

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 (SOS)	For anyone who is in distress or suicidal	1767 (call)	Daily	24 hours	https://www.sos.org.sg/about/our-services
		91511767 (CareText 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 Sexual Harrassment (NAVH) Helpline	For reporting violence/abuse or neglect, including sexual violence and sexual harassment	1800 777 0000	Daily	24 hours	https://www.aware.org.sg/information/dealing-with-family-violence/
In cases of emergency	Police	999	Daily	24 hours	
		71999 (emergency SMS)			
	Ambulance	995			
Youth Mental Health Helplines					
Service	Description	Contact details	When		For more information
CHAT (IMH)	To provide youth mental health information and support to distressed young people who may be unsure about seeking help face-to-face	webCHAT (only on laptop/desktop computer)	Tues - Sat (exc. public holidays)	1pm - 8pm	https://www.imh.com.sg/CHAT/Get-Help/webCHAT/Pages/default.aspx#
		64936500 / 64936501			
		chat@mentalhealth.sg			
TOUCHline	Mental health helpline for youth	1800 377 2252	Mon - Fri (exc. public holidays)	9am to 6pm	https://www.touch.org.sg/about-touch/our-services/touch-counselling-and-intervention-homepage
Singapore Association for Mental Health (SAMH) Helpline	For info or help on mental health matters	1800 283 7019	Mon - Fri (exc. public holidays)	9am to 6pm	https://www.samhealth.org.sg/our-services/outreach/samh-insight-centre/#insight-overview
Over-The-Rainbow (OTR) Listens	Text-based chat support for youth	https://otrlistens.net/	Mon - Fri	4pm to 12am	
			Sat & Sun	12pm to 12am	
Youth Mental Health Support Resources					
Service	Description	Contact details	When		For more information
Mindline	Online mental health resources for youths				https://mindline.sg/youth/home
SAMH Youthreach	Provides psychosocial support and recovery programmes for youths aged 12 to 21 with emotional, psychological and psychiatric issues in the community	6593 6424	Mon - Fri (exc. public holidays)	9am to 6pm	https://www.samhealth.org.sg/our-services/rehabilitation/samh-youthreach/#youthreach-overview
Other resources					
Service	Description	Contact details	When		For more information
Family Service Centres	For help on family, socio-emotional, interpersonal or other social issues	1800 222 0000 (ComCare helpline)	Daily	7am to 12am	https://www.msf.gov.sg/our-services/directories
Strengthening Families Programme@FSC (FAM@FSC)	Provides specialised services and programmes for families facing early signs of stress, as well as divorcing and divorced families.	1800 222 0000 (ComCare helpline)	Daily	7am to 12am	https://supportgowhere.life.gov.sg/services/SVC-SFPFFF/strengthening-families-programmefsc-famfsc
Agency for Integrated Care (AIC)	Resources for elderly support	1800 650 6060	Mon - Fri	8.30am to 8.30pm	https://www.aic.sg/
			Sat	8.30am to 4pm	
BABES Pregnancy Crisis Support	Support for pregnant teenagers	6206 6641	Daily	24 hours	https://www.babes.org.sg/
		3135 1351 (Whatsapp text only)			
Care Corner Counselling Centre	Provides toll-free Mandarin counselling hotline	1800 3535 800	Daily (exc. public holidays)	10am to 10pm	https://www.carecorner.org.sg/services/toll-free-counselling-hotline/

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