

4 ways to seek help to manage your emotions



1

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



2

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>



3

Read up on your own

Here are some useful resources
you can check out.

MindSG
<https://go.gov.sg/mindsg-managingemotions>

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>

4

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>

