



be the support to your loved one



INTRODUCTION

When your loved one is incarcerated, you can continue to provide support by visiting and writing letters to maintain contact. It may not be easy.

Reach out for help if you need to.

There is a list of resources available at the end of the handbook if you need any form of assistance.

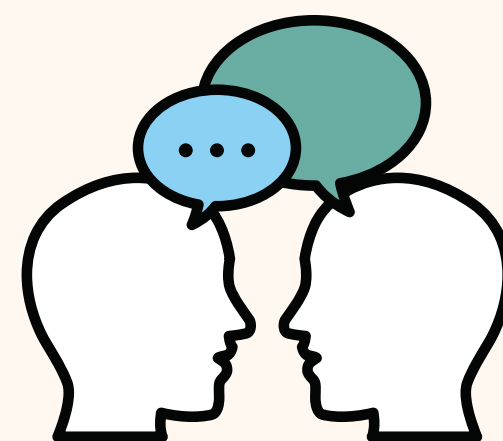
1

Self-care Tips



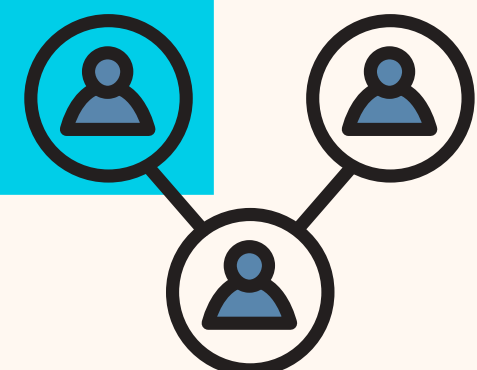
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Maintaining contact



3

Community resources



LET'S WORK TOGETHER

SELF CARE TIPS FOR THE CAREGIVERS

1

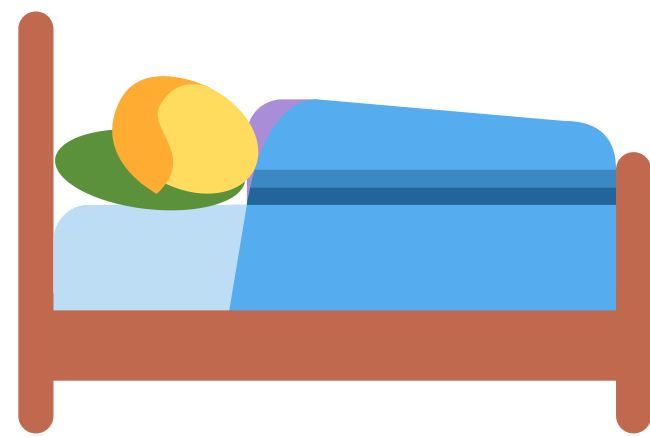
Taking care of your health



Eat healthy and regularly



Exercise regularly



Get enough sleep

2

Taking care of your emotions



Make time for yourself



Accept your feelings, even at times it might be confusing



It's ok not to be ok

3

Building a supportive network



Reach out to friends



Turn to the nearby FSCs



Spend time with children

Maintaining contact

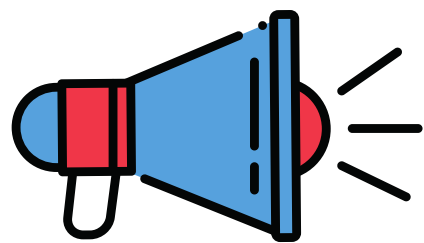
LOVE helps you to maintain and strengthen your relationship with your loved ones



Listen - provide a listening ear to your loved ones to help them feel that they are not alone.



Ongoing Contact - maintain regular contact by writing letters and cards during special occasions.



Voice out your Feelings - having conversation with your loved ones help both of you to understand one's another 's feelings.



Establish Trust - build trust between you and your loved one by maintaining contact



List of Community Resources

01

Family Resource Centres (FRCs)

- Fei Yue FRC - 6546 7460
- ALLKIN FRC - 6549 0571

Both centres are located at Prison Link Centre (Changi), you can call or walk-in to speak to a social worker

02

CARE Network Partners

- Yellow Ribbon Fund - 6513 3597
- Industrial & Services Co-operative Society Ltd (ISCOS) - 82288724
- NeuGen - 6743 7885
- Singapore After-Care Association (SACA) - 6294 2350
- Singapore Anti-Narcotics Association (SANA) - 6732 1122

