

Annex A

Employee Assistance Programme (EAP) Service Providers

| Company | Contact |
|---|---|
| Singapore Anglican Community Services Integrated Employment Services | 6812-9614/6812-9605 eap@sacs.org.sg |
| The Centre for Psychology | 6733-2893 contact@center4psy.com |
| Mind What Matters | 9172-9132 info@mindwhatmatters.com.sg |
| The Resilienz Consultancy Pte. Ltd | 6397-7300 enquiry@resilienz.com.sg |
| Counselling and Care Centre | 6536-6366 anu@counsel.org.sg |
| Centre for Effective Living | 6338-3383 contact@livingeffectively.com |
| Singapore Counselling Centre | 6339-5411 counselling@scc.sg |
| Work and Health Psychologists | 6258-7502 workpsych@singnet.com.sg |
| Workplace Options | 6692-0840 service@workplaceoptions.com |
| Human Dynamic | 6535-5977 sg.office@humandynamic.com |


Mental Well-being Training Service Providers for Organisations

| Agency | What they offer | Contact |
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| <p>Health Promotion Board</p> | <p>HPB offers the following workshops:</p> <p><i>Wellbeing@Work: Being A Supportive Leader</i></p> <p>Specially for leaders, supervisors and those in HR roles, this workshop will equip participants with skills and knowledge to support and engage staff. Topics covered include:</p> <ul style="list-style-type: none"> • Recognising common mental health issues (e.g. depression, anxiety, burnout) • Starting a conversation with staff and showing appropriate supportive leadership (e.g. empathetic listening and responding) • Building a supportive workplace environment and encouraging help-seeking behaviour <p><i>Wellbeing@Work: Supporting our Peers</i></p> <p>Specially for employees who are interested in playing a supportive role to encourage fellow colleagues, this workshop helps participants better understand how and what it means to be a peer supporter. Topics covered include:</p> <ul style="list-style-type: none"> • Recognising common mental health issues (e.g. depression, anxiety, burnout) • Initiating conversation with peers • Listening and responding in an appropriate and supportive manner • Encouraging help-seeking <p>Companies can also tap on HPB's Workplace Outreach Wellness (WOW) Package to implement health promotion programmes for their staff on a co-funding basis, where mental wellness workshops are included as part of the programme offerings.</p> | <p>For workshops</p> <p>Email: HPB_MHE@hpb.gov.sg</p> <p>For the WOW package</p> <p>https://www.hpb.gov.sg/workplace/workplace-programmes/workplace-outreach-wellness-package</p> |

| Agency | What they offer | Contact |
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| Singapore Anglican Community Services | Conducts mental health training to equip employees and supervisors with knowledge and skills on self-care and supporting employees with mental health conditions. Topics include how to recognise mental health issues and support a staff in need, building emotional resilience and mental wellness, and developing workplace initiatives that foster a culture of employee care and inclusion. Training can be conducted via webinars as well. | https://sacs.org.sg/psychiatric-services/integrated/employment-services.html Email: eap@sacs.org.sg |
| Singapore Association for Mental Health | Provides talks and workshops on managing mental health and wellness. | https://www.samhealth.org.sg/our-services/outreach/samh-community-education-engagement/#comed-contact Email: comed@samhealth.org.sg |
| Silver Ribbon (Singapore) | Conducts talks and workshops on topics including recognising warning signs of common mental health conditions, knowing how to communicate and support persons with mental health conditions, and where to seek help etc. | https://www.silverribbonsingapore.com/workshops.html Email: Info@silverribbonsingapore.com |

| Agency | What they offer | Contact |
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| Clarity Singapore | <p>Conducts talks and workshops that help managers or supervisors understand the struggles, importance of mental well being and building individual skills on improving mental well-being at work</p> <ul style="list-style-type: none"> • Increasing my Resilience at the Workplace • Designing my Self-Care at Work (Self-Care and Self-Compassion) • Improving my Emotional Wellness (Stress, Depression and Anxiety) <p>Focuses of talks and workshops are on:</p> <ul style="list-style-type: none"> • Stress Management • Building resilience to stress • Coping mechanism | <p>https://www.clarity-singapore.org</p> <p>Email: ask@clarity-singapore.org</p> <p>Phone no.: 6757 7990</p> <p>Facebook: @ClaritySG</p> <p>Twitter: @ClaritySGLtd</p> |
| Viriya Community Services | <p>Provides a range of mental wellness support services ranging from online forums to professional therapy services. The mental wellness forums aim to improve the understanding of various mental health conditions and strategies that can help to better cope with life's challenges (including employment-related challenges.)</p> <p>Viriya Community Services also runs support groups for persons facing mental health challenges and their caregivers and provides a multi-disciplinary treatment approach which includes individual & family counselling, psychological services and therapies.</p> | <p>www.viriya.org.sg</p> <p>Email: contact@viriya.org.sg</p> |

