




Suicide Prevention and Intervention




SACs conduct socio-recreational activities for the elderly living in rental flats to promote social interactions.



Volunteers of the Community Befriending Programme visit the elderly and encourage them to participate in community events to keep them socially connected. They also keep tabs on seniors who need further assistance.




CREST (under AIC) raises mental health awareness and provides basic emotional support to the elderly. CREST also refers suicidal elderly persons to the appropriate service agencies.



Students identified to be depressed or at risk of suicide are usually referred to school counsellors. If a case proves to be challenging, it will be further referred to the Child Guidance Clinics located at IMH and HPB.



CHAT supports youths with mental health concerns. It also runs a one-stop centre, CHAT Hub at *SCAPE, where youths can talk to someone about their problems or obtain resources on mental health.



FSCs help families and individuals with psycho-social issues to achieve independence, stability and resilience through casework, group work and community work.



Helplines

Samaritans of Singapore (SOS) runs a 24-hour hotline manned by trained adult volunteers to counsel people in distress:

1800 221 4444

IMH's Mental Health Helpline is a 24-hour hotline (shown below) manned by qualified counsellors who provide support to people facing a mental health crisis. IMH also has a Mobile Crisis Team that provides timely intervention to patients at their homes.

6389 2222

*Acronyms used
AIC - Agency for Integrated Care
CHAT - Community Health Assessment Team
CREST - Community Resource, Engagement and Support Teams
FSC - Family Service Centre
HPB - Health Promotion Board
IMH - Institute of Mental Health
SAC - Senior Activity Centre