

Samaritans of Singapore

Samaritans of Singapore provides confidential emotional support to individuals in Singapore who are facing a crisis, thinking about, or are affected by suicide.

Tel: 1800-221 444

The Institute of Mental Health (Singapore)

The Institute of Mental Health (Singapore) has a 24-hour Mental Health Helpline for people facing a mental health crisis or emergency anywhere in Singapore.

Tel: 6389 2222