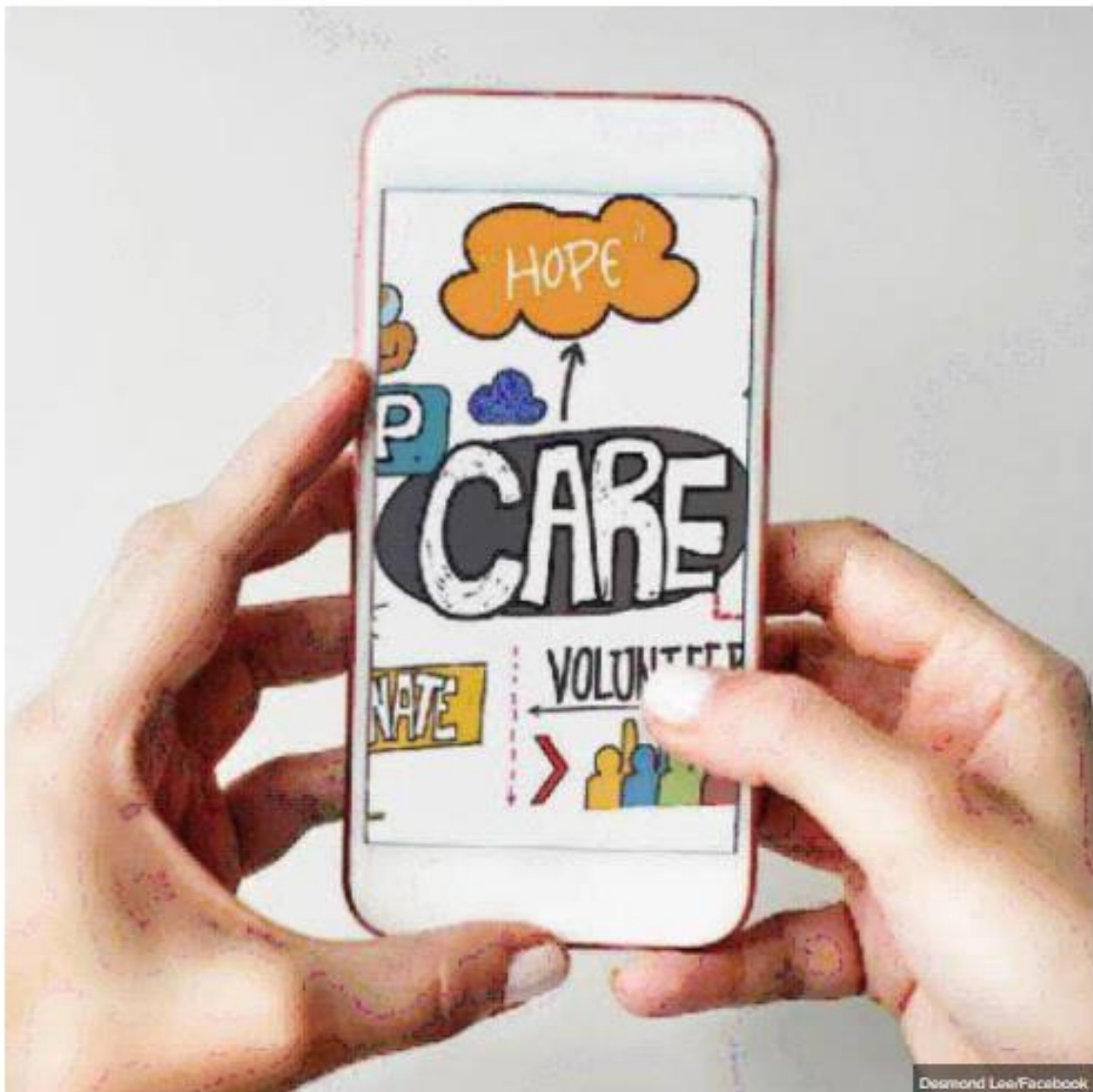


24-hour National Care hotline to be manned by over 300 volunteers

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Desmond Lee/Facebook

Those who need emotional support during the Covid-19 period may now call the 24-hour National Care hotline.

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SINGAPORE — Individuals who need emotional support during the Covid-19 period may now call a 24-hour National Care hotline which will be manned by over 300 psychologists, counsellors, social workers, psychiatrists and public officers trained in psychological first aid.

The hotline was first announced on April 5 but details were not available then.

Those who need support may now call the hotline at 6202-6868.

Minister for Social and Family Development, Desmond Lee, announced this in a Facebook post on Friday (April 10).

“If you need someone to talk to about the issues that weigh you down — worried about Covid-19, its impact on your personal and family lives, on your jobs and livelihoods, and your future — you do not need to struggle alone,” said Mr Lee.

He also listed the other service helplines that can offer targeted help.

These are:

Mental wellbeing

- Fei Yue’s Online Counselling Service (ec2.sg)
- Institute of Mental Health’s Mental Health Helpline (6389-2222)
- Samaritans of Singapore (1800-221-4444)
- Silver Ribbon Singapore (6385-3714)

Marital and parenting issues

Community Psychology Hub’s Online Counselling platform (CPHOnlineCounselling.sg)

Violence or abuse

- Big Love Child Protection Specialist Centre (6445-0400)
- HEART @ Fei Yue Child Protection Specialist Centre (6819-9170)
- PAVE Integrated Services for Individual and Family Protection (6555-0390)
- Project StART (6476-1482)
- TRANS SAFE Centre (6449-9088)

For all other helplines, visit go.gov.sg/hotlines.