

COVID-19 Helplines & Resources

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COVID-19 links

COVID-19 Updates	
MOH updates	https://www.moh.gov.sg/covid-19
Gov.sg updates	https://www.gov.sg/features/covid-19
COVID-19 Situation Dashboard	www.go.gov.sg/covid-19-dashboard
Enabling Guide (Consolidated latest information from official sources and useful resources for caregivers to reference while staying home)	https://www.enablingguide.sg/resources/latest-information-on-coronavirus-disease-2019-(covid-19)
Gov.sg Whatsapp Subscription	Local: www.go.gov.sg/whatsapp Overseas: www.go.gov.sg/whatsapp-overseas
Gov.sg Telegram Subscription	www.go.gov.sg/govsg-telegram
Circuit Breaker Restrictions	
Update on circuit breaker measure (21 Apr) IMPORTANT: Circuit breaker extended till 1st June 2020	www.go.gov.sg/cb-21apr
June school holidays to be brought forward	www.go.gov.sg/moe-21apr
Additional Measure to Control Access to 4 Popular Markets	www.go.gov.sg/nea-21apr
Businesses that will be closed from 22 nd April 2020	www.go.gov.sg/mti21apr https://drive.google.com/file/d/1SQeKmJGVUz3Xl-Lvw5NLsg8fZi7xPslt/view?usp=sharing https://www.straitstimes.com/singapore/hairdressing-barber-services-to-be-closed-

	so-will-standalone-outlets-that-sell-only?xtor=CS3-18&utm_source=STiPhone&utm_medium=share&utm_term=2020-04-21%2020%3A04%3A35
What you can and cannot do during the circuit breaker period	https://www.gov.sg/article/what-you-can-and-cannot-do-during-the-circuit-breaker-period
Where you can and cannot go during the circuit breaker period	https://canigo.sg
Download TraceTogether for Mobile	www.tracetogogether.gov.sg
When to wear a mask	https://www.gov.sg/article/when-should-i-wear-a-mask
Report individuals who are breaking safe-distancing rules	https://www.mnd.gov.sg/mso/oneservice/about-oneservice
Going out?	
Find nearby essential amenities	https://www.onemap.sg/main/v2/essentialamenities
Changes in public transport operating hours and frequency	https://www.lta.gov.sg/content/ltagov/en/newsroom/2020/april/news-releases/Changes_to_public_bus_and_train_operating_hours.html
To find a PHPC clinic	www.phpc.gov.sg
To check how crowded malls are before going	www.spaceout.gov.sg
To check how crowded parks are before going	https://safedistparks.nparks.gov.sg
To find the nearest FSC	https://www.msf.gov.sg/dfcs/familyservice/default.aspx
To find hospitals and other healthcare services	https://www.healthhub.sg/directory/hospitals
NTUC FairPrice Priority Shopping Hour (Exclusive to persons with disabilities, the Pioneer Generation, and pregnant women for safe distancing shopping. Every Monday: 1st hour of opening hours at non-24	https://www.fairprice.com.sg/wps/portal/fp/pressreleases/2020/NTUC%20FairPrice%20launches%20Priority%20Shopping%20Hour%20trial%20for%20vulnerable%20segments%20of%20the%20community%20amidst%20escalating%20Covid-

hours outlets; 7am to 8am at 24-hour outlets.)	19%20situation
COVID-19 Information	
Government websites to fight COVID-19	https://www.gowhere.gov.sg/
Gov.sg resources	https://www.gov.sg/article/covid-19-resources
Some of the funds, grants and packages available.	https://www.supportgowhere.gov.sg/
Stay active and engaged Remain connected to the community, help others and get help if you need.	https://www.sgunity.gov.sg/stay-engaged/
Covid19 online symptom checker *Note: If you are feeling chest pain/breathless/gasping for air, or any other emergency concerns, pls call 995 immediately! Don't bother to check online by symptoms.	https://sgcovidcheck.gov.sg/
Stay United	https://www.sgunity.gov.sg/
Submission of Bank Account Details for Solidarity Payment for Singapore Citizens	https://go.gov.sg/spsc
Enhanced Support for Households (Apr - Dec)	https://drive.google.com/file/d/19Z5LZ15XUwNYR7Ww1eRpl-tskgH7z8TC/view?usp=sharing
List of hotlines and other information	https://docs.google.com/spreadsheets/d/1qVNorPTtNxevmESOOgrqW_EFPftaurXuaieoqp4ss/edit#gid=616573674 https://www.ncss.gov.sg/NCSS/media/NCSS-Documents-and-Forms/NCSS%20Internal%20Documents/LIST-OF-HELPLINES.pdf
Changing NRIC address (ICA)	https://www.gov.sg/article/changing-your-address https://www.ica.gov.sg/documents/ic/update_residential_address

