



HELPLINE
6460 4400 / 6388 2686
Weekdays, 9 am - 6 pm

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Frequently Asked Questions

I am a caregiver to someone with a mental health issue. How can CAL help me?

CAL can help you by providing free lessons on caregiving skills through our main training programme known as the Caregivers-to-Caregivers Training Programme (C2C). In addition to this training, we can connect you to caregiver support groups that meet monthly, provide you with help and guidance for more specific needs, and our counsellors and volunteer caregiver leaders can refer you to other resources to help you in your caregiving journey.

How much does CAL's Caregivers-to-Caregivers Training Programme (C2C) cost?

Our C2C course is fully funded and is offered at no cost to you. Caregivers may, of course, donate to CAL on a voluntary basis – every dollar helps us to support and fund programmes for future caregivers.

Why would I need training as a caregiver?

It is important that you receive help in order to learn how to best handle caring for a loved one with mental health issues and to avoid feeling overwhelmed by your responsibilities. While you may feel that caring for your loved one already saps too much of your time and energy to spare in connecting with other people, receiving guidance and having a proper support group may go a long way in mitigating the negative feelings that you face and could be of invaluable assistance to you in the long term.

How would the C2C course benefit me as a caregiver?

The Caregivers-to-Caregivers Training Programme (C2C) provides you with knowledge on how to care better for your loved one. It will increase your understanding of mental health issues and build your knowledge of medications and available treatments. It can strengthen your problem-solving and communication skills, improve your ability to handle a crisis, and help you care for yourself as a caregiver. Attending the C2C course would also allow you to receive tried and tested advice on caregiving from other caregivers who have been through similar journeys, helping you to avoid pitfalls which others have faced before.

Our C2C course is far from a standalone programme. Rather, it is the beginning of a journey in which you will connect with CAL to be empowered in your caregiving. By connecting with other caregivers through the training you receive and the caregiver groups that CAL manages, you may also find yourself a support network to rely on far into the future.

How can I learn more about my loved one's mental health issues?

You can learn more about commonly faced mental health issues by participating in our Caregivers-to-Caregivers Training Programme (C2C). If you are interested in joining a C2C class, please register [here](#). There is also basic information about common mental health issues on our website, [here](#).

How long will my loved one remain in their condition?

The recovery process for your loved one is contingent on many factors. However, caregivers can play an important role in helping their loved ones recover and lead relatively normal lives. This recovery process, the factors that optimise recovery, and communicating with your loved one as they deal with their mental health issues are topics covered in the Caregivers-to-Caregivers Training Programme (C2C). We encourage you to attend a C2C course to discover more.

I need urgent help now. Who can I call?

Available Helplines:

Caregivers' Association of the Mentally Ill (CAMI)
6782 9371 (24-hour helpline)

Singapore Association for Mental Health (SAMH)
1800 283 7019 (Mon to Fri: 9.00am - 6.00pm)

Singapore Silver Line
1800 650 6060 (Mon to Fri: 8.30am - 8.30pm; Sat: 8.30am - 4.00pm)

Club Heal (ideal for Malay language speakers)
6899 3463 (Mon to Fri: 9.00am - 5.00pm)

I need urgent help now. Who can I call?

In crisis:

Institute of Mental Health
6389 2222 (24-hour helpline)

Samaritans of Singapore Crisis Support - SOS
1800 221 4444 (24-hour helpline)

Non-Emergency Ambulance
1777

CIVIC Private Ambulance Service
6333 3000