

Organisations	Telephone No.	Operating Hours
ComCare	1800 222 0000	
Samaritans of Singapore (SOS) 援人协会 – 防自杀热线	1800 221 4444	Daily (24-hour)
成瘾问题 -: WE CARE Community: 药物, 酒精, 赌博, 性, 购物, 偷窃等 Gambling Helpline 嗜赌热线 Ah long Hotline Credit Counselling 信贷辅导	6547 5459 (office hour) 1800 666 8668 1800 924 5664 1800 225 5227	email: help@wecare.org.sg Kembangan-Chai Chee Community Hub 11 Jalan Ubi, Blk 5, #01-41 Mon-Fri (8.30am - 10.00pm)

妇女 -: AWARE 妇女行动与研究协会 Pregnancy Crisis SABS 性侵害援助服务	1800 774 5935 6339 9700 6779 0282	Mon-Fri (4pm to 10pm) 24/7 (24 小时) Mon-Fri (10am to 930pm)
Psychiatric Help 心理援助-: IMH Crisis Helpline Singapore Association for Mental Health Child Guidance Clinic 儿童心理诊疗所	6389 2222 1800 283 7019 6435-3878	Daily (24-hour) Mon-Fri (9am to 6pm)
Family -: Parentline 家长热线	6299 8811	Mon-Fri (9am to 5pm)
Sexual Issues -: Singapore Planned Parenthood Association Ooga Chaga 同性恋热线辅导热线	1800 775 8582 6226 2002	Mon-Fri (9am to 5pm) Tue/Wed/Thu: 7pm-10pm; Sat: 2pm-5pm