


A close-up photograph of a person's hands, palms up, holding a bright red, glossy heart. The heart is the central focus, and the text 'Mental Wellbeing Resources' is printed in white, sans-serif font across its middle. The background is dark and out of focus, showing the person's arms and a blue sleeve.

Mental Wellbeing  
Resources

# Mental Wellbeing Resources

<b>OTR Listens</b>		Mental Health (Youth)	Real time chat-based service, managed by trained Listeners to provide safe, empathetic and non-judgmental support to those with emotional and stressful life challenges.	<b>otrlistens.net</b>	Weekday 1600 to 2400 Weekend 1200 to 2400
<b>Samaritans of Singapore (SOS)</b>		Crisis support & Suicide Prevention	24-hour hotline to provide emotional support for those in facing crisis or suicide risk.  Live Chat (Care Text) via Facebook Messenger	1800 221 4444 1-767 (1-SOS)  <a href="https://www.sos.org.sg">https://www.sos.org.sg</a>	24 hours  Mon to Thu: 1800 to 0600 Fri:1800 to 2359
<b>National CARE Hotline</b>		Psychological First Aid	Dedicated hotline for providing psychological first aid to Singaporeans.	1800 202 6868	Mon to Sun: 8am – 12am
<b>Institute of Mental Health (IMH)</b>		Crisis support & Mental Health	IMH's mental health hotline for those facing mental health crisis.	6389 2222	24 hours
<b>Community Health Assessment Team (CHAT)</b>		Mental Health (Youth)	Mental health checks for Youth (16 - 30 yrs old). Runs the CHAT hub (mental health centre) at *SCAPE  webCHAT a text-based platform for Youth.	<a href="https://www.chat.mentalhealth.sg/">https://www.chat.mentalhealth.sg/</a>  <a href="https://livesupport.imh.com.sg/CHAT/CuteSoft_Client/CuteChat/SupportClient.aspx?">https://livesupport.imh.com.sg/CHAT/CuteSoft_Client/CuteChat/SupportClient.aspx?</a>	Tues to Fri: 1300 to 2000

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<b>Tinkle Friend Helpline</b>	Mental Health (Children)	Hotline to provide support, advice and information to primary school children in distress, especially in situations when their parents or main caregivers are unavailable  Live Chat service is also available.	1800 2744 788  <a href="http://www.tinklefriend.sg">www.tinklefriend.sg</a>	Mon to Fri: 1430 to 1700  Mon to Thurs: 1430 to 1900 Fri: 1430 to 1700
<b>Fei Yue eC2</b>	Mental Health (Youth)	LIVE CHAT - online facility offering free counselling to youths.	<a href="http://www.ec2.sg">www.ec2.sg</a>	Mon to Fri: 10am – 12nn 2pm – 5pm (exclude public holidays)
<b>TOUCHline</b>	Mental Health (Youth)	Emotional support and practical advice are rendered through this youth helpline	1800 377 2252	Mon to Fri: 0900 to 1800
<b>Singapore Association for Mental Health (SAMH)</b>	Mental Health	Mental health services from YouthReach, community rehab, stepdown residential care to employment services for persons with mental health conditions.	<a href="https://www.samhealth.org.sg/">https://www.samhealth.org.sg/</a>	24 hours
<b>Singapore Silver Line by Agency for Integrated Care (AIC)</b>	Eldercare	Provide eldercare information to the caregivers and seniors or to get connected to eldercare and caregiver support services in Singapore	1800 650 6060	Mon to Fri: 0830 to 2030 Sat: 0830 to 1600

Google for other comprehensive resource lists :-



[Mental Well-being Resources Abbreviated List](#)  
[NCSS Mental Health Resource Directory](#)