

Caregiving Resources

This page contains information that caregivers can tap on to support your journey in Singapore. The list is not exhaustive and subject to changes.

- Programmes, Resources and Support Groups
- CaringSG: caring.sg
- Agency for Integrated Care: aic.sg
- Caregivers Alliance Limited: cal.org.sg
- Caregiving Welfare Association: cwa.org.sg
- Dementia Hub SG: dementiahub.sg
- Health Hub: healthhub.sg
- Enabling Guide: enablingguide.sg
- SG Enable: sgenable.sg

Helplines for Mental Well-being

- Institute of Mental Health's Mental Health Helpline: 6389-2222 (24 hours)
- Samaritans of Singapore: 1-767 (24 hours hotline) / 9151-1767 (24 hours CareText via WhatsApp)
- Singapore Association for Mental Health: 1800-283-7019
- Women's Helpline (Aware): 1800-777-5555 (Mon to Fri, 10am to 6pm)

Helplines for Counselling

- Care Corner Counselling Centre: 6353-1180
- Touchline (Counselling): 1800-377-2252 (Mon to Fri, 9am to 6pm)
- Touch Care Line (for caregivers): 6804-6555 (Mon to Fri, 9am to 5pm)

Helplines for Family Violence

- National Anti-Violence Helpline: 1800-777-0000 (24h)
- Pave Integrated Services for Individual and Family Protection Specialist Centre: 6555-0390 (Mon to Fri, 9am to 1pm, 2pm to 6pm)
- Project StART: 6476-1482 (Mon to Fri, 10am to 1pm, 2pm to 5pm)
- Trans Safe Centre: 6449-9088 (Mon to Fri, 9am to 5pm)

*Information above is correct at date of publication. Some hotlines may not be open during public holidays. Please refer to the respective organisations' websites for more information.