

HELP FOR INDIVIDUALS AND FAMILIES

Find the right helplines and social services.

Seniors and caregivers requiring community care services



Agency for Integrated Care

- Call 1800-650-6060
- Use the E-care Locator at www.aic.sg/care-services/e-care-locator

Support for individuals with mental health & emotional needs



Agency for Integrated Care

- Visit www.aic.buzz/mindmatters-directory

Employment assistance and career advisory



Workforce Singapore's Careers Connect

- Call 6883-5885

NTUC's e2i Career Centres

- Call 6474-0606

or visit SGUnited Jobs and Skills Centres near you.

Find your nearest locations at www.wsg.gov.sg/career-services.html

Civil minor/young/transnational marriages

Strengthening Families Programme@FSCs
(FAM@FSCs)

(Fei Yue - Choa Chu Kang or Care Corner - Tampines)



- Call 1800-111-2222 and ask for "Marriage Support"
- Find your nearest agency at www.msf.gov.sg/dfcs/strengtheningfamilyservice/

Counselling for families facing relationship issues



Strengthening Families Programme@FSCs (FAM@FSCs)

- Call 1800-111-2222 and ask for "Family Counselling"
- Find your nearest agency at www.msf.gov.sg/dfcs/strengtheningfamilyservice/
- For Online Counselling, visit www.cponlinecounselling.sg

Divorcing/divorced families, & couples contemplating divorce



Strengthening Families Programme@FSCs (FAM@FSCs) and Divorce Support Specialist Agencies (DSSAs)

- Visit www.familyassist.msf.gov.sg for information and resources
- Call 1800-111-2222 and ask for "Divorce Support"
- Find your nearest agency at www.msf.gov.sg/dfcs/strengtheningfamilyservice/

Financial assistance



ComCare Hotline & Social Service Offices (SSO)

- Call 1800-222-0000
- Apply online through SupportGoWhere at go.gov.sg/smta
- Find your nearest SSO at www.msf.gov.sg/ssolocator

Support for lower-income or vulnerable individuals & families with social/emotional issues



Family Service Centres

- Call 1800-222-0000
- Find your nearest centre at www.msf.gov.sg/fsclocator

Person experiencing any form of violence or abuse



National Anti-Violence and Sexual Harassment Helpline (NAVH)

- Call 1800-777-0000 or
- Call 999 or SMS 71999 (police) immediately if the person's life or safety is in imminent danger