National CARE Hotline: 1800-202-6868

- Institute of Mental Health’s Mental Health Helpline: 6389-2222

- Community Psychology Hub’s online counselling: CPHOnlineCounselling.sg

- PAVE Integrated Services for Individual and Family Protection: 6555-0390

- Samaritans of Singapore [1800 221 4444](https://www.google.com/search?client=safari&channel=mac_bm&source=hp&ei=VTqmXqTpDc3y9QOC3Lu4Bg&q=samaritans+of+singapore&oq=samari&gs_lcp=CgZwc3ktYWIQARgAMgIIADIFCAAQgwEyAggAMgUIABCDATICCAAyAggAMgIIADICCAAyAggAMgIIADoECAAQClDCAlizG2DmKWgEcAB4AIABOogB7QKSAQIxMJgBAKABAaoBB2d3cy13aXo&sclient=psy-ab)