03

Addiction Treatment / Support Groups

- Alcoholics Anonymous (AA) - 8112 8089
- Narcotics Anonymous (NA) - 8405 8432
- National Addictions Management Service (NAMS) 24-hr helpline:
6 – RECOVER (6-732 6837)
- National Problem Gambling Helpline - 1800-6-668-668
- WE CARE Community Services - 3165 8017
- Women in Recovery Association (WIRA) - 8339 7690



List of Community Resources

04

Self Help Groups & Associations

- AMP Singapore - 6416 3960 /61 (Mon to Fri, 9am to 5pm)
- Association of Women for Action and Research (AWARE)
Helpline: 1800 777 555 (Mon to Fri 9am to 6pm)
- Chinese Development Assistance Council (CDAC) - 6841 4889
- Persatuan Pemudi Islam Singapura (PPIS) - 6744 0258
- Singapore Indian Development Association (SINDA) - 1800 295 3333
- Eurasian Association - 6447 1578
- Yayasan MENDAKI - 6245 5555

05

Mental Health Services

- Institute of Mental Health (IMH)- 24-hr hotline: 6389 2000
- Samaritans of Singapore (SOS) - 24-hr hotline:1800 221 4444
- Silver Ribbon (Singapore) - 6386 1928
- Singapore Association for Mental Health (SAMH) - 6255 3222



List of Community Resources

05

Family Services Centres (FSC)

- Located in HDB towns around Singapore
- Help individuals and families to better cope with their personal, social and emotional challenges
- To locate the nearest FSC to you, please visit

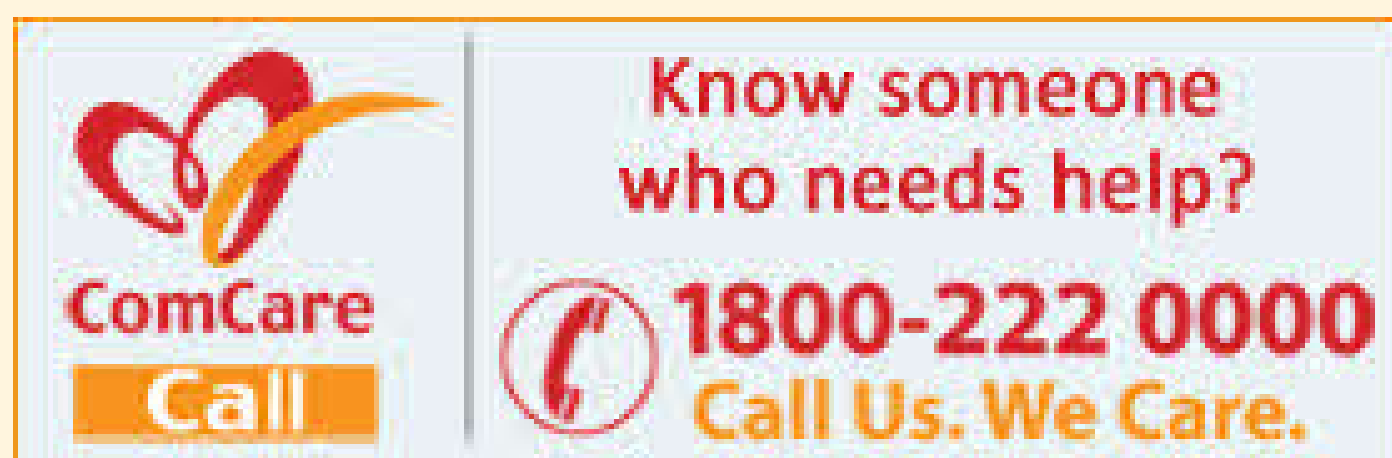
<https://www.msf.gov.sg/our-services/directories>

06

Social Service Offices (SSO)

- Bring social assistance closer to residents in need
- Provide employment and financial aid to those who need it
- To locate the SSO nearest to you, please visit

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





PROGRAMMES FOR CHILDREN & FAMILIES

NeuGen

Provides tuition support, bursary and group activities to support children under various NeuGen Empowerment model.

<https://www.neugen.org.sg/neu-empowerment-model/>

New Life Stories

Conduct incare programme (Dear Papa/Mama) and provides befriending to their children. NLS also provide throughcare case management to support the family.

<https://www.newlifestories.org.sg/>

Life Community Services Society

Friends of Children and Youth programme provide case management and intervention to children impacted by incarceration.

<https://life-community.org/programmes/focy/>

The Salvation Army

Kids-In-Play programme aims to support children affected by parental incarceration through groupwork and activities. TSA also conduct family bonding activities to strengthen inmate parent - children relationship.

https://www.salvationarmy.org/singapore/prison_support_services

The list of programme are non-exhaustive. You may refer to the community brochure in SPS website for more information.