



# Where to get help

Here are some references to get you started if you think you need some assistance or just a listening ear

## ANTENATAL CLASSES / LACTATION CONSULTANT SERVICES / PARENTCRAFT SERVICES

### Gleneagles Hospital

Antenatal classes	☎ 6470 5715 / 5716
Lactation consultant services	☎ 6470 5852
Parentcraft services	☎ 6470 5852
Website	🌐 <a href="http://www.womenandchild.sg">www.womenandchild.sg</a>

### KK Women's and Children's Hospital

Antenatal classes	☎ 6394 1268
Lactation consultant services	☎ 6225 5554
Parentcraft services	☎ 6394 1268
Website	🌐 <a href="http://www.kkh.com.sg">www.kkh.com.sg</a>

### Mount Alvernia Hospital

Antenatal classes	☎ 6347 6641
Lactation consultant services	☎ 6347 6641
Parentcraft services	☎ 6347 6641
Website	🌐 <a href="http://www.mtalvernia-hospital.org">www.mtalvernia-hospital.org</a>

### Mount Elizabeth Hospital

Antenatal classes	☎ 6731 2313 / 9646 8308 / 9651 4076
Lactation consultant services	☎ 6731 2313 / 9646 8308 / 9651 4076
Parentcraft services	☎ 6731 2313 / 9646 8308 / 9651 4076
Website	🌐 <a href="http://www.womenandchild.sg">www.womenandchild.sg</a>

### National University Hospital

Antenatal classes	☎ 6772 2255 / 9722 0152
Lactation consultant services	☎ 9722 0376 (NUH Breastfeeding helpline - 8am to 11pm)
Parentcraft services	☎ 6772 2255 / 9722 0152
Website	🌐 <a href="http://www.nuhgynae.com.sg">www.nuhgynae.com.sg</a>

### Parkway East Hospital

Antenatal classes	☎ 6340 8738
Parentcraft services	☎ 6340 8681
Website	🌐 <a href="http://www.womenandchild.sg">www.womenandchild.sg</a>

**Raffles Hospital**

Antenatal classes	☎ 6311 2350
Lactation consultant services	☎ 6311 1516 / 1517
Parentcraft services	☎ 6311 2350
Website	🌐 <a href="http://www.raffleshospital.com">www.raffleshospital.com</a>

**Singapore General Hospital**

Antenatal classes	☎ 6321 4516 / 6326 5923
Lactation consultant services	☎ 6326 5923 / 5926 or 6321 4530 / 4531
Parentcraft services	☎ 6321 4530 / 4531
Website	🌐 <a href="http://www.sgh.com.sg">www.sgh.com.sg</a>

**Thomson Medical Centre**

Antenatal classes	☎ 6350 8818
Lactation consultant services	☎ 6251 4090
Parentcraft services	☎ 6251 4090
Website	🌐 <a href="http://www.thomsonmedical.com">www.thomsonmedical.com</a>

**BREASTFEEDING RESOURCES****Breastfeeding Mothers' Support Group (Singapore)**

Counselling Hotline	☎ 6339 3558
Workshop	☎ 6337 0508
Email	📧 <a href="mailto:counselling@breastfeeding.org.sg">counselling@breastfeeding.org.sg</a>
Website	🌐 <a href="http://www.breastfeeding.org.sg">www.breastfeeding.org.sg</a>

**Joyful Parenting and Breastfeeding**

☎ 6488 0286

**Association for Breastfeeding Advocacy Singapore**

Email	📧 <a href="mailto:abas.sec@gmail.com">abas.sec@gmail.com</a>
Website	🌐 <a href="http://www.abas.org.sg">www.abas.org.sg</a>

**COMMUNITY SERVICES****Counselling and Care Centre**

☎ 6536 6366  
 🌐 [www.counsel.org.sg](http://www.counsel.org.sg)

**Family Service Centre Hotline  
(Find your nearest counselling centre)**

☎ 1800 838 0100

**HELPLINES****Association of Women for Action & Research**

☎ 1800 774 5935  
 🌐 [www.aware.org.sg](http://www.aware.org.sg)

**ComCare Hotline**

☎ 1800 222 0000

**Institute of Mental Health**

☎ 6389 2200  
 🌐 [www.imh.com.sg](http://www.imh.com.sg)

**Samaritans of Singapore**

☎ 1800 221 4444 (24 hours)  
 🌐 [www.samaritans.org.sg](http://www.samaritans.org.sg)

**ParentLine (For parents with parenting and child care issues)**

☎ 6289 8811

**CHILD DEVELOPMENT CO-SAVINGS  
(BABY BONUS) SCHEME**

For queries relating to the Baby Bonus Scheme, visit [www.babybonus.gov.sg](http://www.babybonus.gov.sg) or call 1800 253 7707.

**CHILD CARE SERVICES**

For one-stop portal to child care information and services, visit [www.childcarelink.gov.sg](http://www.childcarelink.gov.sg) or call 6258 5812.

**HEALTH PROMOTION BOARD****HEALTHLINE**

For more information or advice on general health issues, call HealthLine at 1800 223 1313\* to speak to the experienced Nurse Advisers.

**QUITLINE**

For advice on how to quit smoking or how to help someone quit, call QuitLine at 1800 438 2000\* to speak to the Quit consultants.

**QUITLINE SMS**

Text your questions or concerns on quitting smoking to +65 9463 3771. Standard connection charges apply.

\*Operating hours

**Monday to Friday:** 8.30am to 5.00pm  
**Saturday:** 8.30am to 1.00pm

For more information, visit [www.hpb.gov.sg/pregnancyparenting/](http://www.hpb.gov.sg/pregnancyparenting/)