

# 4 ways to seek help to manage your emotions



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## Speak to someone on the phone

Need a listening ear in complete confidence?  
Try these free helplines below.

**National Care Hotline**  
1800 202 6868

**Institute of Mental Health's Mental Health Helpline**  
6389 2222

**Samaritans of Singapore**  
1800 221 4444

**Silver Ribbon Singapore**  
6385 3714

**TOUCHline (Counselling)**  
1800 377 2252



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## Consult with someone online

Prefer typing instead of talking? Chat with  
someone through this online platform!

**Fei Yue's Online Counselling Service**  
<https://ec2.sg>



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## Read up on your own

Here are some useful resources  
you can check out.

**Stay Well to Stay Strong Resources**  
<https://go.gov.sg/staypositivetips>

**Temasek Foundation Mental Health Resources**  
<https://go.gov.sg/temasekfoundation-stayprepared>

**Belle the Chatbot**  
<https://go.gov.sg/bellethehelpbot-helpavenue>



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## Use a self-assessment tool

If you feel uncomfortable talking to others about how  
you feel, this self-assessment tool might come in handy.

<https://mindline.sg>

