



## **Community Resources**

*A guide to community resources for court users*



**Please select the support  
you require:**

Mental Health Support

Financial Assistance

Employment Support Centres

Legal Aid and Clinics

## Mental health support



Helplines provide immediate, confidential support round-the-clock, offering a safe space to speak anonymously with trained professionals who can help process emotions and navigate challenging situations.

Organisation	Description	Contact Information
Institute of Mental Health	Any mental health concerns and emergencies	6389 2222 24-hour hotline
Samaritans of Singapore	Any mental health concerns and emergencies	1 767 24-hour hotline
Care Corner Singapore	<ul style="list-style-type: none"> <li>Family dynamics issues</li> <li>Grief and loss</li> <li>Mental health challenges</li> <li>Personal challenges</li> <li>Pre-marital and marital issues</li> <li>Self-harm, suicidal thoughts</li> </ul>	1800 3535 800 Daily: 10.00am to 10.00pm Public Holiday: Closed <i>Toll-free Mandarin helpline</i>
Caregivers Alliance Limited	For caregivers who are caring for persons with mental conditions	6460 4400 Monday to Friday: 9.00am to 6.00pm
SAGE Counselling Centre	For anyone 50 years and above or anyone who has a concern regarding someone 50 years and above	1800 555 5555 Monday to Friday: 9.00am to 7.00pm Saturday: 9.00am to 1.00pm Sunday & Public Holiday: Closed
TOUCH Youth	<ul style="list-style-type: none"> <li>Youth-related issues such as cyber wellness</li> <li>For both parents and youths</li> </ul>	1800 377 2252 Monday to Friday: 9.00am to 6.00pm

## Family Service Centres

FSCs offer in-person support for low-income and/or vulnerable individuals and families with social and emotional issues, providing case management and coordinating holistic support for stability and self-reliance.

### ✓ Documents to prepare before your FSC visit:

- Your identity card or birth certificate
- Any relevant documents related to your concerns (e.g., medical reports)

### ✓ Locate and contact a FSC near your location.

- FSC locator website:

<https://www.msf.gov.sg/our-services/directories>

## Polyclinics and General Practitioners (GP)

Persons with mental health needs can seek holistic treatment at a nearby Polyclinic or GP clinic, which is closer to home. You will first see a family physician at the polyclinic, who may refer you for further treatment at a restructured hospital if necessary.

## Hospitals

Hospitals offer various mental health services, such as counselling and rehabilitation. To access subsidised rates, visit a doctor at the polyclinic or a CHAS GP. You can also directly seek help from hospitals, but this would involve paying a private rate.

In the event of an emergency, please go to the hospital's A&E.

Access to specialised counselling services can significantly aid in navigating complex and sensitive issues. These services offer targeted support and professional guidance to individuals dealing with challenges like interpersonal violence, addiction, mental health conditions, and gender-based issues.

### Free support resources

Organisation	Description	Contact information
Silver Ribbon Singapore	Complimentary counselling service to public online or face-to-face. House visits can be conducted for persons with mobility difficulties.	208 Serangoon Central, #01-238 Singapore 550208  6386 1928
Online Counselling on Family Assist	Complimentary online counselling for individuals experiencing pre-marital, marital, parenting, divorce, and family-related issues.	For more information visit <a href="http://www.familyassist.msf.gov.sg/content/resources/programmes/online-counselling/">www.familyassist.msf.gov.sg/content/resources/programmes/online-counselling/</a>
Alcoholics Anonymous Singapore	A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.	For more information visit <a href="http://www.singaporeaa.org">www.singaporeaa.org</a>  8112 8089

### Specialised support resources

Organisation	Description	Contact information
We Care Community Services	Provide support and treatment for various forms of addiction, such as substance abuse and gambling, as well as compulsive behaviours such as atypical theft offending.	11 Jln Ubi, #01-41 Block 5 Singapore 409074  3165 8017
National Addictions Management Service	Provide treatment and support for addictions to drugs, alcohol, gambling, gaming and others.	10 Buangkok View Block 9 Singapore 539747  6389 2222
National Anti-Violence and Sexual Harassment Helpline	A dedicated 24-hour helpline for reporting of violence and abuse. Victims and members of the public can call to report cases of family violence, abuse or neglect, and seek help.	1800-777-0000

## Financial Assistance

### Social Service Offices

If you are facing financial difficulties, you can get help from the Social Service Offices (SSOs). They manage ComCare Assistance schemes, providing support to individuals and families in need, and can also assist in accessing other forms of help.



