



Community Health Assessment Team

LIST OF YOUTH RESOURCES

Online Resources

Cyber Wellness Website	http://www.planetcrush.org/
Family and Community Development @ ecitizen	http://fcd.ecitizen.gov.sg/TeenageNYouth
List of Assistance Schemes for Individuals and Families	http://app1.mcys.gov.sg/Assistance.aspx http://www.ncss.org.sg/documents/Assistanceschemes.pdf
Online Counselling	http://ec2.sg/ http://www.egen.sg/ http://metoyou.org.sg/ http://www.oogachaga.com/care (For lesbian, gay, bisexual, transgender and questioning communities)
Online Peer Support Network	http://www.audiblehearts.sg/

Helplines

Helpline	Details	Operating Hours	Helpline Number
ComCare Call	For information on the ComCare Assistance and Family Service Centres available	24 hours	1800-222-0000
Samaritans of Singapore (SOS)	For anybody in crisis and persons with suicidal tendencies	24 hours	1800 221 4444
aLife	Educate, advise and support women and their families on issues related to the unborn child and the mother's reproductive health	Mon-Fri: 9.30am – 5.30pm	6258 8816
BABES (Beyond Social Service)	For teenagers with child	24 hours	Call/SMS: 8111 3535
National Pregnancy Helpline	For any pregnancy issues	24 hours	1800-MUM-TO-BE (800 6868 623)
Parent Line	For parents with parenting and childcare issues	Mon-Fri: 9.00am – 5.00pm	6289 8811
Pregnancy Crisis Service	For those with pregnancy issues	24 hours	6339 9770



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Helpline	Details	Operating Hours	Helpline Number
Action for AIDS Information & Counselling	To provide information and counseling services on all aspects of AIDS	Mon-Fri: 10.00am – 5.30pm	6254 0212
DSC Clinic AIDS & STI Helplines	For sexual issues including STI	Mon-Fri: 8.00am – 6.30pm	1800 252 1324
TOUCH Youth Service	For youths faced with challenge/s, to equip them with essential skills and qualities necessary for them to lead a balanced and healthy lifestyle	Mon-Fri: 8.00am – 6.00pm	1800 377 2252
Yuan Yuan Helpline (Mandarin)	For people in need of telephone counseling services under such circumstances as bereavement, critical illness or other crisis, as well as for those who needs a listening ear	Mon-Sat: 1.00pm – 5.00pm	6741 0078
Breakthrough Missions Limited	For those with drug abuse issues	Mon-Fri 9.30-6pm	6479 7734/56
National Addictions Management Service	All addictions helpline	Mon-Fri: 8.30- 6pm	6-RECOVER (6732 6837)
	Gambling addiction helpline	24 hours	1800 6 668 668
Teen Challenge	For the marginalized with pressing needs	Mon-Fri: 9.00am – 6.00pm	6793 7933
Singapore Planned Parenthood Association Counseling Hotline	To help young people and adults deal with sexuality-related problems and concerns	Mon-Fri: 9.00am – 6.00pm	1800 775 8582
Oogachaga	OC is a Counseling and personal development organization for lesbian, gay, bisexual, transgender and questioning (LGBTQ) individuals	Mon-Fri: 10.00am – 6.00pm	6224 9373
AWARE (Association of Women for Action and Research)	To offer women in need of assistance empathy, support, information and encouragement. Services include crisis counseling. assistance in dealing with the authorities and legal advice	Mon-Fri: 3.00pm – 9.30pm	1800 774 5935



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Helpline	Details	Operating Hours	Helpline Number
Association of Muslim Professionals	For those facing youth, marital, family or financial problems. Those in need can also call in to obtain relevant information on available assistance schemes	Mon-Fri: 10.00am – 5.00pm	6416 3960
Counseling and Care Centre	For those who are facing emotional, psychological, relationship and marital problems	Mon-Fri: 9.00am – 5.00pm	65366366
Eagles Mediation and Counselling Centre	For quality counselling and psychological services for the community in Singapore	Mon-Fri: 9.30am – 5.30pm	6788 8220
Raffles Counselling Centre	To provide professional advice on mental health issues	24 hours	6311 1222
SAF Counselling Hotline	For SAF service personnel and their family members.	24 hours	1800-2780022
Singapore Association for Mental Health (SAMH)	For individuals, couples and families with psychological, psychiatric and other social or relationship problems	Mon-Fri: 9.00am – 1.00pm, 2.00pm – 6.00pm	1800-2837 019

Programmes for Out of School Youths (OSYs)

Programme	Details	Contact
Ain Society	Addressing the issues of youths at risk and the development of disadvantaged families through skills and knowledge development, hence self-reliance	<p>Address: 20 Joo Chiat Road #02-06 Singapore 427357</p> <p>DID: 63424832</p> <p>Email: query@ainsociety.org.sg</p> <p>Website: http://www.facebook.com/ainsociety?sk=info</p>



