



Your Guide to Mental Health Services in Singapore



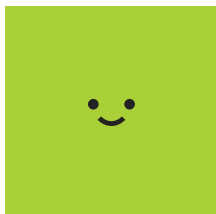
MINISTRY OF HEALTH
SINGAPORE



An initiative under the
National Mental Health and Well-being Strategy

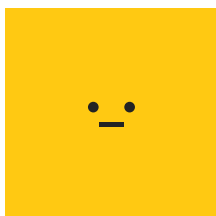
Support That Meets Your Needs

No concern is too small, and your feelings always matter — especially when it comes to your mental health.



Learn tips for mental well-being

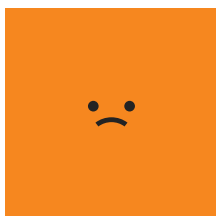
You can explore self-help tools, join workshops, or take part in community events.



Feeling stressed and need someone to talk to?

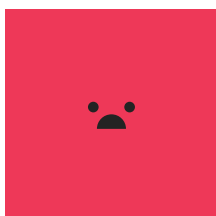


Reach out to the First Stop for Mental Health. Trained care professionals are ready to listen and support you.



Feeling overwhelmed several days a week?

You can get help from community mental health teams, General Practitioners (GPs) or polyclinics. They offer various services to help improve your condition.



Is your emotional health affecting your daily life?



You may need more specialised services from care professionals in hospitals to help you feel better and regain control.

LOOKING FOR MENTAL HEALTH SUPPORT

First Stop for Mental Health

Friendly care professionals will talk to you, figure out what kind of support suits you best and guide you to the right services.

- ✔ For all age groups
- ✔ Confidential
- ✔ No charge

CALL

national mindline
1771 or WhatsApp
6669 1771 to talk
to someone

CLICK

[mindline.sg](https://www.mindline.sg)
for self-help
resources

VISIT

community mental
health teams such
as **CREST** or
connect with **CHAT**



for.sg/fsmh



Caring Support You Can Count On

All care professionals — no matter which level of support you need — are trained to give you reliable, high-quality help.

Across Singapore, there are over 100 community mental health teams like **CREST** and **COMIT**. They offer services like counselling and therapy without charges.



CREST = Community Outreach Team
COMIT = Community Intervention Team



COMMUNITY MENTAL HEALTH TEAMS

Find Mental Health Support Near You

Use this online wayfinding tool to find support that fits your needs, age and location.

All it takes is just 3 clicks!

1

Which statement describes you best?

I am looking for...

Enquiry & Support

Therapy & Counselling

Medical Advice

Self-Help Resources

2

Which statement describes you best?

I am...

12-17 years old

18-25 years old

Above 25 years old

3

Finding nearby services

Please enter a postal code or street name.

Search postal code or...

Scan the QR code to access the tool



for.sg/wayfinding

“

Back in 2017, I had a panic attack during dinner with my children. The next day at work, I spent the whole time trying not to break down in tears. Things continued to go downhill from there.

Eventually, I felt like I was a burden to everyone around me. But somehow, I found the strength to call a helpline. The care professional listened to me and gently guided me to approach services that saved my life.

To anyone who is struggling, please know that there's no shame in seeking help. ”

Useful Resources

Mental Health E-Learning

Understand signs and symptoms of common mental health conditions.



for.sg/mh-elearning

MindSG

Get tips and tools to care for your well-being.



for.sg/mindsg-pocketguide

realspace.sg

A safe space for youths and young adults for curated resources and services.



for.sg/realspace

Mr Mak Kean Loong, mental health advocate recovering from depression

MENTAL HEALTH SUPPORT AND RESOURCES