



Where to get help

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

LACTATION CONSULTANT SERVICES / PARENTCRAFT SERVICES

Gleneagles Hospital

Lactation consultant services

☎ 6470 5852

Parentcraft services

☎ 6470 5852

Website

🌐 www.womenandchild.sg

KK Women's and Children's Hospital

Lactation consultant services

☎ 6225 5554

Parentcraft services

☎ 6394 1268

Website

🌐 www.kkh.com.sg

Mount Alvernia Hospital

Lactation consultant services

☎ 6347 6641

Parentcraft services

☎ 6347 6641

Website

🌐 www.mtalvernia-hospital.org

Mount Elizabeth Hospital

Lactation consultant services

☎ 6731 2313 / 9646 8308 / 9651 4076

Parentcraft services

☎ 6731 2313 / 9646 8308 / 9651 4076

Website

🌐 www.womenandchild.sg

National University Hospital

Lactation consultant services

☎ 9722 0376 (NUH Breastfeeding helpline - 8am to 11pm)

Parentcraft services

☎ 6772 2255 / 9722 0152

Website

🌐 www.nuhgynae.com.sg

Parkway East Hospital

Parentcraft services

☎ 6340 8681

Website

🌐 www.womenandchild.sg

Raffles Hospital

Lactation consultant services

☎ 6311 1516 / 1517

Parentcraft services

☎ 6311 2350

Website

🌐 www.raffleshospital.com

Singapore General Hospital

Lactation consultant services

☎ 6326 5923 / 5926 or 6321 4530 / 4531

Parentcraft services

☎ 6321 4530 / 4531

Website

🌐 www.sgh.com.sg

Thomson Medical Centre

Lactation consultant services ☎ 6251 4090
 Parentcraft services ☎ 6251 4090
 Website 🌐 www.thomsonmedical.com

POLYCLINICS

The Singhealth and National Healthcare Group (NHG) polyclinics provide primary healthcare services to the community. They play an integral role in promoting a healthy lifestyle within the community and empowering families with the knowledge of common health issues, care and treatment options.

Singhealth Polyclinics

To contact the individual polyclinics listed on the website.

🌐 <http://polyclinic.singhealth.com.sg>

National Healthcare Group (NHG) Polyclinics

☎ 6335 3000
 🌐 <http://nhgp.com.sg>

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

Counselling Hotline ☎ 6339 3558
 Workshop ☎ 6337 0508
 Email 📧 counselling@breastfeeding.org.sg
 Website 🌐 www.breastfeeding.org.sg

Joyful Parenting and Breastfeeding

☎ 6488 0286

Association for Breastfeeding Advocacy Singapore

📧 abas.sec@gmail.com
 🌐 www.abas.org.sg

COMMUNITY SERVICES**Counselling and Care Centre**

☎ 6536 6366
 🌐 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

ComCare Hotline

☎ 1800 222 0000

Institute of Mental Health

☎ 6389 2200
 🌐 www.imh.com.sg

Samaritans of Singapore

☎ 1800 221 4444 (24 hours)
 🌐 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 or call 1800 253 7707.

CHILD CARE SERVICES

For one-stop portal to child care information and services, visit 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/