

Family Life Month 2021

STRONGER TOGETHER

Resource Guide

This is a compiled list of resources which is related to our sermon series for Family Life September 2021 – namely Caregiving, Mental Health & Children with Special Needs.

Caregiving Resources



No	Organization	Description	Contact
1.	AIC (Agency for Integrated Care)	AIC reaches out to caregivers, seniors, and provide resources on Community Care partners, community-based care, healthcare, community mental health, financial support, and caregiving.	Hotline: 1800-650-6060 Mon-Fri: 8:30am-8:30 pm Sat: 8:30am - 4.00pm
2.	Caregivers Alliance	Provides training for caregivers, supporting the well-being of caregivers and resources for caregivers	64604400 (Mon to Fri, excluding public holidays, 9am - 6pm)
3.	Caregiver Support Groups in Singapore	A list of support groups for caregivers: Support Groups by Hospital and Specialist Centre, Support groups in the Community and Online Support Groups	NA
4.	Homage	Provides curated and trained care professionals for on-demand holistic home and community-based caregiving to seniors and adults. The website is also an excellent one stop resource centre with comprehensive articles and links on caregiving.	6100 0055
5.	Jaga-Me	Specialises in helping patients in their post-hospital recovery journey with expert home care.	6717 3737 8am – 5.30pm (Weekdays) 8am – 12.30pm (Weekends)

Mental Health Resources



List of Helplines:

No	Organization	Description	Helpline Number
1.	Samaritans of Singapore (SOS)	Provides emotional support to those in crisis , thinking about suicide or affected by suicide. Provides training and resources to help someone who is thinking about suicide.	1800 221 4444 1-767 (1-SOS) (24 hrs)
2.	IMH Mental Health Helpline	If you are facing a mental health crisis , please call the helpline or seek medical help at IMH 24-hour Emergency Services located in hospital.	6389 2222 (24 hrs)
3.	National CARE Hotline	If you need someone to talk to about the issues that weigh you down, such as COVID-19 and its impact on your personal and family lives, on your jobs and livelihoods, and your future, you may call the hotline.	1800 202 6868 (Mon – Sun: 8am – 12mn)
4.	Tinkle Friend (Children)	Provides support, advice, and information to lonely and distressed primary-school-aged children 7 to 12 years old , especially in situations when their parents or main caregivers are unavailable.	1800 2744 788 (Mon – Fri: 2.30pm – 7pm)
5.	TOUCHline (Youth)	Provide emotional support and practical advice for ages 12 to 25 years old on gaming addiction, Internet-related issues and information on youth programmes.	1800 3772252 Monday-Friday from 9am-6pm
6.	National Addictions Management Service (NAMS)	Provide treatment and support for addictions to drugs, alcohol, gambling, gaming and others.	1800 6668 668 (Gambling) 67326837 (All addictions) Daily: 8am-11pm
7.	Care Corner Mandarin Hotline	Provides support for Mandarin-speaking individuals who struggle with mental health problems or distressing family situations.	1800-353 5800 (Mon – Sun: 10am – 10pm)
8.	Help123	A one-stop service for youth cyber wellness issues for youths and parents. (e.g. cyber bullying, online addiction etc).	1800 6123 123 (Mon to Fri, 9am to 6pm)
9.	SAF Hotline (For SAF Personnel)	This is a confidential telephone counselling service provided by the SAF Counselling Centre for SAF Personnel . You may choose to remain anonymous throughout your call.	1800 278 0022 (24 hrs)
10.	National Anti-Violence Helpline (NAVH)	A dedicated 24-hour helpline for reporting of violence and abuse . If you or someone you know is encountering child abuse, please call the hotline	1800 777 0000 (24 hrs)

Note: For **psychiatric emergencies** (e.g., imminent harm to self or others, extremely agitated), besides bringing the person to the Institute of Mental Health (IMH) emergency, you can also bring the person to the **nearest general hospital A&E**. To access psychiatric services within public hospital/institutions at subsidised payment class, please seek a referral from a polyclinic.