Budget Information	
Solidarity Budget Infographic	https://www.singaporebudget.gov.sg/docs/default-source/budget_2020/download/pdf/fy2020_solidarity_infographic.pdf
Solidarity Budget Booklet	https://www.singaporebudget.gov.sg/budget_2020/solidarity-budget/solidarity-budget-measures/solidarity-budget-booklet-eng
Resilience Budget Information	https://www.singaporebudget.gov.sg/docs/default-source/budget_2020/download/pdf/fy2020_supplementary_audience_centric_Infographic.pdf
School / Children	
School-related FAQs	https://www.moe.gov.sg/faqs-covid-19-infection#qr85d
Childcare arrangement: parents in essential or in non-essential services, considering grandparents' existing health condition	https://www.moh.gov.sg/news-highlights/details/changes-to-childcare-arrangements-during-circuit-breaker
Parent Kit (to support child's learning from home)	https://www.moe.gov.sg/parentkit
Supporting students/persons with disabilities during the circuit breaker period	<p>Understanding COVID-19:</p> <p>https://www.superherome.sg/covid19</p> <p>https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf</p> <p>https://psychsinthepark.wixsite.com/website/resources-for-children</p> <p>https://www.iassidd.org/covid-19-resources/?utm_medium=email&utm_campaign=website&utm_source=sendgrid.com</p>

	<p>https://nationalautismassociation.org/covid-19-resources-for-families/</p> <p>Some Social Service Agencies (SSAs) Supporting Persons with Disabilities:</p> <p>https://www.enablingguide.sg/service-directory</p> <p>https://www.autism.org.sg</p> <p>https://awwa.org.sg</p> <p>https://sadeaf.org.sg</p> <p>https://spd.org.sg</p> <p>MOE Internal Resources for Schools:</p> <p>http://intranet.moe.gov.sg/Send/Resources/Pages/Other-SEN-Support-Resources.aspx (SEN Resource Portal on MOE Intranet - HBL Resources and Guidelines for Schools)</p> <p>http://intranet.moe.gov.sg/Send/Pages/WorkingwithParents.aspx (SEN Resource Portal on MOE Intranet – Working with Parents and Partners)</p> <p>https://drive.google.com/drive/folders/1-DghdwYADwRKtYIMnXZ6Im0zcyecT4zF (SPED ‘HBL Highlights’ bulletin)</p> <p>COVID-19 FAQs Relating to Students/Persons with Disabilities:</p> <p>https://covid.gobusiness.gov.sg/faq/sectorspecific/healthandsocial</p> <p>https://www.moe.gov.sg/faqs-covid-19-infection</p>
Employment	
SG United Jobs Portal	www.sgunitedjobs.gov.sg

