

EXTERNAL ORGANISATIONS / HELPLINES AVAILABLE FOR STUDENTS / PARENTS WHO REQUIRE HELP AND SUPPORT:

No.	Organisation/Helpline	Contact Number/Website
1	Tinkle Friend	1800-274-4788
2	National Care Hotline	1800-202-6868
3	Institute of Mental Health's Mental Health Helpline (24 hours)	6389-2222
4	Samaritans of Singapore (24 hours)	1800-221-4444
5	Singapore Association of Mental Health Helpline	1800-283-7019

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No.	Organisation/Helpline	Contact Number/Website
6	Silver Ribbon Singapore	6386-1928
7	TOUCHline (Counselling)	1800-377-2252
8	Sengkang Family Service Centre	6312-8100
9	Social Service Office @ Sengkang	1800-222-0000
10	Care Corner Counselling Centre	1800-353-5800
11	Fei Yue's Online Counselling Service	eC2.sg