

MENTAL HEALTH RESOURCES

Should you or someone you know is struggling with mental wellness, feel free to reach out to the helplines below:

[ec2.sg](https://www.fycs.org)

A community mental health programme for youths aged between 12 to 25 years old. eC2 aims to promote mental resilience by empowering youths to take charge of their mental health by connecting them to available resources and instilling courage in them to seek help and engage with the community.

Website: <https://www.fycs.org/our-work/youth/ec2/>

[Samaritans of Singapore \(SOS\)](https://www.sos.org.sg)

Samaritans of Singapore (SOS): is dedicated to providing confidential emotional support to individuals facing a crisis, thinking about or affected by suicide. Non-religious and not for profit, our work focuses on crisis intervention and suicide prevention.

Call: 1-767

Care Mail: pat@sos.org.sg

[CHAT](https://www.chat.sg)

As the Centre of Excellence for Youth Mental Health in Singapore, we've been helping and supporting young people with mental health concerns since 2009. CHAT runs a national youth mental health outreach and assessment service for youth and young adults aged 16 to 30.

Call: +65 6493 6500 / 6501

Email: CHAT@mentalhealth.sg

[AWARE](https://www.aware.org.sg)

AWARE is the leading women's rights and gender equality group in Singapore. AWARE's CARE services provides case management, counselling, legal advice, Befriending and other assistance to women in need.

Call: 1800 777 555 (Mon-Fri, 10am-6pm)

Website: <https://www.aware.org.sg/>

[OVER THE RAINBOW](https://www.overtherainbow.sg)

OverTheRainbow.sg (OTR) is the mental wellness initiative of the WholeTree Foundation, the not-for-profit family foundation of Yen-Lu & Yee Ling Chow, founded in loving memory of their son and only child Lawrence H. Chow who ended his own life at age 26 after suffering for many years from manic depression.

Website: <https://overtherainbow.sg/>