

Emergency Hotlines

Suicide Prevention and Crisis Helpline			
Samaritans of Singapore (SOS)	1800 221 4444	Daily	24 hours
SAF Hotline (For SAF Personnel)	1800 278 0022	Daily	24hours
Counselling Hotlines			
Youth Line	6336 3434	Monday - Friday	8.30 am to 6pm
Touch Line	1800 377 2252	Daily	10am to 10pm
Tinkle Friend (For Primary school students)	1800 2744 4788	Monday – Friday	9.30am to 11.30am 2.30pm to 5pm
eCounselling Centre (eC2) (Fei Yue Project 180)	https://www.fycc.org/contact-us/	Monday – Friday	9.30am to 6pm
Metoyou Cyber Counselling	64450100	Monday – Friday	2pm to 6pm
Brahm Centre’s AssistLine	66550000 88230000 (call/WhatsApp)	Monday – Friday Monday - Sunday	During and After office hours
Association of Women for Action and Research (AWARE)	1800 777 5555 (Women’s Helpline) 6779 0282 (Sexual assault care centre) 6779 7137 (General enquiries: aware@aware.org.sg)	Monday -Friday Monday – Friday	10am to 6pm 10am to 10pm
Mental Health Helplines			
Singapore Association for Mental Health (SAMH)	1800 283 7019	Monday – Friday	9am to 1pm 2pm to 6pm
Institute of Mental Health (IMH) Emergency Helpline	6389 2222	Daily	24hours
Eating Disorders Helpline, SGH	1800 283 7019	Monday – Friday	9am to 1pm 2pm to 6pm
Sexual Health			
Department of Sexually Transmitted Infections (STI) Control (AIDS & STI) Helplines	1800 252 1324 (Call to speak to counsellor) 6294 2944 (pre-recorded info)	Monday – Friday Daily	Office hours 24hours
Action for AIDS Singapore	6254 0212	Monday – Friday	10am to 5.30pm
Health Helpline			

HealthLine	1800 223 1313	Monday – Friday	8.30am to 5pm
Substance Addiction and Abuse Helplines			
Smoking QuitLine	1800 438 2000	Monday – Friday Saturday	8.30am to 5pm 8.30pm to 1pm
Alcoholics Anonymous	64750890	Daily	24hours
SANA Hotline	1800 733 4444	Daily	7.30am to 12midnight
National Addictions Management Service (NAMS)	6732 6837 (6-RECOVER)	Monday – Friday	8.30am to 10pm
WE CARE Community Services	6547 5459 (Call to speak to a counsellor)	Monday – Friday	10am to 8pm
Gambling Addiction Helplines			
Problem Gambling Helplines	1800 942 6253 1800 666 8668	Daily	24hours
Thye Hua Kwan Moral Society	6337 1201	Monday – Friday	9am to 6pm
Care Corner Counselling Centre	63531180	Monday – Friday	9am to 6pm
Credit Counselling Centre	1800 225 5227	Monday – Friday	9am to 6pm