

Singapore:

Emergency: [999](#) Suicide Hotline: [1 800 2214444](#)

Helpline 1: 1800- 221 4444

Website: WWW.SAMARITANS.ORG.SG

Samaritans of Singapore

Text: 9151 1767

Call: 1767

Online Chat

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends. With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767 24-hour CareText: 9151 1767 (via WhatsApp) CareMail: pat@sos.org.sg

ec2.sg

Online Chat

ec2.sg is a community mental health programme for youth aged between 12 to 25 years old. eC2 aims to promote mental resilience by empowering youths to take charge of their mental health by connecting them to available resources and instilling courage in them to seek help and engage with the community. ec2.sg provides Quick Chat, a one-to-one mental health screening via online chat for youths aged 12 to 25 to talk about their mental health or emotional concerns. Our service is provided free-of-charge.

Sexual Assault Care Centre (SACC)

Text: 9781 4101

Call: 6779 0282

Online Chat

AWARE's Sexual Assault Care Centre provides safe, free and confidential services for anyone who has faced sexual assault and/or sexual harassment in Singapore, even if it happened years ago. If you need help, or feel unsure about a sexual encounter and just want to talk, please call, WhatsApp or email to make an appointment.

Aware Women's Helpline

Call: 1800 777 5555

The AWARE Women's Helpline is run by women, for women. Trained volunteers and staff will be able to provide you with assistance about various concerns, offering empathy, support, information and encouragement. The Helpline is your gateway to all of AWARE's services. You can call to make an appointment with our counsellors or lawyers, and find out more about how AWARE can support you. We offer support in English, Mandarin, Malay and Tamil. Call us on 1800 777 5555 from Monday – Friday, 10 a.m. – 6 p.m.

Suicide & Crisis Lines

Samaritans of Singapore

[1800-221 4444](tel:1800-2214444)

Block 10, Cantonment Close #01-01 80010 Singapore

Aids / Sexual Health

Action for Aids Singapore

[\(65\) 6254 0212](tel:6562540212)

9 Kelantan Lane #03-01 Singapore 208628

DSC Clinic

[6293-9648](tel:62939648)

[6293-9716](tel:62939716)

#01-16 Kelantan Lane, Blk 31 Anonymous HIV testing and counseling are available Tue-Wed 6:30-8pm and Sat 1:30-3:30pm (except on public holidays).

Shim Clinic

[+65 6100-0783](tel:6561000783)

168 Bedok South Ave 3, #01-473 General practice (GP) clinic providing rapid HIV test, HIV prevention/HIV PEP (post-exposure prophylaxis) treatment, STD testing and treatment services.

Alcohol & Substance Abuse

National Addictions Management Service (NAMS)

[6-RECOVER \(6-7326837\)](tel:67326837)

Block 9 (Level 1), Buangkok Green Medical Park 10 Buangkok View Singapore
539747

Domestic & Sexual Violence

ECPAT Sverige (ECPAT Sweden)

[903434-9](tel:9034349)

Gay & Lesbian (GLBTQ)

OogaChaga

[46 8 501 62900](tel:46850162900)

[8592 0609](tel:85920609)

(Tue, Wed, Thu: 7pm-10pm; Sat: 2pm-5pm) 57B Pagoda Street, Singapore 059216

Think

[65 6836-5536](tel:6568365536)

#03-13 Regency House Singapore 238465

Women On Wednesdays (WOW)

[6226 6629](tel:62266629)

(Wed: 7pm-10pm), For women who identify as LGBTQ+: lesbian, bisexual, transgender, questioning or queer.