Employment Assistance	https://www.facebook.com/desmondtslee/photos/a.1279129485431324/3999555513388694/?type=3&theater
Self-Employed - Enhanced Self-Employed Person Income Relief Scheme (SIRS)	https://www.ntuc.com.sg/sirs/ SIRS@ntuc.org.sg
Businesses/Workplaces	
Support Measures to Protect Livelihoods and Stabilise Businesses During Extended Circuit Breaker Period	https://www.mof.gov.sg/Newsroom/press-releases/government-to-continue-support-measures-to-protect-livelihoods-and-stabilise-businesses-during-extended-circuit-breaker-period
Enhanced support for business and self-employed	https://www.singaporebudget.gov.sg/docs/default-source/budget_2020/download/pdf/business-disbursement.pdf
Jobs Support Scheme	https://www.iras.gov.sg/irashome/Schemes/Businesses/Jobs-Support-Scheme--JSS-/ https://drive.google.com/file/d/1ObUo96-fvQy4sfA-SErbKgC_8qug7-hE/view?usp=sharing
Essential Services Exempted from Suspension	https://covid.gobusiness.gov.sg/essentialservices/
Businesses to apply exemption for circuit breaker period	https://covid.gobusiness.gov.sg
Self-help resources on going digital	https://www.imda.gov.sg/for-community/We-Go-Digital
Safe distancing measures at the workplace	https://www.mom.gov.sg/covid-19/advisory-on-safe-distancing-measures
COVID-19: Advisories for Various Sectors	https://www.gov.sg/article/covid-19-sector-specific-advisories
Employers unable to pay employees	https://www.enterprisesg.gov.sg/-/media/esg/files/covid-19/frequently-asked-questions-on-covid-19_27-mar-2306hrs.pdf?la=en https://www.iras.gov.sg/irashome/Schemes/Businesses/Jobs-Support-Scheme--JSS-/

Donations	
Donation Campaigns	https://www.giving.sg/
The Courage Fund (Helping those impacted by COVID-19)	https://www.ncss.gov.sg/thecouragefund
Belanja Eat	https://www.belanjaeat.com
Others	
Resources regarding dental services during circuit breaker	https://scdas.org/2020/04/12/resources-for-covid-19-circuit-breaker/
10 ways to secure ZOOM	https://bluesyemre.files.wordpress.com/2020/04/zoom.jpg
Coronavirus swab test at all polyclinics and some GPs	https://www.straitstimes.com/singapore/all-19-polyclinics-and-some-gps-can-now-perform-coronavirus-swab-test?xtor=CS3-18&utm_source=STiPhone&utm_medium=share&utm_term=2020-04-10%209%3A04%3A04

Schemes/Grants

Name	Eligibility	Benefit	Website
For individuals			
Solidarity Payment	Automatic for SCs and LTVP+ PRs with SC spouse, child(ren) and parent can apply via http://go.gov.sg/sppr	Please check website for more details.	https://go.gov.sg/sp2020
Care and Support Package	Automatic	Please check website for more details.	https://go.gov.sg/csp2020
For low-income students or disabled			
MENDAKI-MUIS Preschool Grant (MMPG)	For low-income families with children below 6 years old who are enrolled in preschool.		https://www.mendaki.org.sg/assistance_landing/mendaki-muis-preschool-grant-mmpg/
CDC Student Meals Scheme (GrabFood voucher)	1. Students currently in Primary and/or Secondary Schools living in rental blocks; and 2. Must be part of a households with at least one Singaporean Citizen staying in units under the public rental scheme. Sign-up period for this scheme is from 14 to 27 April 2020.	Each eligible student will receive 11 GrabFood vouchers in \$5 denomination to be used up to 31 May 2020.	https://www.grab.com/sg/press/others/12000-students-to-benefit-from-cdc-student-meals-scheme/

<p>School Meal Subsidies For MOE FAS students</p>	<p>MOE FAS primary and secondary school students</p>	<p>MOE will disburse the school meal subsidies via two top-ups to eligible students' School Smartcard. Students can redeem at any TransitLink Add Value Machine once every two weeks, starting from 14 April 2020.</p> <p>Primary school students: \$80 Secondary school students: \$120</p>	<p>https://www.moe.gov.sg/news/press-releases/extension-of-school-meal-subsidies-to-students-on-moe-financial-assistance-scheme-during-full-home-based-learning-period</p> <p>FAQ: https://www.crestsec.edu.sg/gql/slot/u1374/2020/LETTERS/APR2020/FAQs%20for%20Redemption%20of%20Extended%20Meal%20Subsidies%20through%20School%20Smartcard.pdf</p> <p>https://drive.google.com/file/d/1_NUCwWQFnBj1ZEgdeTUOVFEwkDokXgrP/view?usp=sharing</p> <p>Locations of Transitlink Add Value Machines https://www.transitlink.com.sg/PSdetail.aspx?ty=art&id=29</p> <p>Ezlink Where to Use https://www.ezlink.com.sg/where-to-use</p>
<p>NEU PC Plus</p>	<p>1. Be a Singapore Citizen or Permanent Resident</p> <p>2. Has a permanent disability OR is a full-time student (aged 25 and below) in a Government/Government-Aided School</p> <p>3. Gross monthly household income not exceeding \$3,400 or per capita income not exceeding \$900 (\$1,125 if there is a permanently disabled household member)</p>	<p>Subsidised PC & 3 year internet service</p>	<p>https://www.imda.gov.sg/programme-listing/neu-pc-plus</p>