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Programme	Details	Contact
Project 180	Project 180 (Youth Services) is a youth centre, under the umbrella of Fei Yue Community Services, to transform life through the following programmes: The Guidance Programme, eCounselling Centre, New Media	<p>Address: Blk 145 Simei St 2 #01-06 Singapore 520145</p> <p>DID: 6787 1125</p> <p>Email: project180@fyfcs.org</p> <p>Website: http://www.fyfcs.org/index.cfm?GPID=50</p>
Touch Youth Learning Centre	The centre offer youths a second chance in education. Early school leavers between the ages of 14 and 19 can join TOUCH Youth Learning Centre to attain the GCE 'O' or 'N' level certificates. With a team of dedicated staff, we are fully committed to working with the students to help them achieve their academic goals. It is also a place where the youths can acquire life skills	<p>Address: Blk 162 Bukit Merah Central #05-3555 Singapore 150162</p> <p>DID: 6317 9937</p> <p>Website: http://www.touch.org.sg/touch_youth_learning_centre</p>
Yayasan MENDAKI	Yayasan MENDAKI is a self-help group set up by Malay/Muslim community leaders dedicated to the empowerment of the disadvantaged through excellence in education. The group provides education and character development programmes, employment facilitation and other useful services	<p>Address: 51 Kee Sun Avenue Singapore 457056</p> <p>DID: 6245 5555</p> <p>Email: mendaki@mendaki.org.sg</p> <p>Website: http://www.mendaki.org.sg/</p>
YMCA Project Bridge	YMCA Project Bridge is a programme for early school leavers and youth-at-risk between the ages of 13 to 19 years old. It aims to help them realise their full potential and discover their purpose through meaningful, wholesome and challenging activities. It also aims to provide them with opportunities to return to mainstream education and help equip them with quintessential job skills	<p>Address: One Orchard Road Singapore 238824</p> <p>DID: 6362 0700</p> <p>Website: http://www.ymca.org.sg/Web/main.aspx?ID=a510cee7-bfc6-40f6-87a2-c73c212eb0db</p>



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Youth Centres

Youth Centre	Address	Contact Number	Website
Association of Muslim Professionals NUR Drop-in Centre	1 Jurong West Central 2 #05-02 Singapore 648886 1 Pasir Ris Drive 4 Level 5 Singapore 519457	6792 4155 6416 3966	http://www.amp.org.sg/subindex.asp?id=A038_10
Care Community Services Society	247 Paya Lebar Road #03-02 Trinity@Paya Lebar Singapore 409045	6304 7604	http://www.carecom.org.sg/programmes.html
CROSSROAD Youth Centre Care Corner Family Service Centre (Admiralty)	Blk 719 Woodlands Ave 6 #01-628 Singapore 730719	6364 2203	http://carecorner.org.sg/services_youth.html
CWS-BT YouthReach	Blk 166 Tampines St 12 #01-357 Singapore 521166	6588 2267/ 9272 7107	http://www.youthreach.org.sg/
Dreams @ Kolam Ayer	Block 47 Bendemeer Road #01-1479 Singapore 330047	6341 7943	http://www.viriya.org.sg/DR EAMS/HOME.htm
Heartware Network	9 Bishan Place #05-01 Junction 8 Office Tower Singapore 579837	6259 4414	www.heartware.org
Methodist Children & Youth Centre	Blk 106 #01-217 Bukit Batok Central Singapore 650106	6562 2211	http://www.methodist.org.sg/index.php?Itemid=211&id=83&option=com_content&task=view
Singapore Children's Society Round Box	Central Singapore Joint Social Service Centre 381 Toa Payoh Lorong 1 #01-12 Singapore 319758	6259 3735	http://www.childrensociety.org.sg/services/developmental.htm
Singapore Children's Society Youth Centre (Jurong)	552 Jurong West St 42 #01-321 Singapore 640552	6566 6989	http://www.childrensociety.org.sg/services/developmental.htm
Singapore Children's Society Youth Service Centre (Toa Payoh)	109 Toa Payoh Lorong 1 #01-316 Singapore 310109	6253 1124	http://www.childrensociety.org.sg
Student Care Service Central	298 Tiong Bahru Road #03-03 Central Plaza Singapore 168730	6593 6462	http://www.students.org.sg
Student Care Service Clementi Centre	329 Clementi Ave 2 #01-248 Singapore 120329	6778 6867	http://www.students.org.sg



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Youth Centre	Address	Contact Number	Website
Student Care Service Hougang Centre	463 Hougang Ave 10 #01-964 Singapore 530463	6286 9905	http://www.students.org.sg
Student Care Service Yishun Centre	202 Yishun Street 21 #01-89 Singapore 760202	6759 6821	http://www.students.org.sg
Teck Ghee Youth Centre	Blk 346 Ang Mo Kio Avenue 3 #01-2280 Singapore 560346	6554 7100	http://carecorner.org.sg/services_youth.html
The Salvation Army Youth Development Centre	Blk 65 Kallang Bahru #01-305 Singapore 330065	6291 6303	http://www.salvationarmy.org/smm/www_smm_singapore.nsf/vw-sublinks/B322436D761A8A00802575C3000D050C?openDocument
TOUCH Leadership and Mentoring	Blk 162 Bukit Merah Central #05-3555 Singapore 150162	6273 5568	http://www.touch.org.sg/touch_leadership_mentoring
YMCA (Youth Development Programmes)	One Orchard Road Singapore 238824	6336 6000	http://www.ymca.org.sg
Yong-En Care Centre	Blk 335A Smith Street #03-57 Singapore 051335	62251002	http://www.yong-en.org.sg
Youth Guidance Outreach Services	Block 804 Woodlands Street 81 #01-37 Singapore 730804	6368-8392	http://www.ygos.org.sg
Beyond Social Services	26 Jalan Klinik #01-42/52 Singapore 160026	6375 2940	http://www.beyond.org.sg/youths.html
Yw@p (Youth With a Potential) Care Corner Family Service Centre (Toa Payoh)	Blk 158 Lor 1 Toa Payoh #01-1522 Singapore 310158	6356 1622	http://carecorner.org.sg/services_youth.html