

## Helplines for Youth

### **1. Tinkle Friend Helpline (Singapore Children's Society)**

1800 274 4788

Mon-Fri: 2:30pm to 5:00pm

### **2. Help123 Cyber Wellness Community Support**

1800 612 3123

hello@help123.sg

Chat Online at:

[www.help123.sg](http://www.help123.sg)

Mon to Fri (except public holidays)

10.00am – 6.00pm

Mon to Fri (except public holidays)

2.00pm – 10.00pm

### **3. Touchline (Touch Youth)**

1800 377 2252

cyberwellness@touch.org.sg

Mon-Fri (except public holidays)

9am to 6pm

### **4. Youthline**

6336 3434

Mon to Fri: 0830 to 1800

### **5. Hear4U (Counselling via Whatsapp voice/text)**

6978 2728

Mon to Fri: 1000 to 1700

**6.CHAT**

6493 6500 / 6501

CHAT@mentalhealth.sg

Tues-Sat: 12pm to 9pm