COVID-19 Tutoring Support For Students (CTSS)	Primary/Secondary/Junior College Student Those who do not have access to private/home tuition or online tuition services	Lessons will be conducted online through Bramble by student volunteers Weekly lessons of 1-2 hrs	https://covidtutoringsupport.weebly.com/
Temporary Academic Assistance (TAA)	Students at all levels	Choose from a list of available tutors and email them for remote lessons (through zoom etc)	https://docs.google.com/spreadsheets/d/1sNUwZCW TloUfENIY9MQus1C-SXHTNAdee-2g4sBMN-0/htmlview#
For those who have lost their jobs / income loss			
Temporary Relief Fund (TRF)	For individuals who have lost their jobs or faced an income loss of at least 30% due to COVID-19. Apply from 1 April to 30 April 2020, online or at any Social Service Office or Community Centre.	One-time \$500, disbursed by PayNow or cheque.	https://www.msf.gov.sg/assistance/Pages/covid19reli ef.aspx#TRF
COVID-19 Support Grant (CSG)	For employees who have lost their jobs due to COVID-19. Apply from 1 May 2020 at any Social Service Office or Community Centre.	\$800 per month, for 3 months, credited into bank account. Employment and/or training support with WSG or e2i.	https://www.msf.gov.sg/assistance/Pages/covid19reli ef.aspx#CSG
NTUC Care Fund (COVID 19)	For union members who face financial distress during COVID-19	\$300 per existing member with dependents staying in the same household with personal income not more than \$3,400 (\$200 for new members) \$100 per existing member without dependents and with monthly income not more than \$1500 (\$50 for new	https://www.ntuc.org.sg/wps/portal/up2/home/aboutntuc/ucare/ucarefund

		members)	
For those who contracted COVID-19			
The Courage Fund (TCF) - Healthcare Workers	For healthcare workers who have contracted COVID-19 in the line of duty. Apply online from 6 April 2020 onwards.	One-time \$5,000	https://www.ncss.gov.sg/thecouragefund
The Courage Fund (TCF) - Frontline Workers and Community Volunteers	For frontline workers and community volunteers who have contracted COVID-19 in the line of duty. Apply online from 6 April 2020 onwards.	One-time \$3,000	https://www.ncss.gov.sg/thecouragefund
The Courage Fund (TCF) - Dependents	For dependants of individuals who have succumbed to COVID-19. Apply from 6 April 2020 onwards, more information is available at the hospitals.	One-time up to \$30,000.	https://www.ncss.gov.sg/thecouragefund
The Courage Fund (TCF) - Household	For lower-income households whose family member(s) have contracted COVID-19 or are on QO/SHN/LOA. Apply within 6 months from the end of QO/SHN/LOA or discharge from hospitalisation at any Social Service Office.	One-time up to \$1,000 based on per capita, credited into bank account.	https://www.ncss.gov.sg/thecouragefund
For Businesses & Self-Employed			
Defer Tax Payment for	For employees to defer income tax payments due in May, June and July 2020, to help ease	Income tax deduction to resume in	https://www.iras.gov.sg/irashome/Individuals/Locals/Paying-your-taxes-Claiming-refunds/Defer-Tax-