#### **ComCare hotline:**

1800-222-0000  
(Hotline operates daily from 7am to 12am/midnight)

### Food Support Resources

Access to enough food is essential, and many organizations are dedicated to providing food support to those in need.



#### **FoodConnect Directory:**

<https://foodconnect.gov.sg/directory/>

#### **The Feeding Directory:**

<https://findfoodsupport.sg/>

### Debt Management Consultancies

If you are struggling with a lot of debt, there are places that can provide helpful advice and practical solutions to manage your money better. They specialise in creating plans to reduce your debt and improve your financial situation.

Organisation	Address	Contact
Credit Counselling Singapore	51 Cuppage Road #07-06 Singapore 229469	6225 5227
Silver Lining Community Services	22 New Industrial Road #07-03/04 Primax Building Singapore 536208	6749 0400

## Employment Support Centres

Job services provide career advice, help with job matching, resume writing, and interview preparation. Additionally, there are specialised job support services for ex-offenders to find employment opportunities.

Organisation	Description	Contact Information
e2i	Career Advisory and Coaching <ul style="list-style-type: none"> <li>Job advising on career resources, effective job search strategies and career planning.</li> </ul>	6474 0606
Workforce Singapore		6883 5885
Industrial and Services Co-operative Society Limited	Skills Assistance Subsidy Scheme <ul style="list-style-type: none"> <li>Offers training subsidies to ex-offenders to improve their skills and employability, aiming for positive outcomes such as salary increases and promotions.</li> </ul> Entrepreneurship Programme <ul style="list-style-type: none"> <li>Provides training, guidance, business mentoring, and funding support for ex-offenders interested in entrepreneurship.</li> </ul>	237 Alexandra Road, #04-03 Singapore 159929 6743 7885
Singapore After-Care Association	Education Support Programme <ul style="list-style-type: none"> <li>Assists ex-offenders in pursuing education and skills upgrading post-release, offering holistic support to help them stay motivated and committed to completing their studies.</li> </ul>	81 Dunlop Street Singapore 209408 6294 2350
Yellow Ribbon Singapore Career Services Unit	Provides job matching assistance for ex-offenders by trained career specialists	1821 Upper Changi Road North Selarang Park Complex (SPC) Singapore 506777 6513 1537

## Legal Aid and Clinics

If you need legal assistance, support is available at subsidised rates or free of charge to guide you through your legal issues.

Organisation	Description	Contact Information
Legal Aid Bureau	Offers legal aid services for civil matters. These include divorce, custody and probate matters, legal advice as well as legal assistance in drafting wills and deeds of separation.	Ministry of Law Services Centre 45 Maxwell Road, #07-11 The URA Centre (East Wing) Singapore 069118  1800 2255 529
Pro Bono SG	Criminal Legal Aid Scheme (CLAS) offers pro bono legal assistance to individuals facing charges for specific non-capital criminal offences.	1 Havelock Square, #B1-18 State Courts Singapore 059724  6536 0650
Public Defender's Office	Offers legal aid for vulnerable persons. Only for non-capital criminal offences and offences that are covered by the Public Defenders Act.	State Courts Help Centre 1 Havelock Square, #B1-18 State Courts Singapore 059724  Ministry of Law Services Centre 45 Maxwell Road, #07-11 The URA Centre (East Wing) Singapore 069118  1800 2255 529
Community Justice Centre	Provides free, basic legal guidance during 20-minute one-to-one sessions for individuals seeking legal advice for the first time on personal matters not related to commercial or corporate issues.	1 Havelock Square, #B1-6/7/8 State Courts Singapore 059724  6557 4100
Legal Clinics at Community Clubs	Legal clinics offer free consultations to help individuals understand their legal situations and options, guiding them on seeking further legal aid if needed.	<a href="https://www.probono.sg/get-legal-help/legal-guidance/the-general-public/legal-clinics-in-singapore/#Community-Clubs-and-Centres-Anchor">https://www.probono.sg/get-legal-help/legal-guidance/the-general-public/legal-clinics-in-singapore/#Community-Clubs-and-Centres-Anchor</a>

**Disclaimer:**

This leaflet is for informational purposes only. While we aim for accuracy, the mentioned services and resources may change, and their availability or suitability cannot be guaranteed for every individual. Inclusion in this leaflet does not imply endorsement or recommendation. Users are encouraged to verify details and seek professional advice where necessary. This leaflet is not a substitute for professional advice or emergency assistance. For urgent matters, please contact the relevant authorities or service providers directly.