NJC Counselling Appointment

Counselling is a **collaborative therapeutic relationship** which allows the student to have a **safe space** to explore his/her issues and challenges.

Together with the student and/or stakeholders, we work on his/her **strengths** and **expand the repertoire of his/her coping resources** to facilitate **growth** and **build solutions** to any difficulties faced.

Scan and make a booking with the Counsellor today:)



		Crisis helplines			
Service	Description	Contact details	When		For more information
Samaritans of Singapore	For anyone who is in distress	1767 (call)	Daily	24 hours	https://www.sos.org.sg/a
(SOS)	or suicidal	91511767 (CareText			bout/our-services
		Whatsapp text messaging)			
Institute of Mental Health (IMH)	Mental health helpline	6389 2222	Daily	24 hours	https://www.imh.com.sg/ Pages/Contact-Us.aspx
National Anti-Violence and	For reporting violence/	1800 777 0000	Daily	24 hours	https://www.aware.org.sg
Sexual Harrassment (NAVH)	abuse or neglect, including				/information/dealing-
Helpline	sexual violence and sexual				with-family-violence/
	harassment				
In cases of emergency	Police	999	Daily	24 hours	
		71999 (emergency SMS)			
	Ambulance	995			
	You	th Mental Health Helpline	es		
Service	Description	Contact details	When		For more information
CHAT (IMH)	To provide youth mental	webCHAT (only on	Tues - Sat	1pm - 8pm	https://www.imh.com.sg/
, ,	health information and	laptop/desktop computer)	(exc. public		CHAT/Get-
	support to distressed young	64936500 / 64936501	holidays)		Help/webCHAT/Pages/def
	people who may be unsure	· ·			ault.aspx#
	about seeking help face-to-	chat@mentalhealth.sg			
	face				
TOUCHline	Mental health helpline for	1800 377 2252	Mon - Fri	9am to 6pm	https://www.touch.org.sg
	youth		(exc. public		/about-touch/our-
	,		holidays)		services/touch-
					counselling-and-
					intervention-homepage
Singapore Association for	For info or help on mental	1800 283 7019	Mon - Fri	9am to 6pm	https://www.samhealth.o
Mental Health (SAMH)	health matters	1000 203 7013	(exc. public	Jani to opin	rg.sg/our-
Helpline	ileanii illaneers		holidays)		services/outreach/samh-
			Holidays)		insight-centre/#insight-
					overview
Over-The-Rainbow (OTR)	Text-based chat support for	https://otrlistens.net/	Mon - Fri	4pm to 12am	OVETVIEW
Listens	youth	ittps://otriisteris.net/	Sat & Sun	12pm to 12am	
Listeris	1			12piii to 12aii	II
	Youth M	ental Health Support Reso	ources		
	1				
Service	Description	Contact details	When		For more information
Service Mindline	Online mental health resource		When		https://mindline.sg/youth/home
	•		When Mon - Fri	9am to 6pm	https://mindline.sg/youth
Mindline	Online mental health resource	s for youths		9am to 6pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-
Mindline	Online mental health resource Provides psychosocial	s for youths	Mon - Fri	9am to 6pm	https://mindline.sg/youth/homehttps://www.samhealth.o
Mindline	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional,	s for youths	Mon - Fri (exc. public	9am to 6pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-
Mindline	Online mental health resource Provides psychosocial support and recovery programmes for youths aged	s for youths	Mon - Fri (exc. public	9am to 6pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/sa
Mindline	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional,	s for youths	Mon - Fri (exc. public	9am to 6pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-
Mindline	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric	s for youths	Mon - Fri (exc. public	9am to 6pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-
Mindline SAMH Youthreach Service	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description	Other resources Contact details	Mon - Fri (exc. public holidays)		https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview For more information
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SAMH Youthreach Service Family Service Centres	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues	Other resources Contact details 1800 222 0000 (ComCare helpline)	Mon - Fri (exc. public holidays) When Daily	7am to	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview For more information https://www.msf.gov.sg/our-services/directories
Samh Youthreach Service Family Service Centres Strengthening Families	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare	Mon - Fri (exc. public holidays)	7am to 12am 7am to	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview For more information https://www.msf.gov.sg/our-services/directories https://supportgowhere.li
Samh Youthreach Service Family Service Centres Strengthening Families Programme@FSC	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families	Other resources Contact details 1800 222 0000 (ComCare helpline)	Mon - Fri (exc. public holidays) When Daily	7am to 12am	https://mindline.sg/youth/home https://www.samhealth.org.sg/ourservices/rehabilitation/samhyouthreach/#youthreach-overview For more information https://www.msf.gov.sg/our-services/directories https://supportgowhere.life.gov.sg/services/SVC-
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Samh Youthreach Service Family Service Centres Strengthening Families Programme@FSC (FAM@FSC)	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families.	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare helpline)	Mon - Fri (exc. public holidays) When Daily Daily	7am to 12am 7am to 12am	https://mindline.sg/youth/home https://www.samhealth.org.sg/ourservices/rehabilitation/samhyouthreach/#youthreach-overview For more information https://www.msf.gov.sg/ourservices/directories https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-famfsc
SAMH Youthreach Service Family Service Centres Strengthening Families Programme@FSC (FAM@FSC) Agency for Integrated Care	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare	Mon - Fri (exc. public holidays) When Daily	7am to 12am 7am to 12am	https://mindline.sg/youth/home https://www.samhealth.org.sg/ourservices/rehabilitation/samhyouthreach/#youthreach-overview For more information https://www.msf.gov.sg/ourservices/directories https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-
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Service Family Service Centres Strengthening Families Programme@FSC (FAM@FSC) Agency for Integrated Care (AIC)	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families. Resources for elderly support	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare helpline)	Mon - Fri (exc. public holidays) When Daily Daily Mon - Fri	7am to 12am 7am to 12am 8.30am to 8.30pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/ourservices/rehabilitation/samhyouthreach/#youthreach-overview For more information https://www.msf.gov.sg/ourservices/directories https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-famfsc
Service Family Service Centres Strengthening Families Programme@FSC (FAM@FSC) Agency for Integrated Care (AIC) BABES Pregnancy Crisis	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families. Resources for elderly support	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare helpline) 1800 650 6060	Mon - Fri (exc. public holidays) When Daily Daily Mon - Fri Sat	7am to 12am 7am to 12am 8.30am to 8.30pm 8.30am to 4pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview For more information https://www.msf.gov.sg/our-services/directories https://supportgowhere.life.gov.sg/services/SVC-SFPFF/strengthening-families-programmefsc-famfschttps://www.aic.sg/
Service Family Service Centres Strengthening Families Programme@FSC (FAM@FSC) Agency for Integrated Care (AIC)	Online mental health resource Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community Description For help on family, socioemotional, interpersonal or other social issues Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families. Resources for elderly support	Other resources Contact details 1800 222 0000 (ComCare helpline) 1800 222 0000 (ComCare helpline) 1800 650 6060	Mon - Fri (exc. public holidays) When Daily Daily Mon - Fri Sat	7am to 12am 7am to 12am 8.30am to 8.30pm 8.30am to 4pm	https://mindline.sg/youth/home https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview For more information https://www.msf.gov.sg/our-services/directories https://supportgowhere.life.gov.sg/services/SVC-SFPFF/strengthening-families-programmefsc-famfschttps://www.aic.sg/
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