLINE BROCHURE

*For more details on the Institute of Mental Health,*

*please refer to:*

*IMH main website: <http://www.imh.com.sg>*