Income Tax	<p>cash flow.</p> <p>Apply online from 26 Mar to 31 Jul 2020.</p>	<p>August, September or October 2020.</p> <p>The end-date of your instalment plan will be extended by 3 months.</p>	<p>Payment-for-Individual-Income-Tax/</p>
Jobs Support Scheme	<p>Please enquire eligibility via</p> <p>https://mytax.iras.gov.sg/ESVWeb/default.aspx?target=JSSEmployerEligibilitySearch</p>	<p>Under the JSS, the Government will co-fund the first \$4,600 of gross monthly wages paid to each local employee for 9 months.</p> <p>There are three levels of support for employers in different sectors.</p>	<p>www.go.gov.sg/jss</p>
Enhanced Wage Credit Scheme	<p>Qualifying employers benefitting from the enhancements for the 2019 wage increases will be notified by end Jun 2020, and will receive a supplementary payout thereafter.</p>	<p>The government co-funding ratios for wage increases in 2019 and 2020 will be raised to 20% and 15% respectively. The qualifying gross wage ceiling will also be raised to \$5,000 for both years.</p>	<p>https://www.iras.gov.sg/IRASHome/Schemes/Business/Wage-Credit-Scheme--WCS-/</p>
Self-Employed Person Income Relief Scheme (SIRS)	<p>Automatic for eligible SEPs aged 37 and above in 2020 who declared positive SEP income for Work Year 2018</p> <p>Application needed for other eligible SEPs aged 21 and above in 2020. Applications open on 27 Apr 2020</p> <p>Apply via https://ntuc.com.sg/sirs</p>	<p>Eligible SEPs will receive three quarterly cash payouts of \$3,000 each in end-May, July, and October 2020.</p>	<p>https://ntuc.com.sg/sirs</p>
Temporary Bridging Loan Programme	<p>Be a business entity that is registered and physically present in Singapore</p> <p>At least 30% local equity held directly or indirectly by Singaporean(s) and/or Singapore</p>	<p>The Temporary Bridging Loan Programme (TBLP) provides access to working capital for business needs.</p> <p>Eligible enterprises may borrow up to \$5</p>	<p>https://www.enterprisesg.gov.sg/financial-assistance/loans-and-insurance/loans-and-insurance/temporary-bridging-loan-programme/overview</p>

	PR(s), determined by the ultimate individual ownership	million under the TBLP, with the interest rate capped at 5% p.a., from Participating Financial Institutions (PFIs).	
EFS – SME Working Capital Loan	<p>Be a business entity that is registered and physically present in Singapore</p> <p>At least 30% local equity held directly or indirectly by Singaporean(s) and/or Singapore PR(s), determined by the ultimate individual ownership</p> <p>Maximum Borrower Group revenue cap of S\$500 million for all enterprises</p> <p>For "SME Working Capital", the SME definition refers to Group revenue of up to S\$100 million or maximum employment of 200 employees</p>	The maximum loan quantum was raised from \$300,000 to \$1 million.	https://www.enterprisesg.gov.sg/financial-assistance/loans-and-insurance/loans-and-insurance/enterprise-financing-scheme/sme-working-capital/overview
Property Tax Rebates for NonResidential Properties	By 31 May 2020, all property owners would have received their rebate notices. Property owners will be required to pass on fully the rebate.		https://www.iras.gov.sg/irashome/uploadedFiles/IRAS Home/e-Tax Guides/Property%20Tax%20Rebate%20for%20Non-Residential%20Properties%20in%202020.pdf
For everyone			
Belanja Eat	Everyone	Get a free meal while supporting our hawkers and F&B stalls	https://www.belanjaeat.com/

For more information on government schemes and who to contact for enquiries:

https://www.singaporebudget.gov.sg/docs/default-source/budget_2020/download/pdf/support_measures_for_extended_circuit_breaker_annex_C.pdf