No	Name	Description	Contact
1.	Counselling Ministry	Provides trained lay counsellors to support individuals in various relational and emotional issues. The service is free of charge.	tinyurl.com/counselbcc
2.	Mental Health Advisers (MHA)	A multi-disciplinary team comprising of Bartley members who are psychiatrists, psychologist, counsellors and social workers. Should you need advice or information on mental health related issues , please approach your cell/zone leaders, ministry heads or pastors. They will in turn speak to the MHA team or refer you to them. You may also email the church at counselling@bartley.org.sg for mental health related issues.	counselling@bartley.org.sg

One-Stop Counselling Resource

No	Organization	Description
1.	Mental Connect	A service directory that provides resources to therapeutic activities, counselling, psychological & psychiatric services, and crisis interventions. It includes resources on Christian psychiatrists, Christian counsellors and psychologists , and faith-based (Christian) professional services .

Counselling Resources



The following is a list of counselling resources which offer subsidies in varying degrees and which are Christian-based/affiliated. You may seek help by contacting them directly.

No	Organization	Description	Contact
1.	Care Corner	Provides individual, couple and group counselling, with specialisation in children therapy, couple therapy, mental health and trauma recovery.	6353 1180 cccc@carecorner.org.sg
2.	Counselling and Care Centre	Provides individual, marital, child-focused and family therapy, as well as trauma counselling and counselling on sexuality and sexual issues.	6536 6366 reception@counsel.org.sg
3.	eCounselling Centre by Fei Yue Community Services	A free online counselling service that is designed to be anonymous and mainly for young people aged 12 to 25.	Live Chat (Mon – Fri: 10am – 12pm; 2pm – 5pm) (Closed on Public Holidays)
4.	One Hope Centre	Offers counselling for individuals and families, support groups and assistance in gambling or debt-related problems.	6547 1011 help@onehopecentre.org

5.	The Haven	Counselling centre in Singapore Bible College. Provide counselling for individuals, couples and families seeking help to address relational, emotional and psychological issues.	6559 1528 haven@sbc.edu.sg
6.	WE CARE Community Services	Provides counselling, drop-in centre and recovery support group for individuals and families who need help with various addictions.	6547 5459
7.	Wesley Counselling Services	Provides full-time counsellors and trained lay counsellors to assist individuals and families during their times of struggle.	6837 9214 Monday - Friday 9am to 6pm

Mental Health Related Resources



No	Organization	Description	Contact
1.	Caring For Life	Conducts a 4-hour training programme that equips participants to help persons who might be having thoughts of suicide , and connect them with community resources for suicide intervention.	
2.	CPH Online Counselling	A free online counselling service for individuals facing marital, divorce and parenting difficulties .	
3.	Family Service Centres (FSC)	FSCs help individuals and families to better cope with their personal, social and emotional challenges. FSCs work in collaboration with other relevant agencies to support the individuals and families holistically .	1800 2220000
4.	PAVE	A family violence specialist centre , PAVE provides services for perpetrators, survivors and vulnerable family members such as children and the elderly in dealing with violence.	6555 0390 Mon – Fri: 9am – 6pm
5.	Psalt Care	Conducts various peer-led support groups (including Christian-based groups) for those suffering from mental illness and addictions. Provides short-term residential respite haven for peers facing stressful life events without family support.	info@psaltcare.com
6.	Singapore Association for Mental Health (SAMH)	Provide services to improve the lives of persons with mental health issues through rehabilitation and reintegration , as well as providing emotional and practical support to their families and caregivers.	Helpline: 1800 283 7019 Monday-Friday from 9am-6pm
7.	Wicare Support Group	Provides personalised and group grief support for widows by widows. Offers individual and group counselling, as well as group activities and practical support for widows as they navigate the grieving process.	6354 2475 Mon-Fri, 9-6pm (Closed on PH)

Special Needs / Disabilities Resources



No	Organization	Description	Contact
1.	CaringSG	<p>Gain access to emotional support, resources and connections to fellow caregivers in a national network of special needs caregiver support groups, caregivers, people with disabilities, professional allies and supporters of special needs community.</p> <p>Provides individualised peer support and be supported by a multidisciplinary team of professional volunteers in helping you navigate the complex services to better access care for yourself and your loved ones.</p>	
2.	Enabling Guide	<p>A one-stop comprehensive resource centre for persons with disabilities, their caregivers, friends, and support team. Provides information and advice on schemes, services and resources related to disability in Singapore.</p>	
3.	Koinonia Inclusion Network (KIN)	<p>Provides training to churches and other Christian communities in the area of disability ministry. Produce resources that empower Christian communities in disability ministry and support missions to and by people with disabilities.</p>	community@kin.org.sg
4.	SG Enable	<p>Provides information on early intervention programme for children with special needs, and services for youths and adults with disabilities.</p>	1800 8585 885