Mental Health Resources and Services

| Initiative | Contact |
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| mindline.sg | <p>https://mindline.sg/</p> <p>An interactive website for a one-stop repository for resources and tools to improve mental well-being.</p> |
| My Mental Health by Temasek Foundation | <p>http://www.stayprepared.sg/mymentalhealth/</p> <p>It is a resource hub that provides online mental health resources such as mental health-related articles, online forums and information on support groups to support one's mental health during the COVID-19 period.</p> |
| CHAT by IMH | <p>www.chat.mentalhealth.sg</p> <p>webCHAT (Tue to Fri, 1pm to 8pm)</p> <p>Provides free mental health assessment to young adults aged 16 to 30 years old with mental health concerns.</p> |
| Belle, the Beyond the Label helpbot by NCSS | <p>go.gov.sg/beyondthelabelhelpbot</p> <p>Helps public gain easy access to relevant services and resources</p>  |
| Workplace Wellness And You E-Guide by WorkWell Leaders | <p>www.workwellleaders.org</p> |

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| | Provides mental health tips and measures for employers and employees |
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Online/Phone Counselling Service Providers

These services provide counselling support to help individuals cope with emotional crisis.

| Online/Phone Counselling | Contact |
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| National CARE Hotline | Offers emotional support to individuals who may be worried about COVID-19 and its impact on personal/family lives and livelihoods) 1800-202 6868 (8am to 12mn) |
| Care Corner Counselling Centre (Mandarin) | 1800-353 5800 (10am to 10pm) |
| Silver Ribbon (Singapore) | 6385-3714 / 6386-1928/ 6509-0271 (Mon to Fri, 9am to 5pm) www.silverribbonsingapore.com/images/OnlineEmotionalSupport.png |
| Fei Yue Community Services | ec2.sg (Text-based online counselling) |
| Singapore Association for Mental Health | 1800-283-7019 (Mon to Fri, 9am to 6pm) (excluding public holidays) Email: counselling@samhealth.org.sg |
| Caregivers Alliance Limited | For caregivers of persons with mental health conditions |

| Online/Phone Counselling | Contact |
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| | <p>West Cluster: 9720 7590 and 9770 7996</p> <p>Central Cluster: 9729 8628 and 9826 7115</p> <p>East Cluster: 9736 9170</p> <p>General Enquiries: 6460 4400</p> <p>Weekdays 9 am to 6 pm (excluding public holidays)</p> <p>Supporting caregivers who are business owners www.cal.org.sg/support-caregiver-businesses</p> |
| Community Psychology Hub | <p>For those experiencing marital, divorce or parenting stress</p> <p>www.cphonlinecounselling.sg</p> <p>Live chat: Mon to Fri, 9am to 9pm, and Sat, 10am to 2pm (excluding public holidays)</p> <p>Email: A counsellor will respond within three working days.</p> |
| HealthServe | <p>Tele-counselling sessions are conducted in the native languages</p> <p>3138-4443 (Mon to Fri 10am to 7pm)</p> |
| Migrant Workers' Centre | <p>Helpline for migrant workers</p> <p>6536-2692 (24hrs)</p> |
| Care Singapore (Hear4U) | <p>Helpline available in different languages</p> <p>Service available from Monday to Friday</p> |

| Online/Phone Counselling | Contact |
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| | <p data-bbox="738 309 1377 383">6978 2728 (English and official languages of Singapore)</p> <p data-bbox="738 461 1201 495">Dedicated lines for migrant workers</p> <p data-bbox="738 519 1002 553">6978 2725 (English)</p> <p data-bbox="738 577 978 611">6978 2722 (Tamil)</p> <p data-bbox="738 636 1002 669">6978 2723 (Bengali)</p> <p data-bbox="738 694 1027 728">6978 2724 (Mandarin)</p> |
| Centre for Domestic Employees | <p data-bbox="738 810 1334 844">24-Hour helpline for foreign domestic workers</p> <p data-bbox="738 869 935 902">1800 2255 233</p> |

Crisis Helpline and Suicide Prevention

| Crisis Helpline | Contact |
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| Institute of Mental Health | Open to public who come into contact with individuals who are experiencing any mental health crisis. 6389-2222 (24hrs) |
| Samaritan of Singapore (SOS) | Provide emotional support for individuals having difficulty coping during a crisis, thinking of suicide or affected by suicide. Hotline: 1800-221 4444 (24hrs) www.sos.org.sg |