Counselling hotlines/online services

COVID-19 related hotlines		
MOH COVID-19 hotline	1800 333 9999	Monday to Friday: 8.30am to 6.00pm
SHN Helpline (MFA)	6812 5555	
Crisis Relief Alliance (Phone counselling and support for healthcare workers in Singapore)	8777 0019	Mon to Sun: 0900 to 2100
We Stand with you (Free online counselling session for frontline health care workers in SG)	bit.ly/SG-we-stand-with-you	
National Care hotline -for those facing anxiety and stress	1800 6202 6868	24 hours
KKH Urgent Paediatric Advice Line (UPAL) (for parents and caregivers to seek advice for common pediatric conditions (for children below the age of 17 years))	https://www.kkh.com.sg/UPAL	8.00am to 11.00pm daily
Viriya Community Services (free tele-counselling to support persons feeling anxious or stressed due to COVID-19)	6256 1311	Mon-Fri: 10am to 5pm
Viriya Community Services (online forums and support groups from April to June 2020) https://drive.google.com/file/d/1UqnH73l7KsUg0CCQdwGxfcShqGB8s3in/view?usp=sharing	Register at https://tinyurl.com/VCSonline20Q2	
Financial and/or Social Resources (Shelters)		
ComCare	1800 222 0000	Daily, 7am-12mn
Crisis Centre (Shelter for homeless)	6935 6637 / 8757 0107 - for urgent admission	

New Hope (Shelter for displaced families and individuals)	6305 9620 intake@newhopecs.org.sg	
Homeless Hearts (Shelter for homeless)	https://homeless.sg/contact-us/	
Star Shelter (for women and their children who are victims of family violence)	6571 0192 starshelter@scwo.org.sg	Mon to Fri: 0900 to 1800
Transition Plus (Shelter for families with children)	transitionplus@amkfsc.org.sg	
AWWA transitional shelter (For families)	ts@awwa.org.sg	Mon to Fri: 0900 to 1200, 1300 to 1800 Weds: 1800 to 2100
Children and Youth		
eCounsellingCentre (eC2) (Fei Yue Project 180)	www.egen.sg / www.ec2.sg	Mon-Fri: 2pm to 5:30pm
Help123 Cyber Wellness Community Support	1800 612 3123 hello@help123.sg Chat Online at: www.help123.sg	Mon to Fri (except public holidays) 10.00am – 6.00pm Mon to Fri (except public holidays) 2.00pm – 10.00pm
MeToYou Cyber Care (a programme by Montfort Care @27 FSC)	6270 8327 9173 1766	Mon to Fri: 9.00am – 6.00pm
Tinkle Friend Helpline (Singapore Children's Society)	1800 274 4788	Mon-Fri: 2:30pm to 5:00pm

	Chat Online at: www.tinklefriend.com	Mon to Fri: 2.30pm – 5.30pm Wed: 6.30pm – 8.30pm
Touchline (Touch Youth)	1800 377 2252 cyberwellness@touch.org.sg	Mon-Fri (except public holidays) 9am to 6pm
Youthline	6336 3434	Mon to Fri: 0830 to 1800
Hear4U (Counselling via Whatsapp voice/text)	6978 2728	Mon to Fri: 1000 to 1700
CHAT	6493 6500 / 6501 CHAT@mentalhealth.sg	Tues-Sat: 12pm to 9pm
Child Abuse/Child Protection		
MSF Child Protective Services	1800 777 0000	Mon to Fri: 8.30am – 5.30pm Sat: 8.30am – 1.00pm
Big Love Child Protection Specialist Centre	6445 0400	Mon to Fri: 9am – 6pm
Heart@Fei Yue Child Protection Specialist Centre	6819 9170	Mon to Fri: 9.30am – 5.30pm
PAVE FVSC (Child abuse or interpersonal violence)	intake@pave.org.sg	-
SAFE SPACE (Community-based Child Protection Specialist Centre)	6266 0171	Mon to Fri: 9.00am – 1.00pm, 2.00pm – 6.00pm
Family Violence		
Care Corner Project StART	6476 1482	Mon to Fri: 10.00am – 5.00pm
PAVE	6555 0390	Mon to Fri: 9.00am – 6.00pm

		Wed: 9.00am – 6.00pm
TRANS SAFE Centre	6449 9088	Mon to Fri: 9.00am – 5.00pm
Caregivers		
TOUCH Care Line (eldercare and caregiving issues)	6804 6555 caregivers@touch.org.sg	Mon-Fri (except Public Holidays) 9am – 5pm
Dementia Helpline (Alzheimer's Disease Association, Caregiver Support Service)	6377 0700	Mon to Fri: 9.00am – 6.00pm
Caregivers Alliance Limited (CAL)	6460 4400 West Cluster: 9720 7590 / 9770 7996 Central Cluster: 9729 8628 / 9826 7115 East Cluster: 9736 9170	Mon-Fri (except public holidays) 9am to 6pm
Elderly		
The Seniors Helpline (manned by SAGE Counselling Centre)	1800 555 5555	Mon-Fri: 9am to 7pm Sat: 9.00am – 1.00pm
Agency for Integrated Care	1800 650 6060 (or email at careinmind@aic.sg) www.aic.sg	Mon-Fri: 8.30am to 8.30pm Sat: 8.30am to 4.00pm
Hua Mei Centre for Successful Ageing	6593 9500	Mon to Thu: 8.30am – 6.00pm Fri: 8.30am – 5.30pm
Lions Befrienders	1800 375 8600	Mon to Fri: 9.00am – 6.00pm

O'Joy Care Services	6749 0190	Mon to Fri: 8.00am – 5.30pm
Care Line	6340 7054	24 hours
GoodLife! (Provide casework and counseling)	6445 0570	Monday – Friday: 9.00am – 6.00pm
Lotus Eldercare (House visits by private doctors)	6808 5664	Monday – Friday: 9.00am – 5.00pm
Individuals		
AWARE Women's Helpline (Association of Women for Action and Research)	1800 777 5555	Mon to Fri: 10am – 6pm
Men-in-Crisis Helpline (ADAM Association)	1800 626 2626	Mon to Fri: 12.00pm – 8.00pm
WINGS Counselling Centre (All ages and issues) (not free)	6383 5745	Mon to Fri: 8.30am – 5.30pm Sat: 9.00am – 1.00pm
Family		
Care Corner Counselling Centre (Mandarin speaking, family/personal problems)	1800 353 5800	Daily, 10am to 10pm
Baby Bonus Helpline (MSF)	1800 253 7707	Mon to Thu: 8.30am – 5.30pm Fri: 8.30am – 5.00pm
CPH Online Counselling	www.CPHOnlineCounselling.sg	Mon to Fri (excluding public holidays) 9am to 5pm
Early Childhood Development Agency (ECDA)	6735 9213	-
Divorce Support Specialist Agencies Parenting Support Programme	6324 0024	Mon to Fri: 0900 to 1800 (Excluding public holidays)

Shan You Counselling Centre (Yuan Yuan Helpline) (Mandarin speaking, family/personal issues)	6471 0078	Mon-Fri: 12pm to 6pm Sat: 1.00pm – 5.00pm
Eagles Mediation and Counselling Centre (aka EMCC) (not free)	6788 8220	Mon & Fri: 9.30am – 5.30pm Tue to Thu: 9.30am – 9.00pm Sat: 10.00am – 4.00pm
REACH Counselling Centre (for individuals, couples & families, focus on marital & family)	6801 0730	Mon to Fri: 9.00am – 5.00pm Sat: 9.00am – 1.00pm
NUH CDC (support existing patients known to CDC. To refer children under 6 to CDC, seek permission from parents for CDC to contact them and send an email to CDC.)	6665 2530 / 6665 2531 / 6769 4537 / 6769 4637 cdu@nuhs.edu.sg	
KKH Department of Child Development (support existing patients known to KKH DCD) https://www.facebook.com/notes/kk-womens-and-childrens-hospital/tips-for-parents-of-preschoolers-coping-with-the-covid-19-pandemic/3681995718482129/	65360350 / 68860776 kkh.dcd@kkh.com.sg	
Single Parent		
HCSA Dayspring SPIN (Single Parents, INformed, INvolved, INcluded)	6326 2300 8787 0230 (WhatsApp/SMS) dayspring_spin@hcsa.org.sg	Mon to Fri: 8.30am -5.30pm
Pregnancy		
Babes Pregnancy Crisis Support Ltd	1800 833 6666	24 hours

Pregnancy Crisis Service (PCS) (Family Life Society)	6339 9770	24 hours
aLife Ltd	6258 8816	Mon to Fri: 9.00am – 5.00pm Sat: 9.00am – 1.00pm
Suicide Prevention		
Samaritans of Singapore (SOS)	1800 221 4444	24 hours
Mental Health		
Counselling and Care Centre (not free)	6536 6366	Mon to Fri: 9.00am – 4.00pm
Mental Health Hotline (IMH)	6389 2222	24 hours
Singapore Association for Mental Health	1800 283 7019	Mon to Fri: 9.00am – 1.00pm, 2.00pm – 6.00pm
Silver Ribbon (Singapore)	6385 3714 / 6386 1928 / 6509 0271	Mon to Fri: 9.00am – 5.00pm
Community Intervention Team (COMIT)	6899 3463 info@clubheal.org.sg	Mon to Fri: 0900 to 1700
Disability		
SG Enable	1800 858 5885	Mon to Fri: 8.30am – 6.00pm Sat: 8.30am – 12.30pm
Legal Aid		
Community Justice Centre	6557 4100	Mon to Fri: 8.30am to 5.00pm
Community Legal Clinic	6536 0650	Mon to Fri: 8.30am – 5.00pm

		Sat: 8.30am – 12.00pm
Community Mediation Centre and Legal Aid Bureau	1800 225 5529	Mon to Fri: 8.30am – 5.00pm Sat: 8.30am – 12.00pm
Criminal Legal Aid Scheme	6534 1564	Mon to Fri: 8.30am – 5.00pm Sat: 8.30am – 12.00pm
Maintenance Support Central (manned by Singapore Council of Women’s Organisation)	6571 0185	Mon to Fri: 9.00am – 6.00pm
Singapore Association of Women Lawyers	6837 0611	1st and 3rd Mondays of every month: 6.30pm – 8.00pm
Workplace / Businesses		
Ministry of Manpower (MOM)	6438 5122	Mon to Fri: 0830 to 2030 Sat: 0830 to 1300
MOM Feedback on service quality (Feedback about areas for improvement)	1800 538 6930	Mon to Fri: 0830 to 1730
MOM Workright hotline (Report employment act or cpf act violations, Enquire about workright)	1800 221 9922	Mon to Fri: 0830 to 1730
Migrant Workers		
Humanitarian Organisation for Migration Economics (HOME)	1800 797 7977 / 6341 5535	Daily: 10.00am – 6.30pm
The Foreign Domestic Worker Association for Social Support and Training (FAST)	1800 339 4357	24 Hours
The Foreign Domestic Worker Association for Social Support and Training (FAST) (For Employee has issues with FDW (and vice versa) and needs mediation)	6509 1535	Mon to Fri: 1100 to 1700 Sunday 1100 to 1800

Transient Workers Count Too (TWC2)	1800 888 1515	Mon to Fri: 9.00am – 6.00pm
Better.sg (Help Malaysians in Singapore Affected by the Lockdown)	https://better.sg/helpmalaysians/	
Centre for Domestic Employees (CDE)	1800 2255 233	24 hours
High Commission of Malaysia, Singapore	6235 0111	24 hours
MOM FDW hotline	1800 339 5505	
Healthserve COVID-19 official page	3138 4443 https://covid19.healthserve.org.sg/	
Gambling		
National Problem Gambling Helpline	1800 666 8668 6732 6837	24 hours
Others		
Credit Counselling Singapore	6225 5227	Mon to Fri: 9.00am – 6.00pm
Debt Advisory Centre (manned by Association for Muslim Professionals)	6416 3960 / 6416 3961	Mon to Fri: 9.00am – 6.00pm Sat: 9.00am – 1.00pm
Smoking Quitline (by HPB)	1800 438 2000	-

More detailed information on hotlines can be found here: <https://www.ncss.gov.sg/NCSS/media/NCSS-Documents-and-Forms/NCSS%20Internal%20Documents/LIST-OF-HELPLINES.pdf>

https://docs.google.com/spreadsheets/d/1qVNorPTtNxevmESOOgrqW_EFPftaurxXuajeogp4ss/edit#gid=616573674

(Document updated as at 23 April 2020)